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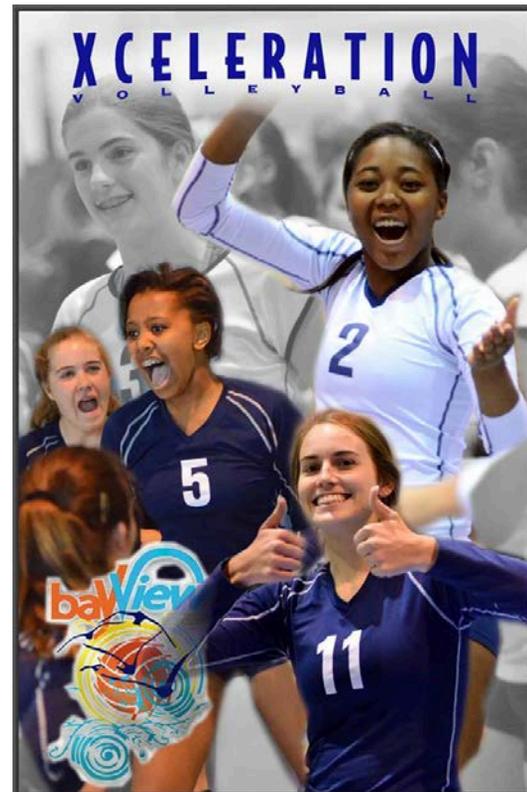
Xceleration  
Volleyball Club

John B. David, Editor

## It's a Wrap! Closing Credits Roll After PLR and Bay View Classic

The image of the simple, stark, and iconic image of the Statue of Liberty, half-buried in the sand in the *Planet of the Apes*... the closing revelation of the protagonist in *The Sixth Sense* who had been helping a little boy cope with his vision of ghosts realizes that he is one himself... the grisly, gory, and unsettling scene in *Seven* when Somerset, the Morgan Freeman character (more on Mr. Freeman later) opens the box at the end of the film... These movies are just a few of the best that ended with a surprising twist. But generally more so throughout cinematic history, elegantly constructed and stylishly executed perfect endings are justifiably celebrated. In a sense, we can deem the end of 2016 volleyball season for Xceleration a success and one that we can all be proud of after the director says, "CUT!"

For many of the teams, Xceleration ended the "perfect" season at the Power/Premier League Regionals and the Bay View Classic. There they finished on a high note worthy of the red carpet being rolled out and where the spotlights shined brightly for the outstanding performances from everyone in the lineup.



"From beginning to end, our girls had fun, competed with dogged determination, and played with a passion that exemplifies what our club is all about," said **Jim Ross**. "Without a doubt, their hard work paid off and it will continue to pay dividends in the future. We loved the way our movie ended!"

(Continued on page 9)

# A Message from Andy, Jeremy & Jim...

Dear Xceleration Families,

We cannot believe how quickly this season has passed for us. It seems like just yesterday that the three of us took over the club and began planning for the 2015-16 season. We could not have completed this without a LOT of help from some very special folks, and we wanted to thank them here and also give you all a little rundown on the "State of the Club."

First and foremost, we wanted to give a huge shout out to our Club Director, **SHANNON KUSSMAN**. There is so much that goes on behind the scenes in running a volleyball club that most just do not know about. Shannon deals with all of this each and every day, and she always does it with a smile on her face and an encouraging word for all. Her enthusiasm and joy for the sport of volleyball can be seen by everyone who crosses her path. We received a large amount of praise from parents and other volleyball folk about her, and we are very proud of her. We know that many of you have either talked and/or e-mailed with her, and we know that you would share our opinion. Shannon is overseeing the entire day-to-day operations of the club. Xceleration is in GREAT hands with Shannon, and we are excited about moving forward with her at the helm.

Speaking of folks who work a lot behind the scenes, we would not be the club we are without the excellent **COACHING STAFF** that we had this past season. All of our coaches have worked hard on AND off the court in trying to assure that all 154 of our players benefited from their participation in the club. They worked hard this season with the club administration in improving their own coaching abilities and styles, as this is something we stressed to them very early in the process. As a coach, you can always learn something each and every season and we thank our coaches for working with us to become the best they can be. All 27 of our coaches worked very hard this season and it truly is a labor of love for them. We are very proud of the efforts that they gave for the club this season.

Our college recruiting co-director **PAUL HARRISON** has been a part of Xceleration for nine seasons and is an invaluable resource for the club and its players. Paul spent countless hours this season meeting with Xceleration players and their families and, to anyone who took the time to have a session with Paul; you know how valuable and informational they are. Paul also has built a strong reputation with a LOT of college programs and their coaching staffs to the point where they are reaching out to us very often on players and their needs. Also, for anyone looking to get information about college beach programs, Paul is your guy. He is also very well connected there and personally knows many, many of the programs and their coaching staffs. Take advantage of the college development program with Jim and Paul. It is a huge resource for the girls!

As parents ourselves, we know how valuable and important photographs of our daughters are in giving us memories to cherish and remember. At Xceleration we are so very lucky to have **TOMAS PINEDA** giving so generously of his time, so that our parents and families have these memories to share. We still don't know how he does it, but he is everywhere! We know that all of you see his smiling face at a lot of your tournaments and that translates to hundreds and hundreds of photos of the girls on our Facebook page and our website. In addition, if you have had a chance to watch his photo or video montages put to music you know how quickly they bring a smile to your face.

