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**Xceleration
Volleyball Club**

John B. David, Editor

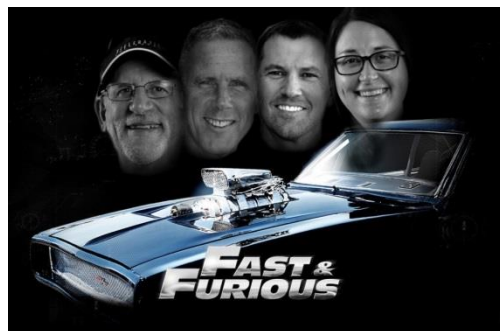
Xcel Fast and Furious II

CLUB WELCOMES HIGHLY TALENTED ATHLETES AND COACHES WITH PLENTY OF PLAYING AND COACHING EXPERIENCE

In its second season under the ownership group of **Jim Ross, Andy Schroeder, and Jeremy Swann**, Xceleration Volleyball Club expects to continue its rapid pace of taking its young players on an “xcelerated” volleyball journey.

Now that clinic sessions at Dougherty Valley HS and tryouts at The Ultimate Fieldhouse are completed, Xceleration will begin to focus on its 132 athletes and the club season, which we expect will be a whirlwind adventure once we get back on track after the holiday break.

Xceleration expects this season to be **“Fast and Furious”** and from which we can take our inspiration for this premier issue of the news. When watching this movie, it’s not always easy to hear over the revving of engines, but the sometimes poetic, sometimes idiotic – OK, mostly idiotic – dialogue has remained a highlight of *“The Fast and the Furious”* series’ first seven (of 500?) installments. We’ve picked out many favorite and most quotable lines of dialogue that we thought might be applicable to our upcoming season. If you’ve watched previous *Fast and Furious* movies, you will see there’s an underlying current to remind us that family is important.



Whether it’s your paternal family or your chosen family, they’re what life is all about. Dominic Torreto, the protagonist played by the prolific action hero Vin Diesel, had awesome quotes, “I don’t have friends. I have family.” And he said, “Everyone’s looking for the thrill but the only thing that is real is family.”

The movie franchise always instilled a feeling of family amongst friends and Dominic’s toast is also one of the better examples of that: “The most important thing in life will always be the people in this room. Right here, right now.” Xceleration’s family is now stronger and bigger by 132 new or returning members. So if you run across an Xceleration player or family in or out of tournaments, say hello, engage in conversation, and expand our fellowship.

(Continued on the next page)

J-ROSS SPEAKS

XCELlent NEWS will include messages on behalf of the ownership group in this regular feature of **J-ROSS SPEAKS**!

On behalf of the owners of the Xceleration Volleyball Club we want to welcome all of you to the 2016-2017 season! We are very much looking forward to the coming season that we know will be filled with LOTS of good play and player development. Good wins and tough losses will be had and we are here to assure that you learn how to process both and how to use them both to become a more improved and complete player.

*As in past years, work began on this season back in June of this year. This year we kicked off the initial season of the Xceleration Beach program that was held at the brand new sand courts in Moraga. Led by coaches **Michelle Boydston** and **Melinda Lau**, the summer was a great success and the players received valuable training and instruction. The beach program will be gearing up with registration much earlier this season and you can expect to see details around March of 2017. We are very excited about the future of this program.*

In July and August this past summer, coaches from the 15's, 16's, 17's and 18's put on a series of summer open gyms and clinics that were well attended. These sessions were offered to give players an opportunity to work on specific parts of their games and to get them ready for their upcoming High School seasons. One of the great bits of feedback we received on these sessions were the wonderful calls and e-mails we received from players who made their respective HS programs and how thrilled they were.

*Also over the summer, 18Blue coach **Jeremy Swann** coordinated a second season of the Xceleration Beginners Club. This is a series of clinics for girls ages 11-and-under that is set up as an introduction to volleyball. Members of our 18's teams assisted Jeremy in teaching these girls basic volleyball skills and showing them how much fun volleyball can be. Plans are for these sessions to continue throughout 2017. Beginning in January, we will again offer what we are calling the Winter Workout for the same 11-and-under age group. Information on these sessions are available on our website.*

*In late August, Xceleration offered its second season of our Fall Ball program for players ages 14-and-under! The series of sessions that ran twice a week through the middle of October was an overwhelming success. The turnout was great and the sessions were both instructional and fun for these younger players. Thanks so much to Club Director **Shannon Kussman** and Coach **Leslie Ray** for once again assuring the huge success of this program. Your hard work and dedication enabled a lot of young girls to be introduced to volleyball, develop critical skills, and start to build a passion for this sport. Many of the attendees are currently on Xceleration team rosters for the coming season.*

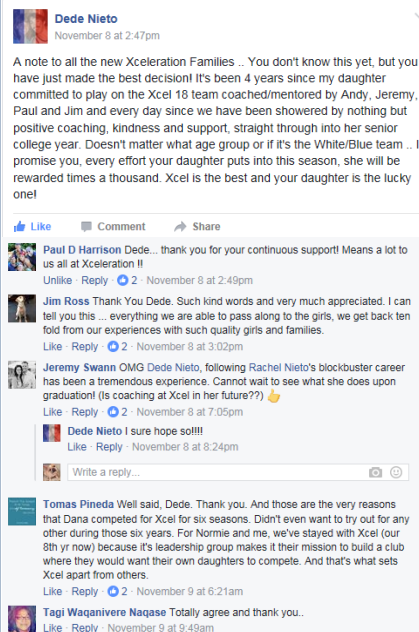
Xceleration once again offered four clinic sessions in October that led up to the club tryout weekend. These clinics are a great way for players to get to know their potential coaches in a more relaxed atmosphere than tryouts and to continue skill development in a more concentrated manner. Attendance at these clinics was fantastic, which gave us a heads up that our tryouts would be large once again and they certainly were. Over 350 players walked through the doors of the new Ultimate Fieldhouse in Walnut Creek over the 2 days of tryouts. Thanks to the preparedness of the Xceleration coaching staff and our wonderful volunteers we were able to make certain that every player was offered a fair evaluation and we thank them all for their efforts. Thanks very much to all the players and their families who put Xceleration on their list of clubs to try out with!

(Continued on the next page)



Have You Heard?

Dede Nieto, one of our parent alums, recently posted this message on Xceleration's Facebook group page...



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.



J-ROSS SPEAKS

(Continued from the previous page)

Speaking of volunteers, we once again cannot start a season without mentioning a few folks who give incredible amounts of time and effort to this club. A HUGE thank you to **John David, Tomas and Normie Pineda, Kim Borch, and Shannon Kussman**. There are countless hours of time that goes into planning schedules, setting up programs, taking the countless photos that you see on our Facebook and Website, updating the sites with new and important information for all of you, making air and hotel reservations, billing and accounting, etc., etc., etc.. These folks go over and above and as owners we cannot thank them enough for believing and caring in Xceleration. They will be at a lot of the club tournaments, so please take a moment and thank them for what they do.

If you are not yet an Xceleration Facebook member, sign up (it's free) and become a member of the Xceleration page. That is the place that you will see a LOT of photographs and videos of your players. They are a MUST-see for any Xceleration parent. It is also the place that you will get updates on how the Xceleration teams are doing.

It is also imperative that you keep a sharp eye on the Xceleration website. That site is updated constantly during the season and is packed with a lot of schedule updates, lesson and clinic information, tournament updates and schedules, travel plans, pictures, videos, etc..

As owners, we know that the lifeblood of any club is its coaches and we are VERY proud of our club coaching staff. We have worked with all of them prior to the start of the season through a series of meetings and we know how much work and effort they are putting into the coming season. We also initiated our coaching mentoring program that will assure that our coaching staff is receiving continuing education, support and methods to make the season a productive one for the players. You have excellent teachers of the game for your girls. It is imperative that your girls attend the practices to take full advantage of the preparation the coaches have put in. The coaches are working to develop teams now. Make sure your players are a part of that including the Bridge Athletic performance training program that we initiated this season. Make sure that you diligently follow the program for peak performance.

Finally, as owners who are also involved in our programs you will see all of us around this season. **Andy Schroeder and Jeremy Swann** will be coaching their 18Blue team and I will be running the College Development program with **Paul Harrison**. If you see any one of the four of us, please stop and introduce yourself. We always want to hear from our members and welcome an input you have that will help up keep Xceleration a place that cares about the development of its girls as volleyball players and as young women

Our VERY best to all of you for a healthy, happy and safe Holiday season!! It's on to 2017 and GO XCEL!!!

Andy, Jeremy, and Jim



SHANNON SAYS...

XCELlent NEWS will regularly include topical, pertinent, and other important messages from club director Shannon Kussman in this this section called **SHANNON SAYS...**



Hello Xcel Family!

Welcome to Xceleration and the 2016-17 club season!

