

# **XCELERATION**

V O L L E Y B A L L

## **2016 / 2017 HANDBOOK**



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

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## Introduction

Welcome to the Xceleration Volleyball Club. Jon Segall founded this club in 2002 to give volleyball players in the area a competitive club in which to participate and to provide training to serious minded players. The new ownership group of Jim Ross, Andy Schroeder and Jeremy Swann continues that tradition. Each year our club has enjoyed great success, growing in number of participants and competitiveness of our teams. Eight years ago we had 5 teams in our club and last season we fielded 13 teams. We provide a well-rounded program that teaches skills, leadership and a strong work ethic. We set a high standard for our administration, coaching staff and players. Our programs are designed to develop the ultimate potential in the player.

Is Xceleration VBC a place where only college bound athletes or nationally recognized teams compete? Absolutely not! Learning a lifelong sport, making friends from a host of different schools, and having fun are often the reasons a young girl will get into volleyball. While we are proud of our teams who qualify for post season National tournaments and the girls who have gone on to play at the intercollegiate level, we are equally proud of the girls who have simply learned the enjoyment of playing a game that they can carry with them into the future. We strive to develop the athlete not only as a player but also as a person, learning life-long skills such as teamwork and interpersonal skills, the ability to handle pressure situations and to effectively use goal setting to accomplish anything.

We've put this Handbook together to try and tell you a bit about junior volleyball in general, about our club, its philosophies, and what it takes to become successful in our program. We hope this Handbook will assist you in making an informed decision about whether Xceleration is right for you and your daughter.

## **Club Mission Statement**

Xceleration Volleyball club is committed to the improvement of its volleyball players. It is the goal for all participants to learn and/or grow a love for the sport of volleyball and to develop as players who are fundamentally and technically sound. To achieve this, we are committed to employing coaches who share our mission, vision and values, and are willing to work with us to better themselves and their players. As a club we will train our players to compete against the best competition locally, regionally and nationally.

### **How do we support and achieve our Mission?**

- Train all our coaches in the techniques and strategies to be used at each age level. All coaches are also trained to provide an environment rich with instruction, positive feedback, encouragement, competition and discipline.
- Offer year-round training.
- Place the development of our athletes as our #1 priority over any other.
- Provide mentoring services to our athletes for marketing them to college volleyball programs.

### **Why Play Junior Volleyball?**

Junior volleyball programs have exploded in California, as well as in the rest of the country. There are many factors that have influenced this growth. The most important factor is the overall growth of women's sports programs. The success of our national teams and the increase in money available for college women's programs are also factors. As women's collegiate programs have prospered, the level of play has increased greatly. The average level of ability of junior players has increased as well. So successful are junior program athletes that most college coaches recruit exclusively from the junior program ranks. The reason for this is simple. Coaches can see many solid prospects in a single day at a junior tournament, while it is difficult to see more than one prospect a day during the high school season. This becomes even truer with the new NCAA rules governing the number of times a collegiate coach can contact or observe in person a given player. Efficiency in recruiting is now an action word with college coaches.

Is junior volleyball only for the college bound athlete? Certainly not! For many of our players, junior volleyball is simply another challenging experience, which should lead to a lot more success on the court as playing skills increase. For our younger players, playing for college teams is far from their minds in most cases. Most players in our program fall into one of two categories: those who are trying to move up a level for the next season or those who are playing to maintain skill levels while participating in other school activities. We have teams designed to help them do just that. We can help, but much of an individual's advancement and improvement is still up to that individual. Athletic talent, size, quickness, and good work habits are all necessary for success as an

elite player. If you have a sincere desire to improve and a good work ethic, then you can do well in a junior volleyball program.

For our more serious older players, we do have an outstanding, nationally recognized college development program. We have placed over 100 girls into college volleyball since our inception and we currently have 38 of our former players ACTIVELY playing on a college volleyball roster right now!

In conclusion, junior volleyball is a great place to meet new friends, sweat a lot, get lost trying to find gyms, increase your skill level, perhaps even think about playing at the next level and just feel good about yourself. If you want to experience that, then join us.