## FACEBOOK GROUP PAGE

Xceleration has a group page! Join our [Facebook](#) fan page and participate in the discussion forum where you'll hear about our athletes and various ongoing events. Search for "Xceleration Volleyball Club" and ask to join. Scan the QR code with your mobile device.



## XCELERATION WEBSITE

Who, what, where, when and how? Our club's philosophy, frequently asked questions, photo galleries, team and player information, practice and tournament schedules, and information on our College Development Program are just some of the few things you can find on our website at:

[www.xcelerationvbc.com](http://www.xcelerationvbc.com)

## OTHER USEFUL LINKS

[Advanced Event Systems](#)  
[NCVA](#)

## A Message from Andy, Jeremy & Jim... (continued)

As you read this edition of our club newsletter, you are reading the efforts of our club media guru **JOHN DAVID**. John is responsible for putting out each edition of this newsletter, and he is also responsible for the development and maintenance of our wonderful website. What started out as a small project three years ago (although John never does anything small!) has blossomed into something that we don't think any of us could have imagined. John's research, writing, and efforts have created an informational distribution pipeline that is filled with not only information about the club, its teams and its players, but also provides players and families with much needed information about club volleyball and its nuances. We hope that you are taking advantage of all of this and enjoying it as the resource it is. John puts a lot of time and effort into these, and it shows in the end products.

One thing we do differently than a lot of other clubs these days is our travel planning. As you heard at the tryout meeting, we do this for a lot of reasons not the least of which is taking the burden off of our parents having to worry about this on their own. When you travel to Denver with 6 teams or have a weekend in Reno with 7 teams, coordinating efforts to have this run smoothly is no small task. Enter **NORMIE PINEDA**. Normie is not a travel agent by trade, but she might as well be at this point. She spends countless hours on the phone or e-mails with airlines, hotels, and tournament staffs preparing travel arrangements for our teams, staff, AND parents and assuring the best possible stay for them. Then, for most of the tournaments, she checks our teams into the hotels prior to the arrival of the families, so that when our teams arrive they have this taken care of. If our teams are flying Southwest Airlines, it is Normie who checks the groups in so that our boarding passes are ready for us. It's all part of the complete club experience that we want to provide.

A new addition to the Xceleration team this season was our club trainer, **MARCUS MAXWELL**. Marcus went above and beyond what we had asked of him on many occasions this season and we could not be happier with his involvement with our program. Marcus brings a passion and enthusiasm that we want in our club. Our plan is to involve Marcus a lot more next season and you can expect that physical training and conditioning will have an even larger role within the club. We encourage all of you to stay physically fit over the summer and if you need any help with this, Marcus is a great connection. His information is on our website.

Speaking of working behind the scenes, we know that almost none of you have met **KIM BORCH**, our club treasurer. But we are sure that most of you know who she is either through e-mails, or just because she is who you send your checks to. Kim had two daughters go through the Xceleration program (and both played in college after that), and we are so lucky to have her with us to handle the financial aspects of the club. With any small business and especially a volleyball club, cash flow is critical in allowing us to maintain the programs that we offer to our families at the level we expect. Kim is a huge part in allowing us to do this and while it is at times a thankless job; as owners, we appreciate her efforts in a big way.

One final group we want to mention by name, although there are too many of them to mention by their full names, are the **TEAM PARENTS** and **TEAM CHAPERONES** we had with the club this season. The team parents are the lifeline of communication and pipeline between the teams and Shannon (and therefore to us as owners). Shannon worked with them constantly throughout the season – coordinating everything from apparel distribution to team travel to tournament information. Trust us, no team works well without a coordinated and diligent team parent and we appreciate all of them. If you volunteered as a team chaperone this season,



Continued on the next page

#### Parent Survey

The Parent Survey provides an important opportunity for you to confidentially share your views about what's working well and where we need to improve so that we can continue to make positive changes at Xceleration. Please take the time to provide your feedback by clicking the box below to begin the survey.



## A Message from Andy, Jeremy & Jim... (continued)

We first of all thank you for your efforts. We know this is not an easy task, but we hope that it was a rewarding and happy experience for you. As team chaperones, you made sure the players were taken care of on and off the court and we know that you put a lot of planning into making this happen. The travel experience is not a good one for teams without hard working chaperones.

And finally, THANK YOU to ALL our Xceleration PARENTS! Thank You for entrusting your daughter's volleyball development to us and for believing in what we are building here. Thank you for supporting us and our vision of club volleyball. We take this responsibility very seriously and there is no decision we make that does not remind us of why we are here and that, quite simply, is that we are here for the 154 players in this club and their families. Every decision we make is made with all of you in mind. How can we improve your club volleyball experience? How can we assure that all our players are getting the best from all of us? We will never stop working on this and to that end, if you have not completed the "Parent Survey" form that is on our website, please help us develop our club by taking a couple minutes and doing so; or just click [Parent Survey](#), fill in the blanks, and hit "Submit." We get all these submissions and will be using them at our season-ending meetings that we will have individually with our coaches.

### STATE OF THE CLUB

As to the "State of the Club," it has been another phenomenal season for Xceleration. Here are a few reasons why...

#### FALL BALL

We started the club's first Fall Ball program last September – thanks in large part to the efforts of Shannon and **LESLIE RAY** (our 17Blue and 14Blue Head Coach). This program was very well received, and signups for this upcoming Fall Ball program have already begun. Sessions are filling up fast, so if you know players in grades 4 through 8 who are interested, please tell them to get on our website now, or click [Register](#) to sign up.