I am so excited to be back for my second full season as Club Director! I'm beyond thrilled this season is underway! I've heard from coaches and parents alike that our season is off to a great start! All our teams are having great practices in December and are all looking forward to getting back in the gym in the New Year!

I'm so excited to see all our teams hit the courts in Tournaments beginning in January 2017! This season is going to be filled with so much fun and so much great volleyball!

I need to say a HUGE Thank You to more than a few people that have been instrumental in helping me during these past couple of years as Club Director, that will also continue to play a huge role in helping me and the club!

*I must thank Xcel's amazing owners!! **Andy, Jeremy and Jim (a.k.a. Dad!)** – thank you so much for having the confidence in me to do this job, you all have been by my side on this since Day 1 with constant support and I couldn't do this job without all three of you!!*

To our fabulous team of Xcel Coaches – I feel so lucky to work with each and every one of you! You all work very hard to make sure you keep growing as coaches and make sure you are giving your teams the best of you!

To all our fantastic Xcel team parents – thank you very much for taking this role on! You all have been so great to work with already and I'm excited to continue working with you throughout the season!

*To the best support team in the business: **John David, Tomas and Normie Pineda, Kim Borch and Paul Harrison** – put simply, I could not do this job without you! You all do so much to support me, the owners, and the entire club! What you do is truly amazing, and I cannot thank you enough for all the hard work you put in!*

To all the parents and players – thank you so much for choosing Xcel! I could not be more excited for all our teams. We have fantastic players and fantastic families in the club again this season and I feel incredibly lucky to be working with all of you!

Finally, I just want everyone to know how incredibly grateful and excited I feel to be Club Director at Xceleration. Volleyball has been a passion of mine since I was very young, and to be able to do something I'm incredibly passionate about is a dream come true. I cannot wait to see all our teams in action at the California Kickoff, what a great way to "kick off" an AWESOME SEASON!!

I hope everyone has a fabulous Holiday Season and a Happy New Year!! See you all in 2017!! As always... GO XCEL!!!

Shannon



Thank You Team Parents!

Throughout the season you will hear from your Team Parents on team-specific issues, including tournament meals and transportation, team travel, and many others... We thank all of them for their generous time and commitment.

13Blue

[Emi Kuboyama](#)

13White

[Jody Ginsburg](#)

[Nancy Walker](#)

14Blue

[Caroline Van Remortel](#)

[Kelly Wagner](#)

14White

[Carla Gerardu-Low](#)

[Lillian Luk](#)

15Blue

[Dave and Gloria Lamb](#)

[Jey Santos](#)

15White

[AnnaMae Wilson](#)

16Blue

[Shannon Fleming-Wood](#)

[Mary Pace](#)

16White

[Kristie Chamorro](#)

[Stephanie Colozza](#)

[Jocelyn Greenberg](#)

17Blue

[Laura Hahn](#)

18Blue

[Valerie Erdman](#)

18White

[Natalie Charrette](#)

[Jill Peterson](#)

[Kelly Youngblood](#)

CLUB WELCOMES HIGHLY TALENTED COACHING STAFF & ATHLETES



All of you have already met them personally at our pre-tryout clinics, at tryouts, or at Miramonte HS during Signing Night. We could not be more excited about the mix of coaches that we have on staff for the coming season. It is comprised of highly talented individuals with a lot of experience, both playing and coaching, that will directly benefit our players and provide the countless opportunities to improve their skills. Our coaches have already held several meetings with the club administration and club Coaching Director **Andy Schroeder** to implement drills, practice plans, and skills instruction for the season. We are extremely excited to get on the courts with our returning and new coaches. New this year are Coaching Mentors who will provide guidance to coaches on teaching the "Xceleration Method." Coaches **Andy Schroeder** and **Leslie Ray** will serve as the 2017 mentors.

As listed in the coaching roster on the right, the coaching staff at Xceleration remains strong and continues the tradition of getting our athletes to the next level in their volleyball careers.

Now, here is a little bit about our coaches in the club for the 2017 season.

2017 Coaching Roster

TEAM	HEAD COACH ASSOCIATE COACH
13BLUE	Jade Santos Taylor Elliott
13WHITE	Laura Cartwright Daisy Valladeres
14BLUE	Mariah Christensen Kesley Ross (Co-Head Coaches)
14WHITE	Natasha Gayle Marin Gibson
15BLUE	Lucas Abbott Kayla Coleman
15WHITE	David Sin Collin Chung
16BLUE	Lauren Jones Lindsey Parrott
16WHITE	Daniel Pak Stephany Van Horn
17BLUE	Leslie Ray Jade Sanford Lindsey Ray
18BLUE	Andy Schroeder Jeremy Swann (Co-Head Coaches)
18WHITE	Cindy Scolavino Jason Balmes

2017 Executive & Support Staff

Co-Owners	Jim Ross Andy Schroeder Jeremy Swann
Club Director	Shannon Kussman
Co-College Development Directors	Jim Ross Paul Harrison
Technical Advisor	Jim Spagle
Billing	Kim Borch
Travel	Normie Pineda
Media	John David Tomas Pineda

Facilities

Bladium Sports Complex
800 W. Tower Avenue
Bldg. 40 (Front and Back)
Alameda, CA 94501

Concord Facility
3911 Laura Alice Way
Concord, CA 94520

Oak Park Christian Center
2073 Oak Park Blvd.
Pleasant Hill, CA 94523



As seen here before tryouts at The Ultimate Fieldhouse, the club's administration and coaching mentors, including Andy Schroeder, Jeremy Swann, and Leslie Ray will meet regularly with Xceleration coaches throughout the season to emphasize the "Xceleration Method" for consistency as our athletes progress throughout their volleyball training with the club.

13BLUE: HEAD COACH JADE SANTOS

Jade returns to Xceleration for her 2nd season following a breakout year as an assistant for the 13Blue team last season. Last year's 13Blue Head Coach Daniella Inzerillo said that Jade was more than ready to be a Head Coach and performed many head coaching duties last year. Jade played for the club's 18Blue team in 2012. In that year, the team qualified for the USAV Junior Nationals and placed 5th in the country.

Prior to joining Xceleration, Jade played five years of competitive volleyball for Endline VBC. She excelled at the Opposite and Defensive Specialist (DS) positions at Moreau HS in Hayward, earning 1st Team All-League honors from the Mission Valley Athletic Conference in her junior and senior seasons. Jade was named Moreau's MVP and team captain in her senior year and was consistently on the Honor Roll.

Jade was recruited from Xceleration to play DS at Dominican University of California in San Rafael before transferring to Orange, CA to set for Chapman University in 2014. Jade is a versatile athlete as she completed her collegiate career as the starting Libero for the Panthers, leading the team in digs with a hefty 5.13 digs/set.



Taylor Elliott concluded her collegiate volleyball career at CSU East Bay as seen here on Senior Night.

13BLUE: ASSOCIATE COACH TAYLOR ELLIOTT

Taylor is a former Xceleration athlete and returns to join the coaching staff in her first year as the associate coach for the 13Blue. Taylor attended Bishop O'Dowd HS in Oakland and played varsity volleyball for two years when the Dragons won the North Coast Section title both years. After playing for Xceleration in her junior and senior seasons, Taylor attended the University of Tennessee at Chattanooga as a freshman and went to nationals on the club volleyball team. She returned home to attend The College of Alameda in 2013 when the team made it to the first round of the CCCAA playoffs. The following year, Taylor landed on the First Team All-Conference team. She is currently attending Cal State East Bay for her final season. Taylor has played outside hitter, right-side hitter, and her main position, middle blocker.

Her coaching career started during her senior year in high school with mPower VBC. She has also held head coaching positions at One VBC with the 14s and the 15s and as an assistant with the 18s, and with HC Synergy 16s and 18s as an assistant coach. Additionally, Taylor was previously JV head coach and Varsity assistant coach at Encinal HS in Alameda. Currently, Taylor is the women's varsity assistant coach at Branham HS in San Jose.



13BLUE Roster

- 27 Kaitlyn Cassidy
- 4 Cecilia Costa
- 7 Reese Croxton
- 26 Alexandra Gonzales
- 9 Ella Gonzales
- 2 Madison Harvey
- 14 Amanda Lent
- 17 Natalie Marsh
- 23 Reina Mills
- 25 Bella Murphy-Stephans
- 13 Caili Raymond
- 5 Evelyn Storrs



Jade is a gifted academic, graduating in less than four years with a degree in Psychology from Chapman University in December 2015. Her younger sister Ruby is a setter on the 15 Blue team

Taylor has plenty of coaching experience, leading club volleyball teams at mPower, One, and HC Synergy; and high school teams at Encinal in Alameda and Branham in San Jose.

All photos courtesy of Tomas Pineda, unless otherwise noted.

13WHITE: HEAD COACH LAURA CARTWRIGHT

After leading the 12Blue last year, Laura returns to Xceleration for her 2nd year as the Head Coach of the 13White. She is currently the Athletic Director at the Julia Morgan School for Girls in Oakland where she is also the volleyball coach, Summer Camp Director, and an SEL (Social Emotional Learning) teacher. Laura has over 15 years of volleyball coaching experience having most recently coached with the Peninsula Juniors Volleyball Club at the 12s and 15s levels.

