

# XCELERATION

V O L L E Y B A L L

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Xceleration  
Volleyball Club

John B. David, Editor

## Xceleration Unleashes the Beasts in the East

*Four Teams in Orlando Hang Tough Against National Competition*

*Tale as old as time,  
Song as old as rhyme,  
Beauty and the beast.*

When Mrs. Potts finishes the final chorus of this classic Disney song, one cannot help but imagine any story's ending where the main characters rise to the challenge, overcome adversity, reach (most of) their goals, and live happily ever after (if only life was that simple).

We all know that before we get to these fairy tale endings, we encounter challenges and difficulties along the way. Our club and its players were not immune to these minor stumbling blocks. Some may have had a great experience with the club, and some may not. All that we can do is to continue to work harder, learn from our mistakes, make improvements, and strive to be better than we were yesterday.

As we ended the 2016 volleyball season at the AAU National Championships in Orlando, FL, little did we know that our club and the teams that competed would learn life lessons from Disney's *Beauty and The Beast*. Our experiences may well be very similar to some of the scenarios in the movie. We've come to realize that we've actually learned so much from Belle, Beast, and...



yes, even Gaston that we carry with us everyday. It's not inconceivable that this fairy tale is partially responsible for us becoming the fine, upstanding citizens that we are. Thanks to ohmydisney.com's writing contributor Rachel Berman, with 10 Life Lessons like the ones below, it's no wonder that the Xceleration season turned out fairly well.

### 1. Inner Beauty > Outer Beauty

We learned this one along with Beast. True beauty comes from within; it's about being kind to others and not only thinking about yourself. For Belle, family is the

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## The Beasts in the East (continued)

most important thing and it is important to make sure that those around us are taken care of. Belle taught us that sometimes you need to sacrifice what you want so your loved ones can be safe.

In a volleyball situation, we display this inner beauty by sacrificing the “me” mentality for the collective and common good of the team. The team is so much better when we’re all are moving in the same direction and everyone is looking out for each other. Even if the game does not tip in our favor, inner beauty always trumps an ugly loss.

### 2. Never Stop Learning

Belle’s insatiable appetite for knowledge inspires us to learn something new everyday. We may not be in a school setting, but we’re in the gym, learning something new from our coaches and our teammates.

Everyone in your life can teach you something new, you just have to be open to it. For instance, if you’re a hitter for most of your young career, but learning to dig or set will make



you a better overall player, then you should welcome the opportunity to learn something different. It may be uncomfortable at the beginning but you’ve learned to play all facets of the game that will make you more valuable to the team, if not just learning a new skill.

### 3. A Chipped Cup Can be Better Than a Perfect One

On the surface, you might think that Chip isn’t important (because he’s chipped), but he saves the day by rescuing Belle and Maurice from the basement so they can, in turn, save Beast. Perfection isn’t everything. Beast (or Prince Adam) wasn’t perfect by any means either. The truth is he not only changes but

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### Did You Know?

More than 27,000 athletes from across the country and an international division bumped, set, and spiked during the 43<sup>rd</sup> Annual AAU Girls’ Junior National Volleyball Championships in Central Florida.

The eight-day event has held the title of “Largest Volleyball Event in the World” since 2012 when the 16U Club Division set the current Guinness Book of World Records mark. This year, it attracted more than 40,000 spectators, 9,000 coaches and 400 college coaches, and took place on 177 courts between ESPN’s Wide of World of Sports Complex at Walt Disney Resort and the Orange County Convention Center.

The marquee annual event for the fastest-growing sport in the AAU has more than doubled in the past five years, increasing from approximately 1,000 teams in 2011 to more than 2,300 teams in this year’s event.



## The Beasts in the East (continued)

becomes the Prince he was meant to be. All it takes is a little patience.

Have you ever hit a float serve that goes way out? Have you ever just stared and let an overpass hit the ground, giving a point to the other team? Though we think these situations should never happen because of how hard we've trained, they do, and we learn from them. Volleyball is not a game where you need to be perfect, nothing is predictable.