#### BEGINNERS CLUB

We also developed our first Beginners Club – thanks to the efforts of our 18Blue co-coach **JEREMY SWANN**. This program is for girls ages 6-11 who are interested in learning basic volleyball skills and to just have FUN playing volleyball. Keep an eye on our Facebook page and website for information about this program that will be starting again soon.

#### A LOT OF XCELERATION FIRSTS

Our October skill development and pre-tryout clinics were well attended once again, which led to over 400 players at our tryouts last November. We were able to field 13 teams this season, another first for the club. This also meant a few more firsts for the club. We once again assembled a 12s team, and it was wonderful to watch them develop and the joy they brought to the court! We also had our first two Premier League teams. This is an area that we are going to explore further as we monitor the NCVA and the travel requirements that they are putting on Power League teams. As a club, we will ALWAYS have Power League teams, but we will surely be looking at the mix at each age group moving forward.

That's a lot of "firsts" for a club and we are grateful for all of it. But there is one more first that is currently going on, and that is the first Xceleration Beach program. This program is currently being run at the brand new Moraga Commons sand courts and its development was

### A Message from Andy, Jeremy & Jim... (continued)

spearheaded by Shannon and our two beach coaches, **MICHELLE BOYDSTUN** and **MELINDA LAU**. Both coaches are former AVP players, and this is a wonderful opportunity for anyone wanting to learn the sand game or develop more skills.

#### THE ROAD AHEAD

Moving ahead, we will continue to find ways to make the Xceleration experience an even better one for our families. Work is already well underway for next season. We are looking for more court time to expand our practice days (we would like to get our White teams in the gym three days a week as our Blue teams already do), as well as expanding our in-season indoor lesson dates and opportunities.

Most importantly, we will continue to find ways to challenge our volleyball players to be the best they can be. We will develop our coaches to work with us hand in hand to teach skills the way we want them taught. We will place our volleyball players into situations that will challenge them and get them to translate the skills they are developing at practice into game situations. We will continue to place teams into divisions at tournaments that will challenge them to play hard and play well to attain wins. We know that in the long run this will serve them much better than "playing down" just to obtain a Junior Nationals bid. We will continue to search for playing opportunities for our teams that will challenge them as we did with the JVA World Challenge that our 18Blue team attended in Kansas City (one of only two California teams to attend this high-quality event).

We will continue to push ourselves, our staff, and our coaches to bring maximum effort and quality to Xceleration and its families. Thank You for all the hard work, the efforts, and for growing with us this season!

Andy, Jeremy and Jim



# Shannon Says...

Hello Xceleration Family!!

I can't believe the season has come to a close!! It seems like only yesterday that we were all meeting in the Miramonte HS Library going over uniforms, the schedule, and meeting up as new teams! In short, this season has flown by! My first season as Club Director for Xcel was a great one, one filled with a lot of laughter, great volleyball, and a whole lot of FUN!! I'm beyond excited and honored to continue as Club Director for Xcel, because it is truly the most amazing club and I couldn't ask for a better place to call home!



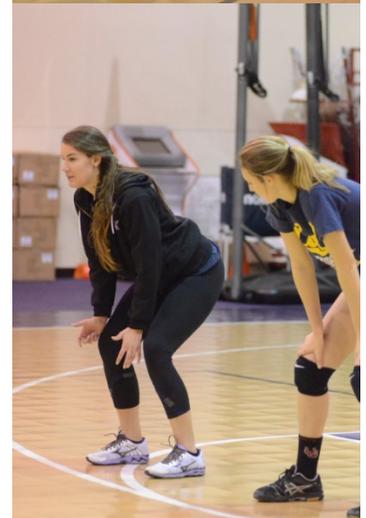
I have to thank so many people that have been a tremendous help to me throughout this season! First, I have to thank all our players and their supportive families. Thank you so much to the players for working so hard, encouraging your teammates, learning from your coaches and for representing Xceleration so well. Thank you so much to the parents, families and friends of these players, because without your support the players and this club could not function. The countless hours you have spent driving to and from practice and tournaments, making sure your daughters eat right, drink enough water and are prepared to play, is a HUGE reason why they are able to perform, have fun with their teammates and grow as players. To all the parents that volunteered to chaperone, thank you very much, you all work so hard before and during the tournaments, I appreciate all of you so much! To all our awesome team parents, thank you so much for all your hard work, organization and support to me and the teams. I can't thank you all enough for the love you've shown not only your daughters and their teammates, but this club as a whole, I am truly appreciative of everything all of you have done throughout this season!

I also have to thank our amazing coaching staff! The amount of time, energy and love you give to all your teams is just awesome. All of our coaches work very hard to make sure they are providing the best coaching possible to their teams. You all have made me proud and I feel lucky to work with you! I also have to thank Xcel's amazing support staff! **John David, Tomas and Normie Pineda, Kim Borch, Paul Harrison and Marcus Maxwell.** Thank you all so much for all your hard work throughout this season. I can say this with 100% certainty, I would not be able to function as this club's Director without all of you!! You all are so important to Xceleration, you all are so amazing at what you do and I cannot express how much I appreciate your hard work and dedication to Xcel!!

Lastly, I have to thank Xceleration's truly AMAZING owners, **Jim Ross, Andy Schroeder and Jeremy Swann.** The opportunity the three of you gave to me is one I'll never forget, and one I will be forever grateful for. It is so awesome that I am able to do what I love to do, and all of you made that happen for me. You are all so involved, supportive, energetic about Xcel, and so hard working it's truly inspirational. Thank you all SO much for all you have done for me and for this club, I know I can speak for everyone when I say we greatly appreciate the time and energy all three of you have put in!!