Prior to coming to California, Laura was a teacher and volleyball coach in Michigan for 8 years at the grade school, high school, and club levels. Laura's coaching, educational, and administrative experience makes her a fantastic fit with our club and specifically at this age group! She believes that sports empower youth and is happy about joining Xceleration and coaching club players who are excited about learning, training, and competing.

13WHITE: ASSOCIATE COACH DAISY VALLADERES

Daisy joins Xceleration for her inaugural season as the Associate Coach for the 13White. The Salinas, CA native is a Junior at Oakland's Holy Names University and she recently concluded her collegiate volleyball season at Holy Names as the team's DS.



Daisy previously attended Gavilan College where she was named 1st Team All-Coast Conference, and prior to that she prepped at Notre Dame HS.

14BLUE: CO-HEAD COACH MARIAH CHRISTENSEN

Mariah returns for her 6th season as a coach in the program, having assisted with the 14White, 15Blue, 16White, and 16Blue programs before becoming the Head Coach of the 17Blue two seasons ago. Mariah took a hiatus from coaching last season to focus on advancing her professional career. She is back and ready to go once again.

After being the setter on the 2009 Xceleration 18Blue team that qualified for Junior Nationals in Miami, Mariah was recruited to play at Holy Names University. She was their starting setter for all four seasons and was an All-League selection in the PacWest conference her junior and senior seasons.

Mariah attended Rodriguez HS in Fairfield, CA where she was an All-League selection and led her team to the San Joaquin Section playoffs in each season at the Varsity level.

14BLUE: CO-HEAD COACH KELSEY ROSS

An Xceleration teammate of her co-head coach Mariah, Kelsey was a starting outside hitter on that 2009 Junior National-qualified 18Blue team. She was then recruited to D1 Rutgers University in New Jersey where she spent four seasons playing DS for the Scarlet Knights.

Kelsey assisted the club with lessons and clinics last season and this summer, and this season moves into a coaching role with the club. A "coach on the court" in her playing days, she brings technical strength and a fierce competitive spirit to the club.

Kelsey attended Miramonte HS in Orinda, CA where she was a Varsity starter for three seasons and an All-League selection in her junior and senior seasons. Her team qualified for the North Coast Section (NCS) and the Northern California Interscholastic Federation (CIF) playoffs all three seasons.



13WHITE Roster

- 8 Colbie Atlas
- 7 Maya Chera
- 6 Haven Fraser
- 3 Kyra Ginsburg
- 17 Karolina Herold
- 9 Juliana Kiepen
- 1 Julia Knights
- 22 Kaila Knudsen
- 5 Macy Liang-Jones
- Samantha Silva
- 19 Maya Walker



Laura is an educator at the Julia Morgan School for Girls. Daisy is a junior at Holy Names University.

14BLUE Roster

- 17 Jacqueline Artiaga
- 10 Brya Ashley
- 9 Sarah Doolittle
- 8 Jenna Foster
- 32 Cecily Hayes
- 11 Emilie Johnson
- 1 Juliet Jones
- 7 Lauren Taylor
- 4 Taylor Trask
- 2 Lila Van Remortel
- 15 Nicole Wagner
- 44 Collete Wogsland

Photo courtesy of Rutgers Athletics.



Kelsey Ross was a defensive stalwart for the Rutgers University Scarlet Knights in New Jersey.



As teammates on Xceleration's 18Blue team in 2009, Mariah and Kelsey were both fierce competitors. That team competed well at Junior Nationals in Florida. Mariah and Kelsey then went on to play collegiately volleyball and graduated from Holy Names University in Oakland and Rutgers University in New Jersey, respectively.

14WHITE: HEAD COACH NATASHA GAYLE

Natasha returns for her 9th year with Xceleration after having previously coached at the 14s, 15s, and 18s levels. This will be her 4th straight season leading the 14White team.

As a player, Natasha prepped at Holy Names HS in Oakland, where she was an all-league performer her last two seasons. She played club volleyball for

Golden Bear, East Bay Connections, and City Beach. Her City Beach team won the Volleyball Festival in two of her years with the club. She went on to attend the University of Oregon, where she was a member of its nationally ranked club volleyball team.

In her free time, Natasha spends time with family, reads, and is a HUGE Oregon Ducks fan. Her volleyball philosophy is to teach and work her players hard in skill development in a fun and healthy environment.



Photo courtesy of Holy Names Athletics.



Mariah's favorite inspirational quote is, "Don't give up what you want most for what you want now." She says the best thing about being on a volleyball team is, "That you have a second family who will always support you in what you do."

Kelsey currently is the Assistant Director of Programming at CBS-TV network in San Francisco.

14WHITE Roster

- 22 Olivia Anderson
- 5 Natalie Brouhard
- 4 Emma Dillard
- 13 Alexa Low
- 3 Emma Luk
- 12 Lauren Miller
- 1 Liana Parrish
- 21 Natascha Richardson
- 14 Sophia Thornton
- 16 Isabella Vance
- 24 Trinity Wallace
- 7 Danielle Whisnant



14WHITE: ASSOCIATE COACH MARIN GIBSON

Marin joins Xceleration as a first-year Associate Coach for the 14White. She is a senior at Holy Names University where she is pursuing a degree in Sports Biology. As the Outside Hitter for the Hawks, Marin is among the team leaders in all offensive and defensive categories. Marin hails from Albany and attended Albany HS.

15BLUE: HEAD COACH LUCAS ABBOTT

Lucas returns for his 6th season with Xceleration and his 3rd season being the Head Coach of the 15Blue. Lucas also led the 17White, 18White, and 15White teams in prior years.

Lucas has coached or played volleyball for over 20 years. Lucas was a middle blocker and All-League performer at Las Lomas HS in Walnut Creek before heading off to play at Humboldt State University. While at Humboldt, he was the team's starting middle blocker for four seasons and team captain his last two seasons, while leading the squad to Nationals twice. His playing career continued until 2013, culminating with a season playing professionally with the NCVA's NorCal Premier.

Lucas is currently Girls' Varsity Head Coach at Berean Christian HS in Walnut Creek. Prior to Berean Christian HS, Lucas was the JV Head Coach at Acalanes HS in Lafayette and at Miramonte HS in Orinda. He has also served as the assistant coach for the NCVA Men's NorCal Premier in previous seasons.

Away from volleyball, Lucas has dedicated his career to youth development, which he incorporates into his coaching. He is the program director for a youth outreach program at UC Berkeley's Haas School of Business, called Boost@BerkeleyHaas.

Right photo: Kayla recently earned her license from the Board of Pharmacy and is a registered pharmacist. You can call her "Dr. Coach."



15BLUE: ASSOCIATE COACH KAYLA COLEMAN

Kayla returns for her 7th season with Xceleration, having assisted with the 15Blue, 17White, and 13White teams during the past six years. Kayla graduated from Holy Names University (HNU) where she was the starting libero for the volleyball team for three seasons. During her career at HNU, Kayla made the All-Conference team twice and was selected Libero of the Year after her senior season. The Turlock native was her league MVP for two years in high school.



15 BLUE Roster

- 13 Arielle Allen**
- 11 Claire Conners**
- 12 Kennedy Cornish**
- 3 Nia Enderiz**
- 6 Caroline Gallagher**
- 8 Nikki Lamb**
- 4 Sara McBride**
- 17 Sophia Newman**
- 1 Chloe Ortega**
- 7 Grace Paulson**
- 5 Madison Risch**
- 15 Ruby Santos**



15WHITE Roster

- 2 Claire Draeger**
- 4 Olivia Elliott**
- 6 Alejandra Fraga**
- 5 Colby Francis**
- 15 Jessica Larrick**
- 13 Julia Martin**
- 21 Marlowe McEfee**
- 8 Jace Porter**
- 20 Dayna Riggio-Kerley**
- 7 Michelle Thorne**
- 28 Lindsey Welker**
- 17 Reilly Wilson**



The coaching trio of David Sin, Collin Chung, and Daniel Pak brings plenty of volleyball experience. They have worked or played together over the years, both during their high school volleyball careers and in adult leagues.

15WHITE: HEAD COACH DAVID SIN

David returns to Xceleration for his 4th season, having been the Head Coach for the 16White, 15White, and 12Blue teams in three prior seasons with Xceleration. A volleyball coach for more than 15 years, David was most recently the Head Volleyball Coach at El Cerrito HS for six seasons for both the girls and boys teams. He led the girls to their first North Coast Section (NCS) playoff berth in school history and the boys to the league title in just his 2nd season.

Still an active player in the NCVA adult leagues, David is passionate about working with youth volleyball players and instilling in them the fundamentals of the game. He views every season he coaches as a challenge – to both himself and his players.