## **Xceleration Volleyball Club Training Program**

Practices are held two or three times a week depending on the team. Weekday practices will not begin earlier than 5:00 P.M. and will not run later than 10:00 P.M. Weekend practices could start earlier in the day depending upon the coach and gym availability. Practices will emphasize team fundamentals along with defensive and offensive strategies. Girls are evaluated in the early part of the season and particular strengths and weaknesses are identified and communicated to the player, and will be worked on throughout the practices.

Xceleration practices run 1:45 minutes to 2 hours. Every practice will involve stretching and conditioning. The girls will be given a warm-up and cool down program by the club trainer at the beginning of the season and all coaches have been instructed to make certain the girls complete their training session prior to stepping on the court for practices and tournaments.

### **What can you expect from playing at Xceleration Volleyball Club?**

Each player has a different experience as a club member. Naturally, some players are more successful than others. Players who put more effort into the program usually get more out of it than those who do not attend practices. These are what we feel are the major benefits of our program:

#### **Quality Instruction:**

Our coaching staff is made up of current collegiate coaches, current and former collegiate players, and local high school coaches. All of our coaches are IMPACT certified by USA volleyball and have years of experience coaching volleyball. Many of our coaches are CAP certified and Gold Medal Squared Certified as well. Coaches receive regular training before and during the club season on our methods and what we want them to develop in our players. A listing of our coaches can be found near the back of this handbook.

#### **“Transfer” and “Competition”:**

At Xceleration, we believe in running drills that “Transfer” into real-time court situations. Your girls will be running drills at a fast pace with multiple repetitions and touches. All the drills will be supervised with the intention of placing the girls into situations that they will see once they take the court in a game situation. The intent of all drills WILL be made clear to players and instruction will be given throughout. Every practice will have some kind of competition built into it. We want our girls to be VERY competitive in practices as it transfers over to their matches.

### **Fitness Training:**

Xceleration is pleased that we have partnered with BRIDGE ATHLETICS this season to offer our athletes the opportunity to put in extra conditioning during the season. BRIDGE ATHLETICS builds sports specific training programs for athletes that combine technology and training to deliver workout packages to athletes designed to make training smarter. Details of this package will be presented to you on club Signing Night.

Club volleyball is a long season. We **STRONGLY** encourage the girls to keep up with their conditioning on the days that they are not on the court. We want our girls in shape for the entire season and we want to minimize injuries as the season progresses.

### **Extended Training Schedule:**

Since high school programs are restricted to a few weeks of practice followed by an intensive match schedule, good technical instruction can be hard to come by during school. Our December through May or June training and competitive phase allows ample time to work on techniques so players may improve their skills.

**NOTE: The season does not have to end in May or June for Xceleration members. After a 2-week break at the end of June, we are BACK in the gym with open gyms and clinics all summer and fall. Our players have benefited GREATLY from these extra sessions and repetitions.**

### **Increased Discipline:**

The time commitment required to be in a junior volleyball program requires that study habits improve and players budget their time better. It is also vital that players have disciplined work habits on the court and these will be stressed during training.

### **Education:**

In addition to creating better players, we are striving to create smarter players. Volleyball is a sport in which new situations happen frequently and players must learn to deal effectively with each new situation. We try, through repetitions, to place girls into situations in practice that will carry over to the court.

### **College Development:**

As stated earlier, not all girls are playing junior volleyball with the intention of playing at the intercollegiate level. However, at Xceleration we consider our 15's through 18's teams college development programs. These programs will give you "options" to explore. Not all players must go on to play in college, but all players will go through the Xceleration process. Xceleration has programs in place to assist parents and players

with this process. There IS a definite process that can help your athlete in this area and we have our own Recruiting Coordinators at the club who will personally assist you and guide you through the process. Details of this program will be provided to you at the College Development Workshops sponsored by the club at various times during the season. **We currently have 38 former players on active college rosters and over 100 former players who have played in college programs since our inception.**

Our recruiting directors are also available for one-on-one sessions. You must contact them to set up these private meetings.