I hope to see everyone over the summer, whether it's on the beach, in the gym at our summer clinics or at Fall Ball starting in August. I hope all of you have a fantastic summer!!! I can't wait for next season to get underway... which it will come October with our Fall Clinics that will get everyone ready for tryouts in November!!

**GO XCEL,**  
**Shannon**



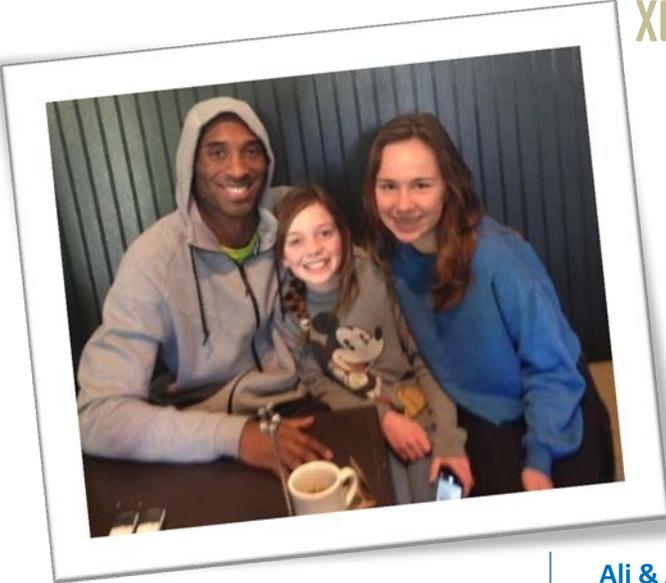
Photos courtesy of Tomas Pineda.

# Sisters

## XCELlent NEWS 2016

Photos courtesy of  
Tomas Pineda, and Bill  
and Ellen Bullock.

To learn something more about our Xceleration athletes, in this last issue of XCELlent News we feature our players with a common bond, those you would call “different flowers from the same garden.” They are someone who is more than just family, they are forever friends – SISTERS!



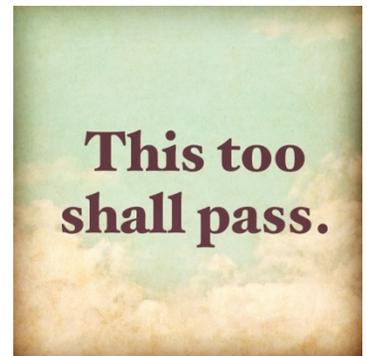
## Star struck Ali and Anna Bullock: Meet Our Friend, Kobe!

When one hears the traditional cue to members of a film crew at the beginning of a take, “Lights, Camera, Action!” or when the red carpet is rolled out, more than likely the Bullocks can be seen somewhere nearby. Bill, Ellen, Ali, and Anna have a knack for being in the right place at the right time. For example, while having breakfast in Newport

Beach, the recently retired **Kobe Bryant** of the Los Angeles Lakers walked in. On different occasions, Ali and Anna, both in their first year with Xceleration and who compete for the 13White and 15White, respectively, have also met Academy Award winner **Morgan Freeman**, known to play roles in films such as

*(Continued on the next page)*

### Ali & Anna’s Favorite Quotes:



### Why They Joined Xceleration:

**Ali:** My friends were on it and they told me they had fun... I wanted to improve my skills.

**Anna:** I wanted to play for a competitive Power League team and my friends were on it. I wanted to improve my game for my high school team.

	Ali	Anna
<b>Favorite place to be</b>	Newport Beach	Hawaii, Monterey, Newport Beach
<b>Nicknames</b>	Ali B, Al	The Professor, A-Kray, Anna Banana
<b>Hidden /secret talent</b>	Expert at board games	Draws intricate mazes
<b>Other passion besides volleyball</b>	Arts and crafts	Hanging out or texting with friends
<b>Annual traditions</b>	Making toffee with Mom and Anna	Going to Monterey and Santa Cruz on Memorial Day
<b>Would love to...</b>	Go skydiving	Save someone’s life
<b>Most proud of...</b>	Parents	Parents
<b>Addicted to...</b>	Survivor The Amazing Race	Phone Ben & Jerry’s Half Baked ice cream

# Sisters

## Ali & Anna (continued)

### Left photos:

In a chance breakfast encounter in Southern California, and in that great Morgan Freeman voice, he tells Ali, "I like to put an egg on my waffle."

Ali impersonates Morgan Freeman during a huddle at the Far Westerns.

Ali and Anna had a fantastic time during their summer vacation in Athens, Greece, and Ali, of course, revels in going to Disneyland.

In a wild adventure, Ali has jumped off cliffs in Capri, Italy. Hanging on a flying trapeze and sneaking out on the runway in Mykonos, Greece to retrieve her iPhone were Anna's most memorable adventures to date.



Bruce Almighty, *Shawshank Redemption*, and *Driving Miss Daisy*; **Mark Wahlberg** of *Daddy's Home*, *The Lone Survivor*, and *Ted* fame; and Dr. Doogie Howser himself, **Neil Patrick Harris**. The Bullocks happened to stay in the same hotel during the Golden Globe Awards. And just recently, the family sat next to musician **John Mayer** in a restaurant.