15WHITE: ASSOCIATE COACH COLLIN CHUNG

Collin enters his 1st season with Xceleration. He is a product of El Cerrito HS and UC Santa Cruz, and he's looking forward to teaching the game to elevate our athletes' skill levels on the court and personal growth off the court.

16WHITE: HEAD COACH DANIEL PAK

Daniel joins Xceleration for his 3rd season with the Club and first as a head coach, after assisting the 15White and 16White the previous two seasons. As a volleyball standout for De Anza HS in

El Sobrante, Daniel was an All-League performer for four years, leading the Dons to their first NCS appearance along the way. Daniel returned to De Anza as the Head Volleyball Coach in 2010 and his arrival signaled an immediate turnaround for the program. Daniel also previously coached as an assistant for the Girls' Varsity Volleyball team at Las Lomas HS in Walnut Creek.

Still an avid NCVA Men's Gold Division player, Daniel is excited to continue with Xceleration's program and impart his love and knowledge of the game to his players.

16WHITE: ASSOCIATE COACH STEPHANY VANHORN

Stephany is in her 1st year of coaching at Xceleration. Stephany has been around the volleyball community for over 15 years, both as a player and as a coach. She was a four-year varsity letterman in high school at St. Joseph Notre Dame in Alameda where she earned 1st Team All-League honors. Stephany also played club volleyball for eight years at Club Kalani before attending Cal State East Bay (CSUEB). There she played for the Pioneers during her freshmen year as an Outside Hitter, a position that she has played in her entire volleyball career. Stephany is continuing to pursue an accounting degree at CSUEB, while also serving as an assistant coach for an 8th grade AAU team. Stephany is still actively playing volleyball in adult leagues and she looks forward to keeping busy this season, teaching and coaching the 16White.

16WHITE Roster

- 21 Samantha Bowen**
- 23 Anna Bullock**
- 7 Carly Carpenter**
- 12 Nicole Chamorro**
- 13 Olivia Colozza**
- 2 Rhyana Floor**
- 14 Kylie Greenberg**
- 10 Mackensie Hastings**
- 3 Parker Reinheimer**
- 30 Allie Rouse**
- 25 Ashley Schwilke**
- 24 Karina Umali**



Daniel and Stephany will lead the 16 White with over 30 years of combined experience. Stephany is excited to join Xceleration, bringing her volleyball know-how as a former player for the Pilots at St. Joseph Notre Dame and the Pioneers at Cal State East Bay.

16BLUE: HEAD COACH

LAUREN JONES

Lauren enters her inaugural season with Xceleration to lead the 16Blue, after coaching two years for Vilseck HS in Bavaria, Germany. Prior to that she had over five years of experience coaching 14s-18s-level club teams for Joplin Extreme Juniors, South Central Spikers, and Ozark Juniors in Missouri. Travel volleyball also took Lauren overseas where she found herself coaching many elite volleyball camps the past seven years in Sweden, Netherlands, Italy, Germany, and the U.S.

The Salem, MO native was a three-time 1st Team All-State, four-time 1st Team All-Region, and four-time 1st Team All-Conference recipient while in high school. Lauren continued her career playing club for Springfield Juniors and training under 1992 Olympic bronze medalist Lori Endicott. Lauren was recruited as a setter for Missouri Southern State University, and she later finished her collegiate career as an outside hitter for the Lions where her team finished 17th in the NCAA tournament in her senior year. Lauren graduated Summa Cum Laude from Missouri Southern and was named as the Outstanding Graduate.

Lauren continued her volleyball career playing five years internationally for Grafenwöhr Regionalliga Süd. She finished her last international career with a 32-6 record and was honored with the Bestern Spieler Regionalliga Award for the 2015/2016 season. Lauren also played in the AAA European Armed Forces

Europe Women's 2010, 2011, 2015 seasons earning several tournament MVP awards. Lauren says, "Volleyball has been a true friend of mine. The sport has given much more back to me than I ever expected or probably deserve. I coach because I was lucky enough to cross paths with influential coaches who made me the successful player I am today and I want to return the knowledge back to this next generation of athletes."

16BLUE: ASSOCIATE COACH

LINDSEY PARROTT

Lindsey enters her 1st season with Xceleration after completing a year of coaching the 16-1 team at Club Kalani, two years of leading the JV volleyball team at Realm Charter HS in Berkeley, and coaching many volleyball camps the past four summers. The Oakland, CA native also played for Golden Bear Volleyball Club and was a teammate of former Xceleration athletes at Bishop O'Dowd HS – Lacey Maas, Megan Kehoe, Molly Kennedy, and Mary Orbeta. The Dragons completed an undefeated league record in each of Lindsey's four-year varsity career at O'Dowd.

Lindsey was recruited to play for Cal as a setter, and she later finished her collegiate career as an outside hitter for the Bears. Lindsey went on to earn a BA in History at UC Berkeley, and last fall she began attending Mills College in Oakland to earn a teaching credential and an MA in Education to become a teacher in the East Bay. Lindsey said, "I love teaching, coaching, and being part of a team, so I am very excited to work with Xceleration this upcoming season."



16BLUE Roster

- 10 Kinsey Anderson
- 9 Elizabeth Canon
- 12 Bianca Chao
- 3 Hannah Choi
- 4 Ainsley Fleming-Wood
- 5 Katie Gunderman
- 8 Asha Johnson
- 6 Kellie Jordan
- 2 Alaysia Mitchell
- 15 Nadia Pace
- 11 Ali Silva
- 7 Siosiana Taumoepeau



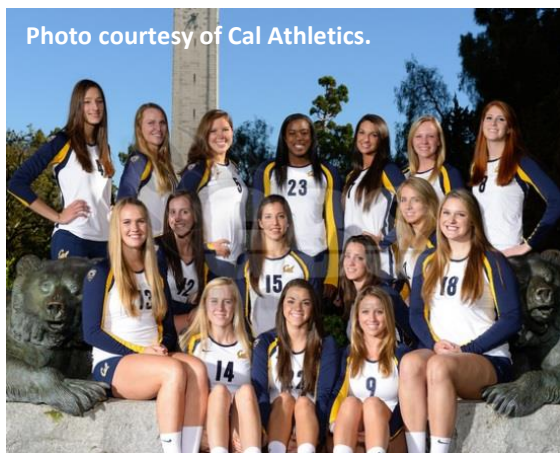
Lauren has plenty of international volleyball experience, including coaching and playing in Germany, Sweden, Italy, and the Netherlands.

Lindsey recently held numerous setting clinics during the summer and was leading the 7th and 8th graders during Xceleration's Fall Ball clinics.

Left photos: Lauren and Daniel had a preview of their 16s teams at the Pre-Tryout Clinics at Dougherty Valley HS this fall.

Lindsey is a product of the Bishop O'Dowd HS and Cal volleyball programs. After completing a stellar volleyball career with the Dragons, Lindsey "stayed local" and played for the Cal volleyball team, first as a setter and then as a pin hitter for the Bears.

Photo courtesy of Cal Athletics.



17BLUE: HEAD COACH LESLIE RAY

Leslie returns to Xceleration for her 5th season with the Club and her 2nd year coaching the 17Blue team. In previous seasons, she led or assisted our 16Blue, 16White, and 14Blue teams. Leslie is currently in her 4th season as an assistant coach at Cal State East Bay (CSUEB). Leslie was a starting libero at CSUEB for two seasons before graduating with a degree in Child Development.

Prior to CSUEB, she attended Golden West JC and prepped at Long Beach Poly HS, where she was a high school All-American. Leslie played six seasons of club volleyball with the prestigious Mizuno Long Beach VBC. A fierce competitor on the court, Leslie brings a love of the game to her coaching. She is an excellent student of the game and is able to convey both the skill and passion to her players.



17BLUE: ASSOCIATE COACH LINDSEY RAY

Lindsey is back for her 4th season after completing a celebrated high school career in Southern California at powerhouse Long Beach Poly. She capped her prep career in 2012 by being named "Long Beach Century Club Player of the Year" and "Long Beach Press Telegram All-Area Player of the Year" for leading Poly into the 3rd Round of the California Interscholastic Federation (CIF) State Championships.

An exceptional talent, she is looking forward to teaching volleyball and working with Xceleration's players in a sport she loves and is passionate about.

17BLUE: ASSOCIATE COACH JADE SANFORD

Jade joins Xceleration for her 3rd season with the Club. She is currently the Head Volleyball Coach at Laney JC in Oakland. Jade prepped at Skyline HS in Dallas, where she was recruited by and attended South Carolina State University (SCSU). She was selected to the Radford All-Tournament team in her first season at SCSU. Jade transferred to Cal State East Bay for her sophomore season, where she finished her career. She was a team captain and starting middle blocker her senior season.