### 4. Look Beyond What You Can See

Beast looks intimidating and scary, but once Belle takes the time to get to know him, it's clear that his rough exterior is a just a façade. He's really kind and gentle. He just needs someone to give him a chance to show it.

Xcel coaches are really a bunch of nice people who are here in the best interest of the girls (see photo on the right sidebar ☺). They may have made things uncomfortable for some of us, made errors in judgement in the heat of the moment or how they



conducted themselves, or made poor decisions in setting the lineups, but they are human and are continuing to learn – as we all are – to be better coaches.

### 5. Love is Stronger Than Hate

Hate leads Gaston down a dark path, and while he manages to sweep the town up into a frenzy through fear, it's ultimately love that wins the day. Beast represents all of us at some point in our life. When we have someone who believes in us and can see through our outer shell, we become who we are meant to be. Unless you're like Gaston. Then you're just mean.

Throughout the season, we learned about each other – personalities, idiosyncrasies, mentalities – and in the end realize that we are all

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## College Coaches Watch Out!

**Co-College Development Director Paul Harrison is a sweetheart when he's around the players, but he's a beast tracking down college coaches and telling them about Xceleration players who want to pursue volleyball in college.**

**Paul said after seeing the teams play at AAU, "I was floored by the effort given. Truly inspiring for me!"**

**Coach Jeremy Swann agreed. He said, "What a tremendous week, so thrilled with Xceleration athletes and proud to be a part of it!"**

**Shannon Kussman was ecstatic! "Congratulations to all our AAU teams, all four did a great job of competing hard and having fun together! Xcel proud!!"**



**The Beasts in the East (continued)**

different, but we're in this club with a common goal – to be a better person and a better player. We made an effort to accept these differences and made things work by putting aside the “hate” and the “meanness” that’s inherent in some people. We deal with it the best we can to create a harmonious environment, and we are the better person for it.

**6. Dare to be Different**

As an extension to #5, standing out because you're not like everyone else isn't a bad thing either. It means that you're an individual. Embrace what makes you different, because it's also what makes you special.

Belle and her father were considered eccentric for the small town they lived in, but they embraced it. Though going against the current can sometimes be difficult, being unique is what makes you who you are. If you're like everyone else, then you are just another face in the crowd. Being different is totally acceptable, as long as you're doing it in a nice way.

**7. Don't Let Your Fears Get in the Way of New Experiences**

Life can be scary, we get it. But pushing yourself out of your comfort zone makes you a better person. Beast was out of his zone when Belle asked him to dance and when he ate with a fork. Trying new things, anything that raises your anxiety levels can be counted as being outside that zone where you're not going to be comfortable in that situation.

Although anxiety isn't something we're prone to go looking for, a little bit can be surprisingly beneficial. We often need just a hint of anxiety to push us to get our work done, or to improve our performance.

The more afraid we are, the smaller our comfort zone becomes and the more difficult it is to break out of it. Familiarity is comfortable and enjoyable, so it's no real surprise that new things get our guard up. Trying new things takes energy, so when we're feeling tired or flat, we're more likely to lean on old habits than take a new risk.

According to blogger Belle Beth Cooper, here are some of the benefits of leaving your comfort zone and trying things that raise your anxiety levels just a little bit:

**It will help you grow**

When mixed with the feeling of success, some anxiety and self-doubt can lead to personal growth. This is

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**Ready, Set, Go!**

The 18Blue and 16Blue prepare before game time at the Orlando Volleyball Academy's facilities.



**Kaitlynn 1, Gator 0!**

18Blue's Kaitlynn Zdroik and Taylor Dixon share hugs after playing together for the past four years in high school, so you might say that they were in their comfort zone.

Kaitlynn was also bold enough to step into the danger zone to wrestle an alligator at Gatorland. She survived without a scratch! What do you expect, she's a Spartan!

*Photos courtesy of Shannon Kussman and Kelly Fedel.*



**The Beasts in the East (continued)**

why outdoor adventures like rock climbing, or skydiving, or the indoor ropes course conducted by **Jay Ingram** with the 16s can be so exhilarating: they induce anxiety and unease but when completed, they give us a huge feeling of accomplishment and increase our base levels of confidence.