So if you see the "cheerful and funny" Ali enjoying her beef enchiladas or the "funny and goofy" Anna savoring her Ben & Jerry's Half-Baked ice cream – their favorite meals – ask them about their encounters with the Hollywood elite.



*Thank You!*



**Coach Laura Cartwright**



**Coach Kaylyn Lackey**

*Photos courtesy of Tomas Pineda.*

# Good as Gold

## 12Blue: Consistently Good!

Gold!... Gold!... Gold!... Gold!... Gold!... Gold! From PL Qualifiers to four Premier League contests to PL Regional Championships, the GOLD Division has been the storybook finishes for the 12Blue. This young team, with the majority of the girls who are playing club volleyball for the first time, is starting off on the right path in their volleyball development and competitiveness. The basic foundational skills they have acquired in just one season will serve them well as they move on to play volleyball – hopefully with Xceleration in the years ahead!

Playing in the Premier League, the 12Blue soared immediately to the top of the Eagle District rankings and remained in the Gold Division – month after month until the very end. Their phenomenal success throughout the season was legendary and as good as gold.

“Our girls are off to an enormously exciting start, said **Coach Laura Cartwright**. “Kaylyn and I are even more excited to find out what’s in store for them as they continue their volleyball journey.”



# 13Blue: Shining Through



After the Power League Qualifiers, the 13Blue landed in Bronze to start league competition, and the team steadily progressed each time throughout the year. Gaining more experience and playing more comfortably with each other, the team ascended to the Silver Division and stayed there to maintain their position in league play.

At the end of Regionals, the 13Blue finished in the Championship round's

Silver Division, meaning they were one of the Top 24 teams in the NCVA for their age group.

After winning their division t-shirts at the Bay View Classic, **Coach Jade Santos** said, "It's unfortunate that the season ended so quickly. The girls were playing so well and at such a high level that we wanted to keep going on."

*Thank You!*



**Coach Daniella Inzerillo**



**Coach Jade Santos**



*Photos courtesy of Tomas Pineda.*

*Thank You!*

# 13White: A Rare Breed and a Keeper



Kudos to the 13White for an outstanding year! In the Eagle District of the NCVA's Premier League, the team landed in the Gold Division after PL Qualifiers, PL1 and PL2. In the end, the 13White played in the top echelons of the Silver Division going into the Regionals. The team finished in the top half of the 55-team pool to cap the inaugural Premier League season for Xceleration.

At the Bay View, the team again finished near the top half of the 75-team pool, aided by three victories

during the second day of the tournament. Their final match of the season was punctuated by a comeback victory in three sets. The 13White regained their composure after a first-set loss, but claimed the division in the third set against the Thunderbolts. It's been an XCELLent year 13White... you did a fantastic job!



**Coach Jasmine Fry**



**Coach Leon Cuevas**



*Photos courtesy of Tomas Pineda.*

# The Golden Girls

... and Two Gents!

Their skills are polished, their talent and potential are boundless, and they are wise beyond their years. The 14Blue breezed through PLQs with an unblemished 7-0 record to place in Gold. After a brief hiccup in PL1, the team recovered nicely to get back in the Gold Division where they finished at season's end in the regionals. The 3<sup>rd</sup> Place finish thereafter in the 75-team Bay View Classic pool was just another icing on the cake.

*I'm extremely blessed to have worked with such a talented bunch this season and was*

*able to see the growth in 14Blue. We built incredible memories together that will stick with me as I continue to grow as a coach. Thank you for a remarkable season. To the parents, love the support you show your kids and Xcel Pride you displayed this season. I look forward to seeing all my girls play at the next level.*

*You made your mark 14Blue! 3<sup>rd</sup> Place finish to end a season is something to be proud of. This is just the start to your volleyball journey. See you all in the summer.*

**Leslie Ray**

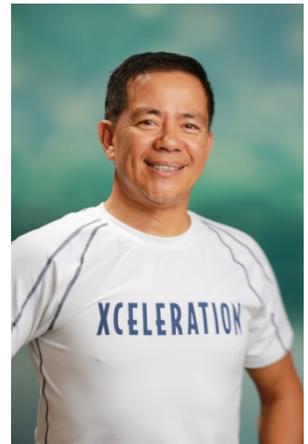
*Thank You!*



**Coach Leslie Ray**



**Coach Reece Kerley**



**Coach Ricky Santos**



*Thank You!*

# 14White's Magical Year

The 14White is resilient bunch. Just when you think that the squad is down and beaten by a slow start, these magicians somehow manage to pull a rabbit out of a hat. The next thing you see on the box score is that they've put together consecutive victories to move up the ladder.

Starting PL in the Blue Division, the 14White moved up to Aqua to enter the Regionals. And then at the Bay View, the team went an impressive 7-1, including wins in their last five matches to end the season.

Now, that's not magic, that's hard work!

*Bittersweet end to another season! I will miss my girls tons but excited to see what the future holds!*



*So much growth, hard work and tremendous amounts of improvement this year. Continue to believe in yourselves and work hard - and you'll continue to do amazing things both on and off the court. Couldn't have asked for a better season! Have a great summer 14W and see you all in the fall!*

**Natasha Gayle**

## Bay View Classic Division Champs!

The 14White ended their magical season with a 7-1 record at the Bay View Classic to claim a division title.