17 BLUE Roster

- 1 Brey Ashley
- 31 Chiara Gatto
- 7 Jenna Hahn
- 9 Paige Johnson
- 14 Gretta Kirkby
- 6 Ingrid Lam
- 11 Tatiana Luevano
- 5 Shruti Mangipudi
- 13 Miranda Marshall
- 2 Terra Murray
- 12 Cecily Van Remortel
- 15 Amaya Wilson



Leslie is flanked by her 17Blue associates Jade (left) and Lindsey. The trio brings the tenacity that elicits the best in their players.



18BLUE: CO-HEAD COACH & CLUB CO-OWNER ANDY SCHROEDER

Andy is entering his 10th year with Xceleration and 14th year as a club volleyball Head Coach. Prior to joining Xceleration, Andy spent two seasons coaching the Odyssey VBC 15-1 and 16-1 teams. His 15-1 team qualified for the Junior Nationals. Andy also spent two years as a Head Coach with NorCal VBC where he led teams to 9th and 10th place overall finishes at the Volleyball Festival. As a player, Andy played D-1 volleyball for Cal Poly San Luis Obispo. He was an AA-ranked beach volleyball player and, in 2007 was voted into the Seaside Beach Volleyball Hall of Fame. In 2015, Andy was named a finalist for the PrepVolleyball.com National Club Coach of the Year.

18BLUE: CO-HEAD COACH & CLUB CO-OWNER JEREMY SWANN

Jeremy returns for his 9th season at Xceleration. He is entering his 13th season of coaching junior girls' volleyball and his 8th with the Xceleration 18Blue team. Jeremy spent two seasons with Odyssey VBC, coaching the 15-1 and 16-1 teams. His 15-1 team qualified for the Junior Nationals. Jeremy was the Head Coach at Monte Vista HS in Danville for two seasons and led his teams to North

Coast Section (NCS) appearances each season. Jeremy played volleyball at St. Mary's College in Moraga and soccer at Cal State East Bay in Hayward.

Andy and Jeremy have been coaching together for more than 10 years. In the last seven years, they have been coaching Xceleration's 18Blue teams and each team qualified for the USA Volleyball (USAV) Junior National Championships, with three teams finishing in the Top 5 in 2010, 2012, and 2013. Over the same time period, more than 100 of their former 18Blue players have gone on to play collegiately, including 38 former Xceleration athletes who are CURRENTLY on college volleyball rosters.

Andy and Jeremy strive to teach life lessons on and off the court and their success is found in the tremendous individuals that come out of the Xceleration program year after year. Andy's and Jeremy's coaching philosophy can best be summed up by their Mission Statement... "To facilitate a foundation that will help and challenge each player, both mentally and physically, thereby maximizing their talents in such a way that will benefit the player and the team. We care about each player as a person first and will do everything to help them fulfill their volleyball dreams."



18BLUE Roster

22	Michelle Anderson
11	Jaime Brown
10	Kelsey Budde
4	Janelle Gong
3	Paulina (Nikki) Jensen
14	Parker Jones
1	Jacqueline Kupeli
23	Delaney McKee
7	Mere Naqase
2	Alexandra Nickerson
9	Brianna Ranney
6	Ashby Russell



Andy is the club's "gym rat." If Andy is not doing color commentary for the audio broadcast of the St. Mary's College women's volleyball team, you will likely find him at the Concord Gym doing lessons or having extra workouts with his team.

Jeremy developed the club's first ever training program for girls 11-and-under, including the Beginner's Club and most recently the Winter Workout.



18WHITE: HEAD COACH CINDY SCOLAVINO

Cindy enters her 1st year as a head coach with Xceleration, but she is no stranger to our program. Her daughter Jessie was a two-year member of the program just a few years ago, and Cindy brings an impressive resume along with her.

Cindy is currently the women's varsity volleyball Head Coach at Vanden HS in Fairfield, CA, a position she has held since 2010. She was named the *Daily Republic* Coach of the Year in both 2010 and 2012, and was the Solano County Athletic Conference (SCAC) Coach of the Year in 2011. Prior to coaching at Vanden, Cindy coached at Rodriguez HS, also in Fairfield, from 2005-2009.

Cindy was a Head Coach with the Solano Volleyball Club from 2005-2016 where she coached every age group from 12s through 18s. Last season, she was the

Head Coach for Club Solano's 17s team. Cindy brings a wealth of coaching experience and technical ability to Xceleration.

18WHITE: ASSOCIATE COACH JASON BALMES

Jason begins his 1st season with Xceleration. He is currently the JV Head Coach and Varsity Assistant Coach at Fairfield's Vanden HS. He has been coaching volleyball since 2013, as well as being a fitness trainer and lifestyle coach.

A graduate of Bryan University in Tempe, AZ, he embodies the philosophy of hard work, building character, and giving his athletes not only physical skills and techniques, but life skills for the future.

He is very much looking forward to joining the Xceleration family and working with his team to build a great volleyball foundation.



18WHITE Roster

- 13 Jerri Bonnel**
- 2 Nuru Boone**
- 7 Michaela Charrette**
- 8 Alissa Collins**
- 1 Jazalyn Cruz**
- 4 Rebecca Jones**
- 11 Maeliza Limasing**
- 9 Kaitlyn Peterson**
- 17 Hannah Pilgrim**
- 20 Adrianna Vinogradov**
- 5 Amanda Ward**
- 6 Abigail Youngblood**



Cindy is an Xceleration parent alum after her daughter finished two years with the club.

Jason has coached with Cindy over the last three years at Fairfield's Vanden HS, and the tandem will continue to work together for the 18White this season.



Cindy Scolavino gives instructions to her team during practice at Fairfield's Vanden HS where she will immediately step in at the end of the prep season as the head coach for Xceleration's 18White.

CO-COLLEGE DEVELOPMENT DIRECTOR & CLUB CO-OWNER: JIM ROSS

Jim enters his 9th year with Xceleration and his 2nd as a Club Partner, along with 18Blue coaches Andy Schroeder and Jeremy Swann. He began his involvement with Xceleration as a volleyball parent during his daughters' participation in club volleyball. His initial role was the establishment of the club's College Development Program that helps athletes navigate through the often-daunting world of college athletic recruiting. That program currently has over 400 coaches and programs in its database and is nationally recognized for its role. He picked up the additional role of Xceleration's Club Director in 2009 to handle the day-to-day operations of the club that included planning, administration, and managing the teams and coaching staff. During that time Xceleration doubled in size from 6 to 12 teams. He handed off that role last season to current director, Shannon Kussman.

CLUB DIRECTOR: SHANNON KUSSMAN

Shannon returns to Xceleration as the Club Director responsible for all operational activities and needs, including management of the support and coaching

staff, finance, and detailed tournament, practice, and travel planning. Prior to this, Shannon coached for Xceleration for three years, and coached at her alma mater Miramonte HS in Orinda for four years. She graduated from the University of Oregon in 2006 with a degree in Communications. Shannon is extremely excited to be back with Xceleration!

PRACTICE COACH & COLLEGE DEVELOPMENT DIRECTOR: PAUL HARRISON

Paul is an Xceleration Volleyball Club veteran; first, as a parent of two daughters that had gone through the Xceleration program, followed by his stint as an assistant coach to Andy Schroeder and the 18Blue for two years (making Junior Nationals appearances in Atlanta, GA in 2011 and Columbus, OH in 2012 where the team placed 5th), and finally in his current role as Practice Coach and one of the club's two College Development (CD) Program directors.

Paul has been involved with Xceleration's CD Program since 2009, where he prides in the joy of seeing Xceleration players reach their potential and achieve tremendous success throughout the years. His current duties with Xceleration are ways for Paul to give back to the club that has helped shape the lives of many young volleyball athletes, including his own.



Top left: Jim developed the club's College Development Program, which has sent over 100 Xceleration athletes to play in college.



Top right: Shannon formerly coached at Xceleration and Miramonte HS before taking on her role as club director.

Bottom left: During showcase tournaments, Paul (and Jim) will be chatting it up with college coaches. During the club's offseason, Paul can be seen roaming the Stanford women's volleyball sidelines, taking pictures of the Cardinal. He also is a fan of the Minnesota Golden Gophers women's volleyball team.



MEDIA & PHOTOGRAPHY: TOMAS PINEDA

Tomas came to Xceleration in the 2010 season when his daughter, Dana, began her club volleyball career. During the six seasons that Dana competed for Xceleration, Tomas shared his photography with the club, visiting court-side with teams during tournaments when possible. After Dana graduated in 2015, Tomas stayed on to continue taking photographs for Xceleration. You will see him at tournaments capturing court action while cheering for our teams, documenting other club events, and collaborating with Xceleration's Media & Communications Director to produce visual and print media for the club. His digital images of teams and athletes are made available to Xceleration families free of charge.

TRAVEL COORDINATOR: NORMIE PINEDA

Normie makes team travel arrangements for Xceleration and the wife of Tomas Pineda. She has been part of the Xceleration family since 2010 when their daughter Dana started her club volleyball career on the 14White team. You will often see Normie cheering for our teams at tournaments and will be keeping our teams organized with respect to tournament travel.