**Weekend Lessons:**

Xceleration will be offering optional Saturday lessons during the season for athletes who are interested in additional skill development and instruction from coaches. We have specific lesson coaches who will be offering lessons as well as selected team coaches who will be available. You MAY NOT take a private lesson from one of your CURRENT coaches. Prices and times will be posted on our website.

**Fun:**

We think volleyball should ALWAYS be fun. As players progress, the speed of the game increases and it becomes more fun all the time.

## **Our Expectations for Xceleration Players**

Just showing up for practices is not enough. We expect our players to be punctual, to show up in the proper frame of mind to work hard, and to pay attention and cooperate with coaches and teammates. This is a volleyball club. We are here to develop our skills and to compete! And this means competing at practice EVERY night.

### **Commitment:**

It is vital to be committed to the program. The club season is a great opportunity to improve individual volleyball skill if you are committed. If you work hard in practice, matches and scrimmages, you are likely to have a successful season. Players who are committed to improving will have little time for you if you simply wish to turn practices into a social event.

### **Regular Attendance:**

The first rule is: EARLY is on time... ON TIME is late... LATE is unacceptable!

Players MUST communicate with their coaches if they expect to be late or have to miss a practice.

Players are expected to attend every practice. You will be given a practice schedule prior to your committing to the club and, once you have committed to the club, we are assuming that you are committing to attending practices. Missed practices WILL cost you playing time and should be avoided at all costs.

Of course, situations beyond a player's control do arise and each will be handled between the player, the player's family, and the coach.

### **Respect for the rules of the club:**

This includes the club's and USA Volleyball's Player's Code of Conduct. Rules will be clearly stated and will be enforced. Each team will also have its own rules established by its coach.

### **Cooperation:**

You may, for example, take an overnight trip with our Power League Teams. These trips require that you will have some rules you will have to live by. We expect you to respect the rules we make.

**Image Presentation:**

We are proud of our club and we want you to be proud of it as well. Keep in mind that every time you attend a tournament or step on a court, you are representing Xceleration. We expect our players and parents to handle themselves accordingly.

In addition, to those players being recruited, players are not aware when college coaches are present. You can make or break your recruiting chances by the way you act.

**Maintaining good grades:**

Even though not all players are trying to earn scholarships, we still consider our players to be student-athletes. We think that you should consider yourselves scholar-athletes and strive for the best possible performance in school.

## **Xceleration Volleyball Club Code of Conduct**

### **SUBSTANCE POLICY**

Use of alcohol, drugs and tobacco products is prohibited. Alcohol consumption by minors (under age 21) is prohibited by law in California. Possession or use of drugs is illegal. If a player uses any of these substances while competing as a member of a junior team, the team may be declared ineligible for further competition. Therefore, any use of illegal drugs or alcohol by athletes will result in immediate suspension from the club. The sale of tobacco products is illegal to persons under 18 years old. Additionally, there is overwhelming evidence that tobacco degrades health and athletic performance. Therefore, the use of tobacco products is subject to the same penalties as alcohol and drug use.

If a player is suspended for violation of the substance policy, the terms of the suspension will be specified in writing to the athlete by the club's area director. Each case will be reviewed individually, and the area director has the authority to suspend an athlete for the remainder of the club season if necessary. Subsequent violations may result in permanent expulsion from the club.

A suspended athlete may appeal the suspension in writing. This appeal must be signed by both athlete and a parent, and must be submitted within 14 days of the director's decision. The case will be reviewed by the other club directors.

### **CONDUCT DURING COMPETITION**

This section pertains to any competitive event. Athletes are subject to these rules from the time of their departure from home for an event until they return home.

All athletes are subject to the rules of competition and conduct specified by USA Volleyball. These rules require that athletes treat coaches, teammates, opponents, and officials with courtesy and respect. These rules require the team to officiate. Each player is expected to contribute to the team's officiating responsibilities.

All players are expected to share team duties of line judging, score keeping, and second referee responsibilities with teammates. Players are expected to behave in a professional manner.

Coaches will announce the expected arrival time for an event to their teams prior to the event. All athletes are expected to arrive on time. If this is not possible, coaches should be notified in advance.