**Your comfort zone will grow**

If your comfort zone is small – i.e., the number of things you can do without feeling anxious are few – then you’ll either be anxious a lot of the time or miss out on a lot of the excitement life has to offer. By getting out of your comfort zone more regularly, you’ll increase the number of things you’re comfortable with. You’ll also be able to enjoy more things in life, since familiarity makes us more likely to enjoy something, even if it turned us off at first.

Doing new things motivates us and helps us learn

Novelty tends to increase levels of dopamine in the brain, which is part of the brain’s “reward center.” Dopamine’s role centers around motivating us to go looking for rewards, and novelty increases that urge. Novelty has also been shown to improve memory and increase the possibilities for learning by making our brains more malleable.

**8. Your Happily Ever After Might Not Look Like One Right Away**

Locked in a tower because Beast has taken your father prisoner but you wanted to save him so you took his place? It doesn’t exactly sound like the road to happily ever after (and in real life we do not condone it), but it symbolizes that your happy ending can start when you least expect it.

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**The Squad!**

The 17Blue and 16Blue after finishing a quick workout at the OVA gym.



**J-Ross Speaks...**

**Great job, Xcel! Your Hard Work and Commitment are Turning Heads...**

*“We have asked our teams that go to AAU to compete every day, in every set and every match.*

*I could not be happier with what we witnessed this past week. Our four Xcel teams competed hard!! And they did it against tough national competition. And they also did it with lots of smiles.*

*This is not just my own observation. I speak with many, many coaches (this year over 250) at this tournament for the college recruiting, and several that I know well commented on this.*

*...When college coaches walk these large venues, they tend to stop when they see a club playing they know and that they know commits to training players who play hard and play well.*

*We are getting them to stop now.*

*Congrats players, coaches and parents for a successful trip!!”*

**Jim Ross**

*Photo courtesy of Shannon Kussman.*

#### Represent!

Xceleration and NVCV Asics closed their club volleyball careers after facing each other in their last club game ever at AAU.

*Photo courtesy of Jim Ross.*

#### The Beasts in the East (continued)

One of the most important lessons from this tale deals with the ability to overcome yourself. So often, we keep ourselves from following our dreams and are in our own ways of happiness. If you can overcome your own insecurities and flaws, you can overcome anything. At Xceleration, we stress this all the time and underscore the importance of hard work to fulfill your dreams. It may take time and it will work itself out if you put in the effort.

#### 9. Every Rose Has its Thorns

And by thorns we mean Gaston. But really, nothing is as perfect as it seems. And sometimes that's difficult to accept. Most of the time, it just means that we're all human and we all need each other.

Gaston was definitely a handsome guy, but that was about it. Despite being popular and wanted by all the bachelorettes, Belle was able to see through that and know he was a

misogynistic, shallow jerk. *"Beauty and the Beast"* taught us that just because someone is physically attractive, doesn't mean they have a personality to match. Which brings us back to... inner beauty over outer beauty and that no one is perfect. We all experienced these and lived by them over the course of the season. And finally...

#### 10. Tea Heals All

Sometimes all you need to feel better is a warm cup of tea (a heart-to-heart with Mrs. Potts doesn't hurt either.) In our case, it was water (or Gatorade) and the meals that kept us hydrated and nourished before, during, and after the competition. And of course, Mom and/or Dad were always there for a shoulder to lean on and to give us encouraging words or advice when things weren't going our way. Thanks, Mom! Thanks, Dad!

What's a life lesson you've learned from *Beauty and the Beast*?



#### Beauties and a Beast

18Blue's Kaitlynn Zdroik and Katie Orbeta stand in front of an ominous looking figure during their downtime in Orlando.

*Photo courtesy of Kelly Fedel.*

# Gems at AAU

### 15Blue – AAU 15 Premiere Topaz Division Champions

Left photo - back row, left to right: Coach Kayla Coleman, Daniela Skov, Nyah Alexander, Kinsey Anderson, Aubrey Roberts, Lauren Brandt, Molly Bernstein, Ava Johnson, and Coach Lucas Abbott.