MEDIA & COMMUNICATIONS: JOHN DAVID

John has been affiliated with Xceleration since 2011 when his daughter Sam joined the club, playing under the tutelage of Jon Segall, Natasha Gayle, Dave Masdeo, Mariah Christensen, Lucas Abbott, and Kayla Coleman, among others, and ever since the media team was created in 2013, he has become the club's historian, archiving and reporting on highlights and accomplishments of its current and former athletes.

John also provides the club's various communications needs, including content development for and management of its website, presence in social media circles, creation of marketing and printed materials, such as Player Profiles and team Reference Guides, and publication of the club's newsletter – **XCELlent NEWS** – which currently is in its fourth season.

BILLING: KIM BORCH

Kim is another Xceleration parent alum, and she is the club's accounting manager responsible for billing and finance matters. Her daughters, Morgan and Madison, both played for Xceleration before completing their collegiate volleyball careers at UC Davis and Carson-Newman University, respectively.



**The
PAPA-
razzo**

pa·pa·raz·zo *noun*

pā-pā-'rāt-(,)sō\:

a photographer who follows famous people in order to take their pictures; one who aggressively pursues celebrities for the purpose of taking candid photographs.

Many of you have already met **Tomas Pineda** at tryouts and Signing Night. He is the Super Fan, PilotDad, and father of Xcel alum **Dana Pineda**. Tomas will be roaming the courts throughout the season to take action and team photos for Xceleration's use on its website, newsletters, and Facebook page. His photos will also serve as our memories of the 2017 season. Xceleration will assume that it has your permission to use his photos for the purposes noted above. If you do not wish to release any photos of your child, please send [Tomas](#) an email, with your child's name, team, and jersey number to opt-out.

In addition, if you would like to share your team photos or have any scheduled events, please let us know as well, or post them on our Facebook group page.



HAPPY HOLIDAYS FROM THE 16BLUE CREW



**Happy
Holidays**



Photo Galleries

You can find more photos in the [Galleries](#) and Team Pages of our website. If you would like to share your pictures during the season, please post them on our Facebook group page, and they may work their way into future issues of **XCELLent NEWS**

Instagram

Xceleration has an Instagram account where you can view our posts throughout the season:

XCELERATIONVBC



Instagram

Photos courtesy of Lauren Jones.



**Coach Lindsey,
have you been
NAUGHTY, or
NICE?**



FUN & FELLOWSHIP! SEASON'S GREETINGS TO ALL!



Top left: The 14Blue sharing cookies and holiday cheer to everyone at Xceleration. Photo courtesy of Patrick Artiaga.

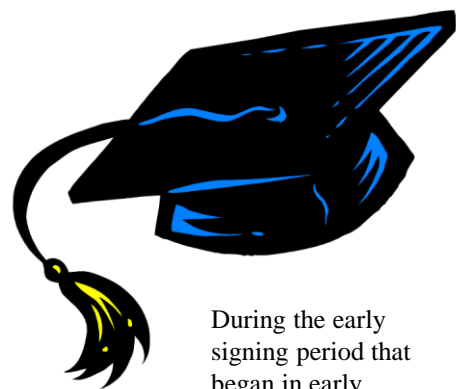
Top right: The 16Blue hit the ground running at Signing Night, sharing contact information and getting to know each other. Photo courtesy of Lauren Jones.



Top photo: The 15B had a great holiday team lunch after practice. Smiles all around for this team.

Right photo: Coach Daniel and the 16White had to satisfy their craving for ice cream, but unfortunately they didn't order "The Kitchen Sink" at the San Francisco Creamery.





2017 COMMITS TO DATE

During the early signing period that began in early

November, three Xceleration athletes have officially committed to continue playing volleyball at the collegiate level. We congratulate and wish them the absolute best as student-athletes, and we look forward to watching their future teams play in the Fall of 2017. More intent-to-play announcements will be coming soon!

Since the club's inception, Xceleration has helped its players fulfill their dreams of

continuing to play volleyball in college, and the club currently has 38 former players on active college rosters. We are proud of our players and our track record of success in sending over 100 Xceleration alumni to play college volleyball since our inception.

If you would like to learn more about our College Development Program, read about the key highlights of the college development workshop that was held in early December on the next page.



Delaney McKee
Bentley Upper
University of New Hampshire



Parker Jones
Acalanes HS
Penn



Janelle Gong
Campolindo HS
University of Hawaii

FU-FU GETS THE NOD AS WACC AND SAN LEANDRO HS PLAYER OF THE YEAR

Congratulations to 18 Blue's **Mere "Fu-Fu" Naqase** for being voted as the West Alameda County Conference (WACC) All-League Player of the Year and San Leandro HS Volleyball Player of the Year. Mere is entering her third season with Xceleration and is excited to pilot the 18Blue as a setter. San Leandro varsity and former Xceleration coach **Buddy Angeles** said, "Co-Captain Mere was instrumental in leading San Leandro HS to its very first WACC League Co-Championship, ending the season with a league record of 9-1 and overall record of 26-4. Mere is very well-loved by her teammates for her work ethic, friendliness, and competitive nature."



Photo courtesy of
Buddy Angeles.

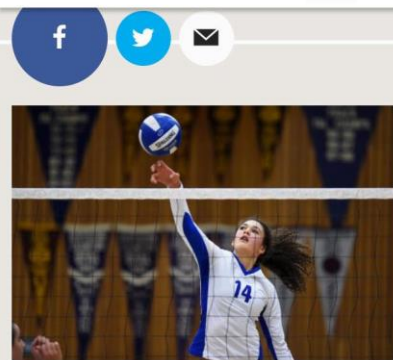


2X ATHLETE OF THE WEEK... PARKER JONES

Parker Jones, Acalanes volleyball:

Had 22 kills and two blocks to lead Acalanes to a 25-23, 21-25, 25-18, 25-21 victory over Aptos in the quarterfinals of the NorCal Division III regional.

The Mercury News



Jose Carlos Fajardo/Bay Area News Group
Acalanes' Parker Jones, shown here from a match earlier this season, had 25 kills Saturday while leading her team to a NorCal championship.

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mercurynews.com

The Mercury News



Parker Jones, Acalanes

Sport: Volleyball

Position: Outside hitter

Class: Senior

She led her team to the Northern California Division III championship, finishing with 25 kills, 15 digs and four blocks in a stirring 23-25, 25-16, 21-25, 28-26, 15-13 victory over Sonoma in the title match. The win sent Acalanes into the Division III state final Saturday against Crossroads.

Do's Don'ts

OF COLLEGE RECRUITING



Don't ever assume that you can't play in college, but rather understand that with hard work and by following our process, the right "fit" might just materialize for you.

The cameras are always on and coaches are always watching.

Everything begins with attitude, even during warm-ups.

Do your research and get on the coaches' list.

College Development Program Directors Jim Ross and Paul Harrison hosted the first workshop this season for players and their families interested in hearing about the club's College Development Program and the recruiting process. Here are highlights.

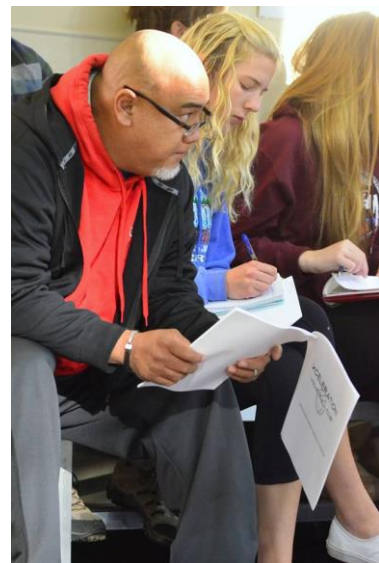
Make a list of 15-20 preferred schools... Complete the student-athlete questionnaire and player profile... Do your research on NCAA and NAIA schools... Get on the coaches' list... Keep the communications going... These are just some of the key messages that Xceleration's college development directors – **Jim Ross** and **Paul Harrison** – imparted at the College Development Workshop held in early December.

The College Development directors at Xceleration are here to help you, your parents, and your coaches with these efforts. They will give you direction on what you need to do to help yourself get noticed by the schools you want to get noticed by. They will follow through with you and these schools to give you the best chance for this to happen. They will give you examples of how to do this, meet with you on how to do this, and follow up to see if it is being done.

To young female volleyball players thinking about playing in college, the most important thing (after your physical dedication to the game itself) is the process of giving yourself **OPTIONS**. If you are not sure about playing in college, you owe it to yourself to at least go through the process to give yourself the option of making an informed decision when you get to that point. Don't ever assume that you can't play, but rather understand that with hard work and by following our process, the right "fit" might just materialize for you.

If you are one of the lucky volleyball players who can touch 10'2", or a setter with incredible hands and size, then the hardest thing you will have in the recruiting process is narrowing down your choices of where to play. Coaches will be talking to your club and high school coaches without any coaxing from you or anyone else. If you are one of those players, you are a select few.