Players are not excused to leave following competition until released by their coaches. Players and parents should not expect special treatment, such as permission to leave earlier than teammates if the athlete's team must officiate following its final match.

## **SOCIAL MEDIA POLICY**

**Club policy prohibits players from ANY social media contact with any member of the Xceleration coaching staff or executive staff. This includes but is not limited to Facebook, Twitter, Snapchat, Vine, and Instagram. Players and/or coaches will be disciplined harshly for any violation.**

## **Rules and Regulations**

1. All athletes are expected to behave in a responsible manner.
2. An athlete with a delinquent account during the current season may be denied the ability to participate in practices or tournaments until the account is paid in full.
3. In case of a facility change, the coach or someone from a phone chain will call your home to notify you of the changes. Also, the Xceleration website will be a primary source of information.
4. We strongly encourage athletes who participate on an Xceleration Volleyball Club team to take their participation seriously. When they miss a practice or a tournament, they affect the entire team. Once they are a member of a team, their full participation is expected.
5. Coaches determine if their practices are open or closed.
6. All athletes are expected to be in the gym, ready to warm-up, at the scheduled arrival time.
7. Attendance at practice will affect playing time at the coach's discretion.
8. Proper conduct is expected by all members of the club; this includes athletes, parents, and supporters.
9. It is also expected for all members of the club to be courteous and respectful of other clubs' parents and supporters.
10. Athletes/Parents are expected to provide transportation to all tournament sites. Xceleration does not allow our athletes to drive to out of town tournament sites.
11. Athletes will not be allowed to leave the tournament sites until excused by the coach.
12. Athletes may not leave a tournament site until all officiating assignments are complete. Every player is required to stay until the entire team can leave. Do not ask the coach if you can leave early.

13. Athletes are expected to be supportive of their fellow team members in practice and in tournaments, and to display the qualities of a dedicated athlete such as: a positive attitude, good team spirit, and the desire to learn and improve.

## **Grievance Procedures**

Competitive athletics by its very nature will not allow all people involved to be happy at all times during a season. In the case there is a grievance, please know when and how to resolve the discrepancy. It is NOT appropriate to approach coaches on tournament days to discuss playing time or coaching decisions. Our coaches have been instructed to walk away from these types of situations.

In the event that you or your child has a grievance:

1. The athlete should speak with the coach about the problem. If this does not resolve the situation then,
2. The parent should call or make an appointment with the Club Director for a meeting with the athlete present. If this does not resolve the problem then,
3. A meeting with the coach, player, parent and Club Director may be needed.

In regards to complaints: Parents are asked to refrain from negative comments around your daughter and the other athletes. Young players are vulnerable if they hear complaining about the coach, the coach's style, or club policies as this can have an adverse effect on their performance and/or attitude. If you, as parent, are unhappy with something, you should follow the grievance procedure to resolve the matter. Repetitive violations of the club's grievance procedures or complaining to athletes or third parties that interfere with the club's efforts of providing a wholesome, competitive environment for girls to play volleyball, may be cause for the club to ask the member to resign.

## **Multi-Sport Athletes**

If athletes participate in more than one sport during the club season, then we request that they provide their Xceleration coach with a schedule of their other sports contests and practices. If a game for another sport conflicts with an Xceleration practice, then the athlete will be excused from the Xceleration practice. Conflicts between another sport's scheduled event and an Xceleration tournament on the same day will be handled on a case-by-case situation between the athlete and the Xceleration coach and/or directors if needed. Multi-sport athletes will not be allowed to miss more than 25% of

their practices and tournaments. Athletes who expect to miss more than 25% of practices and tournaments should not try-out for a team.

### **Playing Time**

Areas that will affect an athlete's playing time are as follows: attitude, skill, attendance at practice, position, and status of payment. We keep teams at a maximum number of 12 players and sometimes only 11; therefore, making it fairly easy for coaches to utilize all players during tournaments. We give equal practice time, not equal match playing time.