**Coach Natasha Gayle**



**Coach Chelsea Hollenbeck**

*Photos courtesy of Patrick Artiaga and Tomas Pineda.*



# 15Blue: Slow and Steady Wins the Race



The 15Blue entered PL competition in the Bronze bracket after finishing 33<sup>rd</sup> in Qualifiers. In each PL tournament that followed, the 15Blue maintained its position in Bronze at PL1, PL2, and PL3. It was more of the same at the Regionals with solid play throughout the championship division pool that pitted the Top 36 NCVA teams in the 15s age group.

The team will now go on the road to compete together one last time as Xceleration 15Blue at the ever-popular AAUs. Great job on a solid season and have a fun time in Orlando. Good luck and we all wish you the best! You will all do great!

*Thank You!*



**Coach Lucas Abbott**



**Coach Kayla Coleman**

*Photos courtesy of Tomas Pineda.*



*Thank You!*

# 15White: From Dusk To Copper

In the American crime action horror comedy written by Quentin Tarantino, *From Dusk Till Dawn*, its characters struggled against vampires throughout the film, but in the end, streams of sunlight shined through new holes in the walls, making the vampires back away. Dawn has come. With apologies for the stretched analogy, the 15White started in the Dusk Division in PL play but improved dramatically to move their way up to Copper and in the first tier of the Challenger Division in PL Regionals. There the team finished in the Top 10.

At the Bay View Classic, the 15White struggled early, falling in 3 of their first 4 games to start the tournament as the dusk crept in. The team turned things around by winning their last three matches to close out their season as Flight champions and getting tournament t-shirts to boot! Great job, 15White!

“A.J. and I wish our girls all the best this summer,” said **Coach Buddy Angeles**. “Thank you also to friends and parents for the enthusiastic support during our games throughout the season.”



**Coach Buddy Angeles**



**Coach A.J. Cristobal**



*Photos courtesy of Tomas Pineda.*

# 16Blue: Bronze!

The 16Blue had a promising and bright start at PL Qualifiers, finishing in 15<sup>th</sup> position and in the Silver Division. The team encountered various bumps in the road and had an up and down season. Nonetheless, the competition they faced were

among the toughest and the strongest in the league and in the NCVA.

The team is now preparing to compete against top teams in the nation at AAUs in Orlando. Xceleration is confident that the 16Blue will have a good showing and finish the season strong. Good luck 16Blue and embrace the moment.

*Thank You!*



**Coach Manny Johnson**



**Coach Gaby Gryko**

*Photos courtesy of Tomas Pineda.*

# 16White Hits *Blue Streak*

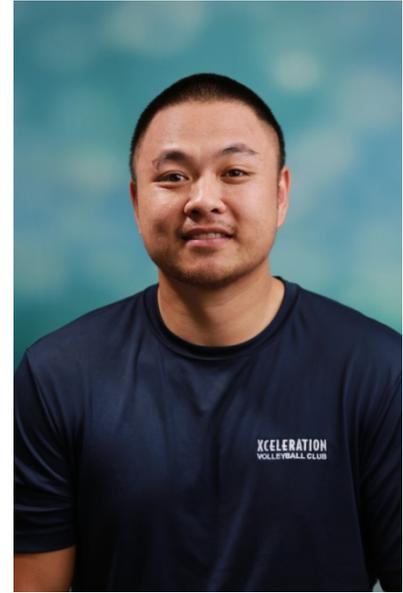
The 16White was a model of consistency throughout the Power League season, starting in the Blue Division with a 6-2 record. Thereafter in Power League competition from PL1 through PL3, the team remained in Blue to reach the Challenger division tournament in the regionals.

The 16White opened the Bay View Classic with a three-set victory but was on the wrong end of another three-setter in their last match of the season. The team completed the season with a winning record at 4-3 and tons of fun throughout the year.

Have a wonderful summer, 16White!  
Continue to follow your dreams.



*Thank You!*



**Coach David Sin**



**Coach Daniel Pak**

*Photos courtesy of Tomas Pineda.*

# 16Gold Saves the Best for Last in the PL Regionals



*Thank You!*

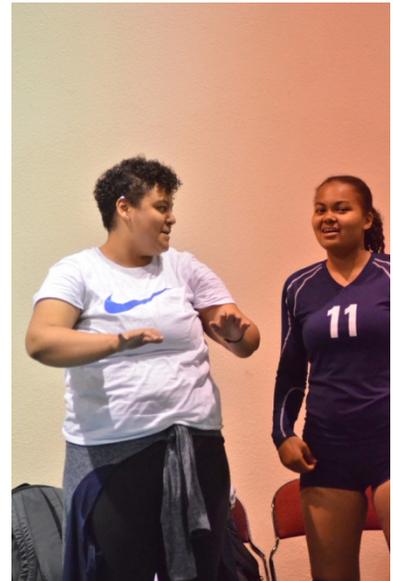
Throughout the season, no team played as hard or had as much fun as the 16Gold. They continuously worked hard for every point and every time they stepped onto the court. Though they may have often found the Power League road to be challenging with many hurdles to overcome, they persevered to the very end at the PL Regionals.

The team rose to the occasion and played their best volleyball of season to finish as bracket winners.

Keep working hard 16Gold, the best is yet to come.



**Coach Steve McKue**



**Coach Ashley Mulshenock**



*Photos courtesy of Tomas Pineda.*

# 17Blue Builds Momentum for AAU



The 17Blue's 5-2 record at PL Qualifiers landed the squad in the 21<sup>st</sup> position to begin its NCVA Power League competition in the Silver Division. One competition after another, the 17Blue played steady volleyball and maintained its Silver standing going into PL Regionals. There the team built momentum for their final competition of the season in the upcoming AAU tournament in Orlando. The team's PLR performance was outstanding, going 7-1 and taking home the Silver Division title. With the only loss coming in pool play, dropping the third set 13-15, the 17Blue then closed PLRs with six straight wins.