For the remaining 95 percent of girls playing volleyball who wish to try playing in college, getting college coaches to take a look at you takes one of two things: **LUCK** – you happen to be playing and a coach just happens to be walking by, or **EFFORT**. Effort on your part, your parent's part and anyone else who can, or is willing to, help you.



Do's Don'ts

OF COLLEGE RECRUITING

(Continued from the previous page)

Our college development team is not here to assure that every girl plays in college. They will be honest with you and your parents about your abilities now, your ability going forward, and what the outlook might be for you. There are more opportunities out there for girls to play college volleyball than you know, if you are willing to explore them.

At the workshop, other useful information included a list of recommended websites to aid in the process, a timeline of activities to follow from your freshman to your senior year in high school, a summary of recruiting rules (do's and don'ts), a checklist of "to do" items, sample college letters, and tips on filming, just to name a few.

If you missed the workshop, send an email to Jim Ross to get a copy of the CD Program handout, or if you have any questions about the program. Xceleration looks forward to working with you in taking your game to the next level.



Key Points and Action Items

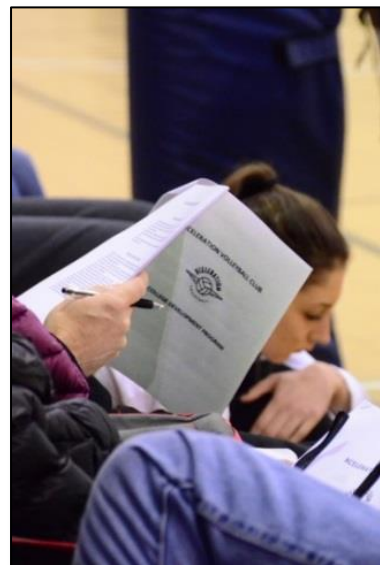
- Provide Jim and Paul a list of 15-20 potential schools
- Complete Xceleration's Collegiate Questionnaire (available in College Development Program handbook) and send to Jim and Paul
- Complete Xceleration's Player Profile Form (15s – 18s only) by February 1. Click [here](#).
- Set up a "one-on-one" meeting with Jim and Paul
- Complete "Prospective Student Athletes" questionnaires that are available on school athletic websites
- Complete player registrations – "NCAA Clearinghouse" and "University Athlete"
- Write brief introductory email to potential coaches – write a "grabber" to get their attention
- Do your research on universities and colleges, and their volleyball program
- Create 2-3 minute video of game highlights and post on YouTube, Vimeo, etc.
- Be proactive and write follow-up/thank you emails after coaches come to see you play at tournaments
- Keep Jim and Paul updated, and correspond with both to ensure that you are making progress



The minute you walk in the gym – you're on the clock, you're on your game!

Always assume that someone's watching you. It can be at anytime; you're being watched.

Check and control your social media pages. Coaches will look at them!





RECRUITING QUESTIONS COLLEGE COACHES ASK

BY JESSIE COOPER, ABOUT SPORTS.COM

For most junior volleyball players, earning an athletic collegiate scholarship is the ultimate prize. There are typically only 12 scholarships available for a squad of 15 to 18 players, so the competition is fierce when it comes to securing a spot on a squad. You must also remember that since the 12 scholarships are spread out over 4 to 5 years (in the case of a red-shirt player) there are usually no more than 3 to 4 scholarships available per school per year.

The best way to make yourself stand out from the crowd is always a tough question for any aspiring collegiate volleyball player. Yet what if the questions were flipped and were to put yourself in a coach's shoes? What are they thinking, what are they looking for? What are the subtle traits or qualities that make a difference in their eyes?

Jennifer Dorr, assistant coach at University of California – Berkeley and former standout setter at the University of Hawaii, weighed in on what she looks for in potential student-athletes. Some of the key questions she asks herself include (in no particular order):

1. DO THEY MAKE THEIR TEAMMATES BETTER?

There are a lot of good players out there, there are fewer excellent ones, and even more rare is the player that can maintain a high level of play while also elevating the game of their teammates. Coaches are not only looking at players who make the key play, but also ones that can keep the energy positive on the court. Understanding how to inspire everyone to play better is a trait that's hard to teach, but incredibly valuable to a coach during matches.

2. DO THEY RAISE THE LEVEL OF THEIR PLAY WHEN THE MATCHES GET TOUGHER?

Volleyball can at times be an emotional roller coaster.... the highs make you feel

like you're on top of the world, but the lows can suck the wind out of the whole team. Players who can remain focused throughout those momentum changes are really the ones who become a difference maker on the court. For example, when matches are close or when it is play-off time, what players perform at a high level? Who remains aggressive? Are they encouraging teammates or pouting because they flubbed a play?

3. WHAT IS ELITE ABOUT THEM?

Is it their athleticism? Or maybe it's height? What unique skill set will they bring to the team? Are they a natural leader? Do they lead by example? What type of teammate will they be? Being an "elite athlete" is more than just about a win-loss record or stellar stats of kills, blocks or digs. It's about contributing a specific blend of qualities to a collegiate team, which will complement the existing team chemistry.

4. DO THEY MEET MY RECRUITING NEEDS?

Recruiting is a fairly cyclical process. Given the graduating class, does this player meet a need I have for a specific position, style of play, or role? Also how are they going to make my current team better? As volleyball is a team sport, coaches need to weigh how every addition they make to the roster will impact the larger dynamics of the current team.

5. ARE THEY INTERESTED IN MY SCHOOL?

Or said another way, can I get them interested in my school? Sometimes there's mutual interest from both the player and coach; however, that's not always the case. Both sides are weighing their options and a variety of factors can come into play during the decision making process. Is my school academically the right fit? Will this player be able to succeed athletically? Has this player shown the propensity to work hard

(Continued on the next page)





TIPS TO BALANCE SCHOOL AND VOLLEYBALL THIS SEASON

BY LIZ NOELCKE, REPRINTED FROM SPARKPEOPLE, INC.

It's that time of year again! Season has started and school is about to start kicking into high gear. It's an exciting part of the year, if not the most exciting, but with all the excitement also comes the stress of balancing everything that needs to get done in 24 hours. From practice to games, classes to homework, we all could use a few helpful tips to stay on top of school and volleyball this season! Christa Dietzen, Women's National Team Middle Blocker, sat down with us and shed some light into her top five ways of staying on top of things. Christa graduated from Penn State with a degree in Elementary Education after student teaching abroad at Yapton Elementary School in southern England her senior year.

1. MAKE TIME FOR SLEEP.

Sleeping recharges your body and mind, and it is essential for keeping up with the busy athlete schedule.



2. STAY IN THE MOMENT.

Focus is very important because you want to be able to perform your best on the task at hand. When in the moment, you can't let your mind wander about things that you still need to do, or things you should have been studying for the test you're currently taking. Being able to time manage and keep on task will well help you stay focused on the right things at the right times.

3. TAKE A BREAK.

Sometimes the outdoors and a good book are calling your name. When you've finally finished a big project or just got done with a long tournament, your body and mind need a break. Whether you like reading the latest best seller, catching up on Netflix or sitting on the couch and not moving for 12 hours, do something to let yourself recover.



4. DON'T SETTLE FOR JUST BEING GOOD.

"Whatever level you're at in volleyball or school, one thing is always certain: the next level is going to be more challenging. When you understand that, you also understand you're not really competing against other people as much as you are competing with yourself."

5. USE ALERTS.

When you have 14 things going on in one day, it is easy to forget at exactly what times you need to be where or that you have something to do at all. With alerts, you can set them an hour before the task, that way you have time to get ready and don't miss an obligation.



This article was first published in SPIKE. SPIKE is available at iTunes App Store, but first you need to download the VolleyballUSA digital app – it's free – then you can get SPIKE.



5 TIPS TO BALANCE VOLLEYBALL AND SCHOOL

1. Make time for sleep

"Shirking on sleep can negatively impact your play and your studies. Even though we all think we can run on three hours of sleep after pulling an all-nighter, that's simply not the case."

2. Stay in the moment

"Once the volleyball game begins, your full attention should be on what's happening in the practice or match, not about your five-page paper you have due the next day."

3. Take a break

"It's easy to get stressed with everything you have going on, but volleyball is meant to be fun, not stressful."

4. Don't settle for just being good

"Whatever level you're at in volleyball or school, one thing is always certain: the next level is going to be more challenging. When you understand that, you also understand you're not really competing against other people as much as you are competing with yourself."

5. Use alerts

"Set alerts on your phone for every meeting, practice, class, weights, traveling and matches. It will help you make sure you're on the right task and don't forget about anything."

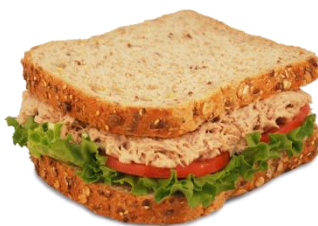
RECRUITING QUESTIONS COLLEGE COACHES ASK (CONTINUED)

and train in the off-season? Is the location appealing to the athlete? Will a red-shirt year be necessary? All these factors come into play when making sure there's mutual fit between a player and collegiate program.