If an athlete has a problem with playing time, playing position, etc., then she shall talk to her coach about it first. Most of the time, this approach alleviates the situation without the parents or Club Director getting involved. It is highly recommended that the communication lines remain open between the athlete and coach. If there is still a problem, then the aforementioned Grievance Procedures should be followed to remedy the situation.

### **Practice Attendance**

Attendance at practice is very important for athletes to get maximum benefit of the program. Missing practice not only hurts the individual, but also the team. Practices are where skills are learned and polished; therefore, those that are not in attendance will miss out on the repetitions necessary to improve their skills. It is unfair for athletes attending all practice sessions to sit out while those who do not attend practice get to play. Missing practice hinders skill development and will result in loss of playing time. In certain situations, if a player missed a practice she will be allowed to make it up by practicing with another team in the club. These arrangements require the approval of BOTH coaches involved and should be limited to the occasional situation.

Advance notice of unavailability is very important. If a player will miss practice or tournaments for any reason, then she must call the coach in advance. Players desiring to participate in the Xceleration program should consider their capacity to compete in multiple activities simultaneously before making this commitment.

Power League team players are expected to make practice attendance a priority. Participating on a Power League team requires dedication on the part of the individual athlete to ensure the success of the team.

## What We Expect from Parents

Yes, Parents, we do expect some things from you. We are a club dedicated to improving volleyball in our surrounding area schools. We are a not-for-profit organization. Just writing out a check does not necessarily keep the club operating smoothly. Please remember that there are several areas in which you can help us:

1. Deliver and pick up players on time. Please remember that coaches have families or other commitments after practice.
2. Please assist with transportation of players to out-of-town events.
3. Please watch your daughter when they compete. Even though they may not let you know, they will appreciate it if you are there to offer encouragement. Please do not coach your daughter or any other player during a practice or tournament. Do NOT interact with officials or coaches and players from competing teams.
4. Attend team organizational meetings. At the beginning of each new season and occasionally during the season, parent meetings will be held to update and answer any questions or concerns. Each team and individual coach has a few differences, and it is important for coaches and players to know each other.
5. Pay fees on time. If fees are not paid, bills cannot be paid and players may not be permitted to practice and/or compete.
6. Please assist us in planning and administering any tournament travel we have. We need volunteers to set-up and take-down team areas at each tournament site. With good cooperation from parents and players, we feel that the club will continue to enjoy a satisfying season.

## Team Parent Liaisons

Each team will have a volunteer representative who serves as the liaison between the parents and the coach/club parent liaison/club director. Listed below are the responsibilities for the Parent Liaison.

### Job Responsibilities:

1. Acts as a liaison between the coach and parents. Communicates regularly with the coach and informs the team of practice, tournament schedule changes and any other information that need to be disseminated to the team.
2. Acts as the point person for any complaints and concerns relative to the team. Refers concerns and complaints to the coach and/or Club Team Liaison.
3. Prepares a team roster for all parents with names of players and parents, addresses, phone numbers, school affiliations and any other pertinent information. When travel begins, car phone numbers are great to have.
4. Assists in working with the club Travel Coordinator in making travel arrangements for overnight tournaments. Assists coach in distributing tournament information to team. Coordinates hotel accommodations with other parent reps traveling to the same tournaments.
5. If volunteers are needed for local tournaments, the parent rep will help recruit parents from their team to assist with food, carpooling, etc.
6. Works with the club Tournament Coordinator on any and all paperwork issues for qualifier tournaments and special tournaments.
7. The parent rep is not an assistant coach and is not involved in any coaching decisions regarding line-ups, playing time, etc.

## Team Travel

When the tournament being attended requires air travel, Xceleration will make the necessary air, hotel, and land transportation arrangements for the players, coaches, and chaperones. Except for the 13's-and-under teams, ALL players will stay in designated TEAM rooms. 13's will stay with their parents on travel tournaments. We always make an effort to set aside flights and rooms for as many parents as possible. We will do our best to set aside a block of rooms for parents at our club rates, but we cannot guarantee rooms will be available for all parents. If parents wish to guarantee travel with the club, they can make these reservations themselves. The club will be posting the travel arrangements we have made as quickly as possible in order to afford parents and siblings every opportunity to travel and stay with the teams. In some cases however, parents and siblings may have to travel separately and stay in alternate accommodations.