Front row, left to right: Jillian Seguerre and Alex Reppas.

*"I couldn't be more proud with how 15B ended the season. Down a few players who unfortunately couldn't travel with us to Orlando, we worked hard for four days and ended the tourney with a 3-0 record on our final day to win our bracket and get ribbons and a plaque! Great job ladies, and best of luck in the future!"*

**Coach Lucas Abbott**

### 16Blue and 17Blue Finish in Emerald Division

Both teams went toe-to-toe against many of the strongest teams in the nation. The win-loss records may not show it, but the 16Blue and 17Blue ultimately tested themselves and played hard in each game. In the end, it was also about sealing the bonds of friendship and having a fun time with their Xceleration teammates.

*Photos courtesy of Roman Seguerre.*



The shorthanded 15Blue squad was challenged at the outset, and it took several games before the team got back on track during the latter half of the tournament. Before the team ended the 2016 season, the ladies posted victories in five of their last six games, including three

consecutive wins at the end to take home the Topaz bracket title. The 15Blue ended their last two matches in thrilling three-setters to earn the AAU crown, as well as the individual ribbons and team plaque that were awarded for their triumphant ending in Orlando.

# 17Blue: Just Chillin'

Right photo, left to right:  
Coaches Leslie Ray and  
Jade Sanford, Mere  
Naqase, Coach Lindsey  
Ray, and Nikki Jensen.



Right photo, left to right:  
Alex Nickerson and Jackie  
Kupeli.



Right photo, back row left  
to right:  
Jackie Kupeli, Nikki Jensen,  
Parker Jones, Layne Estes,  
Alex Nickerson, Delaney  
McKee, Ashby Russell,  
Jaime Brown, and Cynthia  
Zhu.



Front row: Kelsey Budde  
and Charlotte Cannizzaro.

Right photo, back row left  
to right:  
Layne Estes, Nikki Jensen,  
Alex Nickerson, Parker  
Jones, and Cynthia Zhu.



Front row: Jackie Kupeli,  
Ashby Russell, and  
Delaney McKee.

# CAN YOU HEAR ME NOW?

Yes, loud and clear!

Xceleration would like to thank everyone who filled out a Parent Survey form. Your feedback is very important to us and it will help make the club even better.

The leadership team is now reviewing your responses and will look to implement improvements where necessary. We are also now conducting our end-of-season meetings with our coaches. The survey process and your confidential feedback and suggestions are valuable tools to facilitate constructive discussions at these meetings for personal or organizational improvement.



Photos courtesy of Renee Nickerson.



### A Message from Andy Schroeder:

"We are so pleased with the 8 girls that decided to go to Orlando! They really competed at the highest level. They have been embedded in the PROCESS all year long about getting better and playing the best competition possible.

Through our first 8 matches we were 6-2. That set us up to play a crossover match to get to the Round of 16. We had a tough draw with Northern Lights out of Minnesota. They beat us badly in the first game, then the girls caught fire and won the second game very easily. The third game was an epic tit-for-tat battle with many highly contested points. We fell a little short, 15-12, but everyone knew that all was given to win the match. We ended up taking 19th overall.

Emma Doud, Ava Patterson, Natasha Skov, Taylor Dixon, Kaitlynn Zdroik, Katie Orbeta, Halle Webster, and Kayla Sherman – these girls were amazing,

they honored themselves, their families, their teammates, the club, and the GAME with how they competed! Jeremy and I were so proud of all of them. The future will be very bright for each of these girls. We look forward to following their college careers. All the coaches getting these young ladies are extremely fortunate.

Here's a comment that I love from Kaitlynn's dad, Dan Zdroik:

**THE ENTIRE XCELERATION ORGANIZATION HAS MADE A TREMENDOUS IMPACT ON KAITLYNN.**

This is the culture that we are striving so hard to achieve at Xceleration!