The last two matches define what the team is made of. After being on the short end of the first set, 32-34, in the semi-final game, the team was undeterred and roared back to reach the finals. In their last match, the 17Blue was again extended, but rallied to claim the Silver crown.

A single defeat in pool play dropped the team to the Silver bracket and finished in 13<sup>th</sup> overall. The 17Blue tied the Gold champions with the most wins in the tournament with seven, and it had more wins than 11 other teams ahead of them. It's the nature of the beast unfortunately.

*Thank You!*



**Coach Leslie Ray**



**Coach Lindsey Ray**



**Coach Jade Sanford**



*Thank You!*

# 18White Sets Off Fireworks at Bay View



The 18White gave a tour de force performance at the Bay View Classic to close their season with a 7-1 record. All seven victories to start the tournament were taken convincingly in straight sets. The team was stingy and defended well, giving up less than 19 points or less in 12 of the 14 sets they won during the routs. The 18White surrendered an average of only 14 points per set to their opponents in the seven victories.

In the battle between two unbeaten teams in the quarterfinal round, the 18White just couldn't get past the eventual tournament champions Empire Mizuno 18-1. It was memorable weekend and season nonetheless.



**Coaches Shannon Lee and Ashley Herrell**



*Photos courtesy of Tomas Pineda.*

# Friends

## Isn't It Always a Great Feeling to See Long Time Friends



It's exciting to know that Xceleration alums are doing exceptionally well. They are also finding time to reconnect with old friends and meeting new ones in the gym.

Top photos: Xcel Class of 2011 **Camille Condit** joins a distinguished list of notable alumni from the U.S. Naval Academy and celebrates her graduation in Annapolis, MD.

Middle photos: Xcel Class of 2013 **Rachel Nieto** and 16Blue **Jazalyn Cruz** are decked out in Long Beach State volleyball gear. Rachel is joined by 18Blue's **Emma Doud** and **Kaitlynn Zdroik** who will be playing for the beach programs at Loyola Marymount and San Jose State, respectively. Kaitlynn will also play indoor for the Spartans.

Bottom photo: Xcel Class of 2015 from left to right are **Lucy Moradian**, **Kelley Wirth**, **Lauren Budde**, and **Haley Glass**. They recently stopped by the Concord Gym to hold a quick workout. Georgetown University, Yale, Whitworth University, and Grand Canyon University are extremely lucky to have these young ladies.

*Photos courtesy of Paul Harrison.*





# On the Beach

June 1<sup>st</sup> marked the inaugural opening of Xceleration's beach volleyball season at Moraga Commons Park where players were introduced to coaches **Michelle Boydston** and **Melinda Lum**. We're proud to introduce and welcome them to the Xceleration coaching staff.



**Michelle Boydston** (left photo) will lead Xceleration's Beach Volleyball program as Beach Director. She was a setter at UC Davis and was ranked in the Top 10 CA Beach Volleyball players from 2009-2012. She earned her first AAA playing her first ever event in Santa Cruz. Beach volleyball has allowed her to travel around the world, including last year when she played in Columbia, South America. Michelle is a Certified Elite Personal Trainer, NASM Pilates Reformer and Mat Certified. She earned a B.S. in Exercise Physiology (Minor in Nutrition) at UC Davis.



**Melinda Lau** (bottom photo) joins Xceleration as an assistant coach to the club's beach program. She brings with her many years of indoor and outdoor experience. She has competed on the indoor college level at Cal State-Hayward (now CSU-East Bay), as well as in outdoor (grass and sand) doubles volleyball tournaments.



Melinda has assisted in coaching other club volleyball programs. She has played on NCVA teams as well as assisted in tournaments for club teams. Melinda hopes to bring a love of playing sand volleyball to this year's beach program.



**2016 Beach Tournaments**  
**Santa Cruz**  
**June 26**  
**July 30**

Photos courtesy of Tomas Pineda.

# Exercise Harder on the Beach

By Jen Murphy, Reprinted from the Wall Street Journal, Health & Wellness, May 17, 2016.

Relocating your workout to the sand can improve strength, balance and endurance. “Sand makes the action of running a lot more difficult,” says Even North, director and head coach of Revolution Running, a multi-sport training club in Louisville, CO. “When your feet sink into the sand, it requires more effort to push off and keep your momentum going.”

Mr. North says sand stimulates muscles on the insides and outside of the ankles and calves and helps develop improved proprioception, which is the ability to sense the orientation of the body in our environment. Small muscles and tendons in the feet are working, which helps improve overall stability and foot strength.

Most people who exercise at the beach do so with bare feet. As with new activity, it’s important to start slowly to adapt, says Chris Vlaun, co-founder of Miami-based V-Art of Wellness, which specializes in beach workouts. “No matter how fit you are.”

Mr. Vlaun has clients do warm-up exercises. “jumping jacks get the feet flexing, and a simple reverse lunge works on balance and ankle stability,” he says. “Twisting pogo hops, where you tuck your knees to your chest as you jump and twist your torso to one side will get your calves and feet screaming, as will high knee lifts.”

He says these exercises alone might be enough to tire out your feet before you event start to run or sprint.