As to tournaments that do not require air travel but involve hotel accommodations, it is up to each team to make their own arrangements for the travel itself. Xceleration will make hotel reservations for the players, coaches, and chaperones. IF possible we will make an effort to set aside rooms for as many parents as possible. If parents wish to guarantee travel with the club, they can make these reservations themselves. The club will be posting the travel arrangements we have made as quickly as possible in order to afford parents and siblings every opportunity to travel and stay with the teams. In some cases however, parents and siblings may have to travel separately and stay in alternate accommodations.

On our younger teams (13-and-under), we do allow the players to stay with their parents on the road. If all players do not have a parent attending, arrangements must be made by the team to accommodate those players. If necessary, the team will appoint a chaperone and have the girls without a parent attending stay in a room together and be supervised by the appointed chaperone.

## Chaperones

Chaperones will have their travel costs and hotel costs paid by the **team**. Xceleration expects chaperones to take their responsibilities seriously and understand that it is a large undertaking. Chaperones are responsible for the safety of the players they are with. Xceleration Chaperones will abide by the USA Volleyball Code of Conduct for chaperones as listed here.

## Chaperone Responsibilities

Thank you very much for volunteering to be a junior team chaperone. As a chaperone you are assuming certain responsibilities for the welfare of the players under your care, custody, and control. To assist you in knowing what your responsibilities are, we have created this information sheet for you. Please read and discuss these responsibilities with the team coach or manager. **If you understand and accept these responsibilities please sign and date the bottom of the form and return the form to the coach or manager.**

As a Chaperone, I understand and take responsibility for the following:

1. As an assigned driver transporting players to and from an event, I will obey all traffic laws and will not take any driving risks that will place the players or me in a harmful situation. All players as well as myself will wear seatbelts while in the automobile.
2. If using my personal automobile for transporting players, I understand that I am responsible for any accidents or injuries to my automobile, myself or to the players. I agree to have automobile liability insurance in the amount of \$300,000 or more covering the automobile I will use to transport players. I agree not to transport more players than my automobile has seatbelts for.
3. I will have a meeting with the coaches that will include the players I am chaperoning to discuss the following:
  - a. Room accommodations - player responsibilities and conduct
  - b. Curfew
  - c. Check-in requirements with you if the players are going to leave the hotel
  - d. Review of departure times and team activity agenda times
  - e. Alcohol, tobacco and illegal drug restrictions
  - f. Team meals
4. I will refrain from using alcoholic beverages while conducting my chaperone responsibilities. I will absolutely not drink and drive myself or any players while acting as a chaperone. If for any reason I feel impaired to chaperone, drive, or carry out any of my responsibilities, I will personally contact the team coach or manager and advise him/her of my impairment.
5. I will do everything that is reasonable and prudent to insure the safety of myself and the players while performing any chaperone duties.
6. I will not leave the players unattended at any point while performing my duties. Should an emergency arise, I will make alternate plans for the girls' supervision until I am able to resume my duties.

7. As a chaperone, I understand that I am working under the direction of the Club, Regional Volleyball Association, or USA Volleyball Association. Any *General Liability* insurance available to the Club, Regional Association, or USA Volleyball Association (excluding auto insurance) is also made available to me while working on behalf of or at the direction of the Club, Regional Association, or USA Volleyball. I understand that I may be personally responsible and liable for any of my actions that fall outside the scope of authority granted to me by the Club, Regional Association, or USA Volleyball.