Have a wonderful summer and see you soon, at the gym!"

**Andy Schroeder**

43rd AAU Girls' Junior National Volleyball Championships

June 18-25, 2016



Photos courtesy of Kelly Fedel.

# College Development Program...

*Hello Xceleration Families,*

*The AAUs in Orlando closed out another great year for Xceleration. As Jim and I have worked the convention center floors this past season, one thing has become abundantly clear. Colleges are focusing on and competing for younger players. This begs the question of "is it too late for our 17's and 18's?" Absolutely not! However, we realize a push for preparation needs to start earlier. The players who start this preparation earlier will definitely have an advantage over the others who wait.*



*We have no magical wand that we wave to make things happen. There is a process and our past Xceleration players who have played at the next level have engaged in that process. Many people are involved in this process – from club coaches, college coaches, Xceleration staff, and parents. Ultimately, it is the athlete who makes this process work.*

*Orlando was an emotional time for me, as I watched some of our players compete for the last time in Xceleration uniforms. It also was a time of encouragement for me to watch the younger teams compete and start this process.*

*Best wishes to our seniors who I will miss. To the rest, have a great summer and I hope to see you all in the gym this summer.*

*Go XCEL !!!*

**Paul Harrison**  
Co-College Development Director

Our older players are highly recruited due in part to our College Development Program, which is FREE to our members. It continues to flourish and has received rave reviews from college coaches across the nation. We have a database of over 400 coaches and programs across the country that we have made direct contact with at tournaments and with whom we remain in contact with to keep updated on the progress of Xceleration's athletes. We deal directly with these coaches on a constant basis to assist our players during the recruiting process. In the club's short history, we have sent nearly 100 of our players on to play in college in every division from D1 to NAIA, including 35 former Xceleration alumni on current active rosters.

Learn more about Xceleration's College Development Program by contacting our Program Directors or by clicking on the links below:

[Paul Harrison](#) or [Jim Ross](#)

[College Development Program Xceleration Recruits Goings On](#)  
[Current Xceleration Athletes on College Rosters](#)

## Roarin' Like a Lion!

Left photo: Co-College Development Program director Paul Harrison is flanked by Loyola Marymount recruits Emma Doud (left) and Emma Johnson.

*Photo courtesy of Paul Harrison.*



# On to College!



Left photo, left to right: Coach Jeremy Swann, 18Blue's Mickayla Sherman, UC Riverside head coach Michelle Patton-Coleman, and Coach Andy Schroeder.

Bottom photos: Coach Andy with Emma Doud, who just earned her AA beach rating. She will enter Loyola Marymount's beach program.



**We're All in This Together... Go Wildcats!**

Top photo: 17Blue's Delaney McKee (third on the right) lines up with her future teammates. Delaney has committed to play for the Wildcats in the fall of 2017 at the University of New Hampshire.

## Thanks!

Xceleration and the 18Blue would like to thank two individuals – **Natasha Skov** and **Ava Patterson** – for stepping in to fill the shoes of Xcel players who were unable to join the team in Orlando. Natasha matriculated at Oakland's Head-Royce HS and is the sister of 15Blue's **Daniela Skov**. Natasha has been a key offensive force on Head-Royce's varsity volleyball team for the past four years. She was the BCL-East MVP last season and received the Coaches Cup award for the top female athlete on campus. She is excited about moving on to play for Princeton in the fall and immediately being a part of a community that share a common love of the sport.

"To play a sport at a competitive level, the most important thing is that you have fun doing it. Having fun makes all the hard hours, extra scheduling and extra work all worth it," said Skov.

Ava is a middle blocker who earned all-league honors from the East Bay Athletic League at Monte Vista HS. The Mustangs recorded a 34-6 overall record in 2016, took home the EBAL title, and earned its second consecutive Division I NCS championship under head coach **JJ Utchen**, a former Xceleration parent. Ava has committed to play in Rhode Island for Bryant University this fall.

Thanks, Natasha and Ava, for joining us in Orlando!