*“As with new activity, it’s important to start slowly to adapt, no matter how fit you are.”*

**Chris Vlaun, V-Art of Wellness**

*“Still room [for Beach Volleyball] if anyone wants in. Our coaches are impressive! Don’t miss out.”*

**Jim Ross**





**Fall Ball Begins Aug 24**

For pre-high school players, our Fall Ball program will be open to any players outside of the club. Fall Ball will be held at our Concord Facility, located at 3911 Laura Alice Way, from **August 24 – October 19, 2016.**

**Grades 4 through 6: Space is limited to 12 players per session.**

- Session 1 – Tuesday/Thursday: 6:00 – 7:30 pm

**Cost:**

- 1 Day per week: \$275 per player (must sign up for the same day each week)
- 2 Days per week: \$500 per player

**Grades 7 and 8: Space is limited to 18 players per session.**

- Session 2 – Monday/Wednesday: 7:00 – 8:30 pm
- Session 3 – Tuesday/Thursday: 7:30 – 9:00 pm
- NO session Labor Day, Sep 5

**Cost:**

- Can ONLY sign up for 2 days per week: \$500 per player



# Summer Clinics

Sign up and save the dates for Xceleration’s Summer Clinics that will be available to all who are interested in continuing to work, improve, or fine-tune their games during the off-season.



**Summer Clinics Begin July 5**

- Players should be attending age group clinics for which they will be playing this upcoming indoor season (i.e. if they played 14s this indoor season, they should be attending summer sessions for 15s, etc.)

- Summer Clinics will be held at our Concord Facility, located at 3911 Laura Alice Way, from **July 5 – August 11.**
- Costs to attend will be \$25 per session. Fees are payable directly to the coach at the start of each session. You will not be billed by the club. Checks accepted, but should be made out to the coach directly. If bringing a check, please leave the “payable to” line blank and fill it out upon arrival to the clinic to indicate the correct coach, just in case one of our coaches listed for the age group isn’t able to make it that day.
- There will be **NO DROP-INS.** Pre-registration is strongly recommended, as spots on a first-come first-served basis are limited to keep the coach-to-player ratio manageable. Please send an email to Club Director **Shannon Kussman** at [shanvball@aol.com](mailto:shanvball@aol.com) with the sessions that you plan to attend. If sessions are full, you will be placed on a waitlist.
- Reservations that are cancelled less than 48 hours prior to the session time and date will incur a \$25 charge.

**Age groups, session dates and times, and coaches leading each session are listed below:**

**13/14 age group**

July 10 - August 7 (5 sessions total)  
Sundays 1:00 pm – 3:00 pm  
**Kelsey Ross & Mariah Christensen**

**15/16 age group**

July 5 - August 9 (11 sessions total)  
Tuesdays 6:30 pm – 8:15 pm  
Sundays 3:00 pm – 5:00 pm  
**Lucas Abbott & Kayla Coleman**

**17 age group**

July 7 - August 11 (11 sessions total)  
Thurs, 7/7 only 7:00 pm – 9:00 pm  
Sun, 7/10 only 7:00 pm – 9:00 pm

**After July 10**

Thursdays 6:30 pm – 8:15 pm  
Sundays 5:00 pm – 7:00 pm  
**Leslie Ray**

**18 age group**

July 7 - August 11 (11 sessions total)  
Thurs, 7/7 only 7:00 pm – 9:00 pm  
Sun, 7/10 only 7:00 pm – 9:00 pm

**After July 10**

Thursdays 8:15 pm – 10:00 pm  
Sundays 7:00 pm – 9:00 pm  
**Andy Schroeder & Jeremy Swann**

**Please send Shannon an email with any questions, or to sign up for summer clinic sessions.**

# Thank You, Friends and Parents!

*Great season of play and learning with an awesome bunch of girls and terrific coaches!*

**Irma Laxamana**



*Thank you Natasha! They were lucky to have your leadership. Will miss you and Chelsea!... Will miss all of you! Girls, coaches and parents! What a wonderful season!*

**Cheri Kucala**



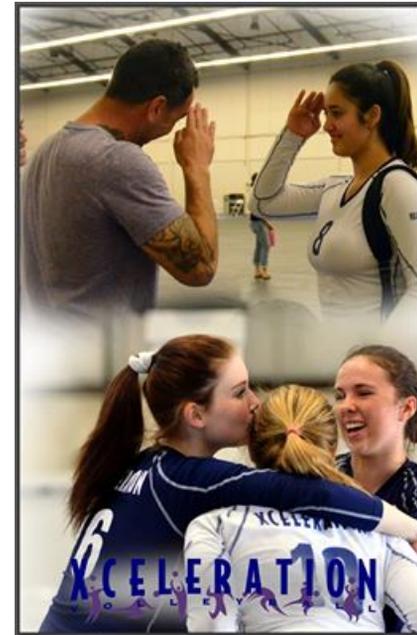
*Congratulations 14white. What a great season! Couldn't have asked for a better bunch of girls, coaches or parents!*

**Carrie Smith**



*14 Blue was so lucky to have you [Leslie Ray] step in as their head coach. Thanks so much for taking on a second team and adding more chaos to your life. Dayna learned so much from you as she found herself having to take on a hitting role this year for the first time. Xcel is so lucky to have you. Hope to see you this summer!*

**Maria Riggio**



*“And it's a wrap! We wish you all the best. Thank you for coming to Xceleration. Keep working on your game over the summer (between playing, chillaxing and resting). Cheers to you all.*

**Tomas and Normie Pineda**

*Photos courtesy of Tomas Pineda.*