**Chaperone Signature** \_\_\_\_\_

**Print Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

## COACHES CONTACT / PRACTICE LOCATIONS & SCHEDULES

<b>13 Blue – Bladium, Alameda</b> Head Coach Jade Santos Associate Coach Taylor Elliott	<b>Tu/Th 6:00-7:45PM (B), Sun 6:30-8:30 PM (F)</b> (510) 676-7225 jadebsantos@gmail.com (510) 946-9511 tayelliott99@gmail.com
<b>13 White – Bladium, Alameda</b> Head Coach Laura Cartwright Associate Coach Daisy Valladares	<b>M/W 6:00-7:45 PM (F)</b> (510) 828-6757 fastcatlove@gmail.com (831) 261-9573 Daisy_Valladares@my.hnu.edu
<b>14 Blue – Bladium, Alameda</b> Co-Head Coach Mariah Christensen Co-Head Coach Kelsey Ross	<b>Tu/Th 7:45-9:30 PM (B), Sun 6:30-8:30 PM (B)</b> (707) 330-4781 ryerye5@comcast.net (925) 330-9894 kelseyrossy@gmail.com
<b>14 White – Bladium, Alameda</b> Head Coach Natasha Gayle Associate Coach Marin Gibson	<b>Tu/Th 7:45-9:30 PM (F)</b> (510) 735-7806 natashaegayle@gmail.com (510) 672-2083 gibson.marin@gmail.com
<b>15 Blue – Concord Gym</b> Head Coach Lucas Abbott Associate Coach Kayla Coleman	<b>M/W 6:00-8:00PM, Sun 10:30-12:15 PM</b> (925) 330-7228 lucasabbott@hotmail.com (209) 535-2413 kayla.coleman@tu.edu
<b>15 White* – Bladium, Alameda</b> Head Coach David Sin Associate Coach Collin Chung	<b>M/W 7:45-9:30 PM (B)</b> (510) 299-5541 davesin24@gmail.com (510) 965-8195 cychung510@gmail.com
<b>16 Blue – Oak Park, Pleasant Hill</b> Head Coach Lauren Jones Associate Coach Lindsey Parrott	<b>Tu/Th 8:00-10:00 PM; 7:00-9:00PM (after 3/16)</b> <b>Sun 12:15-2:00 PM (Concord Gym)</b> (415) 818-4631 lauren.bates.jones@gmail.com (510) 280-4331 lindseybparrott@gmail.com
<b>16 White* – Oak Park, Pleasant Hill</b> Head Coach Daniel Pak Associate Coach Stephany Van Horn	<b>Tu/Th 8:00-10:00 PM; 7:00-9:00 PM (after 3/16)</b> (510) 318-1841 dsaepak@gmail.com (510) 386-0063 vanhornstephany@yahoo.com
<b>17 Blue – Concord Gym</b> Head Coach Leslie Ray Associate Coach Lindsey Ray Associate Coach Jade Sanford	<b>M/W 8:00-10:00 PM, Sun 2:00-3:45 PM</b> (562) 275-2629 leslieray20@hotmail.com (562) 607-7961 lindsey.ray5@yahoo.com (214) 663-7711 jade_sanford14@yahoo.com
<b>18 Blue – Concord Gym</b> Co-Head Coach Andy Schroeder Co-Head Coach Jeremy Swann	<b>Tu/Th 8:00-10:00 PM, Sun 3:45-5:30 PM</b> (925) 382-6859 andy@heathco.com (925) 989-7766 jeremyswann@sbcglobal.net
<b>18 White* – Concord Gym</b> Head Coach Cindy Scolavino Associate Coach Jason Balmes	<b>Tu/Th 6:00-8:00 PM</b> (707) 580-7573 cmscolavino@aol.com (925) 989-7766 jason.balmes82@gmail.com

*\*One Saturday practice per month (Concord Gym).*

*Schedules may be subject to adjustments.*

## **SIGNING NIGHT DETAILS**

After completion of the selection process and you have been notified and asked by the respective coaches to join Xceleration VBC, all players and at least one parent (or guardian) **MUST ATTEND THIS MANDATORY MEETING.**

### **Date & Location**

Monday, November 14, 2016

Miramonte High School, 750 Moraga Way, Orinda  
(Cafeteria facing school, far left end of front parking lot)

### **Times & Age Groups**

6:00 – 7:00 PM            13s – 14s

7:15 – 8:15 PM            15s – 16s

8:30 – 9:30 PM            17s – 18s

- All players and at least one parent or guardian must attend.
- Go to NCVA website ([www.ncva.com](http://www.ncva.com)) and affiliate yourself with “Xceleration VBC,” then print out and bring the (1) NCVA Letter of Commitment Form and (2) USAV Medical Release Form to this meeting.
- Fill out the NCVA Letter of Commitment Form, but **DO NOT** sign or date the form until you get to the meeting.
- Remainder of forms that need to be filled out are on our website under “Forms” entitled “Signing Packets.” Print and complete all applicable forms prior to coming to the meeting.