*Photos courtesy of Paul Harrison.*



## QUICK TIPS

# Parents & Athletes: What's Left When Your Child's Glory Days are Over?

by Janis Meredith, reprinted from *The Art of Coaching Volleyball*

No athlete plays competitive sports forever. At some point, the glory days must end.

Pros retire. College athletes graduate. High school students don't make it to the next level. Whether your child quits playing at 14 or 40, the question remains: What kind of person will he or she be when the playing days are over?

What will you as parents get in return for all the money, hours and emotional energy poured into growing athletes?

My 27-year-old daughter played softball for 15 years. We spent a lot of money for travel ball, catcher's equipment and hitting lessons. In 2011, she graduated from college and is now a kindergarten teacher. She doesn't play softball for a living, but that money we spent wasn't wasted because we know that her softball experience was a lot more about who she became than what she accomplished.

The same goes for my son, now 24 and a college grad. He played sports all through high school and football in college. We paid for him to go to QB camps and work with a personal

trainer, but he never went pro. So we could ask: Was it a waste of time and money? Absolutely not. Playing sports has helped shape our son into a strong, caring, sure-minded young man.

Playing sports brings excitement and recognition. It may even help pay for college and open doors for the future, but nothing will ever be more important than the type of person your son or daughter becomes in the process.

You can't put a price tag on learning self-discipline, a good work ethic, unselfishness and persistence. Press clippings and stats will come and go, but these positive character traits will be part of your young athlete's DNA for life. Keep this big-picture perspective and the youth sports journey will be much more enjoyable for you and your child.

*Janis B. Meredith, sports mom and coach's wife, writes a sports parenting blog called JBM Thinks. She authored the Sports Parenting Survival Guide Series and has recently launched a podcasting series for sports parents. You can also find her on Facebook and Twitter.*

**... THAT MONEY WE SPENT WASN'T WASTED BECAUSE WE KNOW THAT HER EXPERIENCE WAS A LOT MORE ABOUT WHO SHE BECAME THAN WHAT SHE ACCOMPLISHED.**

**... WAS IT A WASTE OF TIME AND MONEY? ABSOLUTELY NOT. PLAYING SPORTS HAS HELPED SHAPE OUR SON INTO A STRONG, CARING, SURE-MINDED YOUNG MAN.**

**PLAYING SPORTS BRINGS EXCITEMENT AND RECOGNITION. IT MAY EVEN HELP PAY FOR COLLEGE AND OPEN DOORS FOR THE FUTURE, BUT NOTHING WILL EVER BE MORE IMPORTANT THAN THE TYPE OF PERSON YOUR SON OR DAUGHTER BECOMES IN THE PROCESS.**

# Summer Clinics/Fall Ball Sign-Ups!

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**

- 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.
- 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.)

**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 – 2:45 pm  
**Kelsey Ross & Mariah Christensen**

### **15 age group**

July 5 - August 9 (11 sessions total)  
Tuesdays 6:30 pm – 8:15 pm  
Sundays 2:45 pm – 4:30 pm  
**Lucas Abbott & Kayla Coleman**

### **16 age group**

July 5 - August 9 (11 sessions total)  
Tuesdays 8:15 pm – 10:00 pm  
Sundays 4:30 pm – 6:15 pm  
**TBD**

### **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 6:15 pm – 8:00 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 8:00 pm – 9:45 pm  
**Andy Schroeder & Jeremy Swann**

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



**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



# A Final Look at 18Blue



“Thank you to the coaches and the entire Xceleration program for a great season. We will miss you all. Come watch these amazing girls in college if you get a chance.”

**Leslie Dixon**



*It was AN HONOR to coach these 8 girls in Orlando. Natasha came over from AVCVB and Ava came over from NorCal VBC (thanks to them). It was a great tourney – the girls performed on a very high level. They're ready for college at this point. We will be watching over their college careers. Suffice to say, the future is so bright for all of these young ladies.*

**Andy Schroeder**

*There were moments where I was in total awe of the passionate play that was exhibited on the court.*

**Paul Harrison**



*Photos courtesy of Leslie Dixon and Paul Harrison.*