### **First Installment**

First installment payment and travel deposit (if applicable) must be paid (checks or credit card) on Signing Night.

### **Uniforms**

Players will be trying on uniforms and sweats for sizing.

### **Team Meeting**

Teams will be meeting with their respective coaches near the end of each session.

### **Forms Checklist**

Please visit the NCVA and Xceleration websites to download, print, and complete the “Signing Packet” under FORMS or click [here](#).

1. NCVA Letter of Commitment (fill in, but do not sign until the Signing Night meeting.)
2. USAV Medical Release Form
3. Xceleration Credit Card Authorization Form
4. Xceleration Commitment Contract Form
5. Xceleration Contact Information Form
6. Waiver of Liability for Gym Use Form

## CLUB DUES AND PAYMENT SCHEDULE

<b>17Blue/16Blue/15Blue</b> (thru June, 3 practices/week)	\$4,025
<b>18Blue</b> (thru May, 3 practices/week)	\$3,950
<b>14Blue</b> (thru May, 3 practices/week)	\$3,675
<b>13Blue</b> (thru May, 3 practices/week)	\$3,575
<b>18White/16White/15White</b> (thru May, 2 practices/week + 1 extra practice/month)	\$3,525
<b>14White</b> (thru May, 2 practices/week)	\$3,325
<b>13White – AAU LEAGUE</b> (thru May, 2 practices/week)	\$2,100
<b>2<sup>nd</sup> child discount</b> (taken off the youngest player's fees)	\$500

### Payment Structure:

- 40% Due at Signing Night on November 14, 2016
- 20% Due by January 9, 2017
- 20% Due by February 6, 2017
- 20% Due by March 6, 2017

### Important Notes:

- Payment is REQUIRED by these due dates to continue practicing and playing with the team.
- 18Blue/17Blue/16Blue/15Blue teams are REQUIRED to make a \$500 travel deposit on signing night. This will be used for JN's or AAU's in June.
- A credit card authorization form is REQUIRED to be submitted on November 14 to cover club dues and expenses for the travel tournaments. You can still pay by check prior to the due dates, but if you elect not to, your credit card will be charged the day after the due date.
- All credit card charges are subject to a 3% processing fee added to the amount due.

## ESTIMATED TRAVEL COSTS

Following are the estimated travel costs for the upcoming season. It is important to note that these estimates are based on current costs. For travel involving air travel these costs can fluctuate. Actual costs could be a bit less, but we will be having all families sign credit card authorization forms, and we have to use these amounts to cover potential higher costs. Provided below is a comparison to last year's actuals to give you a better idea. (NOTE: Costs are based on 12 players per team.)

<b>Tournament</b>	<b>Current Estimate</b>	<b>Actual Last Season</b>
Salt Lake City – Triple Crown	\$750	N/A
Las Vegas – Classic	\$650	\$650
Colorado – Crossroads	\$830	\$861
Reno – Far Westerns	\$250	\$236
Louisville – JVA World	\$650	\$650
Orlando – AAU	\$1,100	\$1,200
Long Beach – JVA West Coast	\$300	N/A
Dallas/Minneapolis – JNs	\$1,000	\$1,000

Everyone will receive a detailed accounting of the actual amounts to be charged and a due date for paying these charges. If the amount is not received via check by the due date, then the credit card will be charged on the due date. All credit card charges are subject to a 3% fee.

**For more information, please contact Xceleration's Club Director: Shannon Kussman**, email [shanvball@aol.com](mailto:shanvball@aol.com) with any questions.

Please visit [www.xcelerationvbc.com](http://www.xcelerationvbc.com) for more information about the club and the club season in general.