Also keep in mind that coaches can't see every match because they have their eyes on a number of players. Maybe they'll only have the chance to watch how you warm-up or it how you take advice during timeouts? So make sure you're always on your A-game because coaches are looking for the total package.

NUTRITION: FUELING FOR SUCCESS

BY JILL DANIELS, MS, RD, CSSD



Eating well before practice is just as important as eating well before competition. If you are well fueled, you'll be better able to train hard, which mean that you'll have an edge over the competition. Many athletes show up to practice without appropriate fuel on board, which results in muscle fatigue, inability to focus, lack of energy and difficulty working at higher intensities.

Fueling properly before practice can provide these benefits:

- **INCREASED ENERGY**
- **IMPROVED MENTAL FOCUS**
- **GREATER ENDURANCE AND STRENGTH**
- **HUNGER PREVENTION**
- **IMPROVED MOOD AND ATTITUDE**
- **DECREASED RISK OF INJURY**

One key component is to eat carbohydrates before you train. Carbohydrates are your body's main energy source and preferred fuel, especially for working at higher intensities. Protein and fat are also important, but since they take longer for your body to digest, make sure to allow time for that. Depending on your schedule, you may choose to eat four hours before practice, one hour before, or somewhere in between.

The closer you get to your practice time, the less food you want to eat. This way, food isn't sitting in your stomach weighing you down as you're training.

Every athlete's body is unique, and each athlete has individual goals and challenges. Customize these suggestions and portion sizes so that you're not hungry during practice, but you're also not too full with food jostling around in your stomach while training.

On competition day, stick with the foods, portions, and meal timing that you're familiar with. Once you've found something that works for you on training days, implement that for day you compete. Avoid trying new foods on these days since you don't know how your body will react. You don't want to risk being sidelined for stomach distress.

Eat well, play hard, and have fun!

Jill Daniels, MS, RD, CSSD is a Registered Dietician in the Bay Area who specializes in sports nutrition and weight management. She works with people of all ages. Visit the web at JillDanielsRD.com

Reprinted from *SportsStars Magazine*, August 2015.

WHEN TO EAT WHAT

Hours Before Activity	Calories	Examples
1	100-200	Banana or smoothie
2	200-400	Yogurt & graham crackers
3	400-600	Tuna sandwich & pretzels
4	600-800	Chicken with pasta & veggies



Nutrition habits before practice just as vital as before a game





HERE WE GO! LAS VEGAS, SALT LAKE CITY & DENVER!

When tournaments require air travel, Xceleration will make the necessary air, hotel and land transportation arrangements for the players, coaches, and chaperones. We do this because, in our minds, travel is an important part of being a team, promotes team unity, and allows teams to prepare for the play ahead as a team. Feedback from parents has confirmed that parents are grateful that Xceleration handles this for them.

DESIGNATED TEAM ROOMS

ALL players will stay in designated TEAM rooms. 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. We are posting this information 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 indicated, ALL players must travel together with the coaches and chaperones, and ALL players will share rooms. While parents and family are welcome to book their own travel, using the airline or hotel of their choosing, we will be booking and pre-paying for all flights and hotel accommodations for your daughter. Rental vehicles for team transportation have also been booked.

XCELERATION RESERVATION BLOCK

Our current reservation block for team flights and accommodations includes a limited number of airline seats and hotel rooms per team, which are available to parents and family. Travel specifics, including costs are detailed below. Any parent wanting to request an airline seat

and/or hotel room using the team block must e-mail Normie Pineda at normiepineda@comcast.net. Note that there are limited extra airline seats and hotel rooms per team and these are available on a first-come, first-served basis. Once Normie confirms your booking request, she will send information on how to proceed with completing the reservation.

Requests for flights on the team block must include your date of birth and your name as it appears on the government-issued ID that you will be using when you travel.

BILLING

Billings for travel will be sent via e-mail with a due date. Billings will be for each family's proportionate share of team travel costs: their daughter's flight, shared room costs (4 players per room), the chaperones' and coaches' rooms, and team vehicle rentals. If a parent books AIR through Xceleration, that cost will be included on the e-billing. Xceleration bills only for actual costs. Hotel rooms booked through the club will not be e-billed; those will be settled directly with the hotel upon check-out.

CHAPERONES

Each team will need two chaperones for every out-of-town tournament. Chaperones' travel costs are part of shared team travel expenses and will be included in team travel billings. A few more teams are looking for chaperones. If you are interested, please coordinate this with your team parent and/or coach. They will let Shannon and Normie know who the chaperones are.

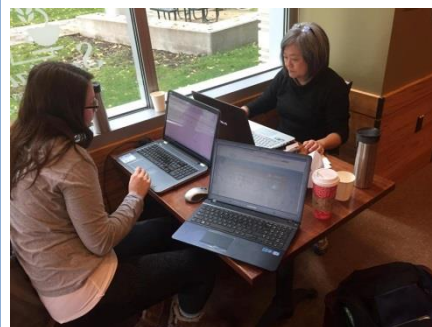
Xceleration expects chaperones to take their responsibilities seriously and understand that it is a large undertaking. Chaperones are responsible for the safety of the players they are with. Xceleration Chaperones will abide by the USA Volleyball Code of Conduct, listed in our online Handbook.



Chaperones Needed!

Xceleration is looking for at least two chaperones for each team attending the Triple Crown NIT in Salt Lake City, the SCVA Las Vegas Classic, and the Colorado Crossroads in Denver. Chaperones will be contact points with their respective teams regarding logistics and additional details for the tournaments. Roles and responsibilities are provided in the 2017 Club Handbook.

If you are interested, please coordinate with your team parents and head coach (first-come, first-serve), and they will let Shannon and Normie know. They will ensure that you are included on the flight and room manifests.





TRAVEL INFORMATION

(CONTINUED)



SCVA
SOUTHERN CALIFORNIA
VOLLEYBALL ASSOCIATION

LAS VEGAS CLASSIC

February 17-20, 2017

18White and 16White

Southwest Airlines

Depart OAKLAND

Fri, February 17

Southwest Flt# 442 @ 10:10 am

Arrive LAS VEGAS @ 11:35 am

Depart LAS VEGAS

Mon, February 20

Southwest Flt# 4602 @ 5:50 pm

Arrive OAKLAND @ 7:20 pm

Rio Las Vegas

3700 W. Flamingo Road

Las Vegas, NV 89103

(866) 746-7671

**TRIPLE
CROWN
SPORTS**

TRIPLE CROWN NIT

February 17-20, 2017

15Blue, 16Blue, 17Blue and 18Blue

Southwest Airlines

Depart OAKLAND

Fri, February 17

Southwest Flt# 1948 @ 9:00 am

Arrive SLC @ 11:40 pm

Depart SLC

Mon, February 20

Southwest Flt# 1497 @ 8:20 pm

Arrive OAKLAND @ 9:15 pm

Embassy Suites by Hilton, Salt Lake West Valley

3524 South Market Street

West Valley City, UT 84119

(801) 963-4760



COLORADO CROSSROADS

March 3-6, 2017 (14s – 15s)

United Airlines

Depart SAN FRANCISCO

Fri, March 3

UA Flt# 710 @ 8:43 am

Arrive DENVER @ 12:22 pm

Depart DENVER

Mon, March 6

UA Flt# 191 @ 7:37 pm

Arrive SAN FRANCISCO @ 9:20 pm

Hotel Accommodations: TBD

March 9-12, 2017 (16s – 18s)

United Airlines

Depart SAN FRANCISCO

Thursday, March 9

UA Flt# 1872 @ 8:48 am

Arrive DENVER @ 12:16 pm

Depart DENVER

Sunday, March 12

Southwest Flt# 257 @ 6:50 pm

Arrive SAN FRANCISCO @ 8:35 pm

DoubleTree by Hilton Hotel Denver-Stapleton North

3203 Quebec Street

Denver, CO 80216

(303) 321-6666



DEADLINES

For any parents wishing to book airline seats and hotel rooms with Xceleration, please contact Normie by the following dates to reserve available spots:

Las Vegas Classic: Dec. 15

Triple Crown NIT: Dec. 15

Denver Week 1: Jan. 6

Denver Week 2: Jan. 13

TRAVEL QUESTIONS?

If you have any questions, please feel free to contact [Normie Pineda](#).



ATTENTION 18WHITE: 2017 UNSIGNED SHOWCASE AT THE LAS VEGAS CLASSIC

The Unsigned Showcase at the annual Las Vegas Classic is held on the night before the actual tourney and is a setting for college coaches to get a close look at unsigned Juniors (Class of 2018) and Seniors (Class of 2017) only. It is a great event to be seen, and Xceleration's College Development Co-Director **Paul Harrison** will be there to work with the college coaches to see our players. **ALL Xceleration unsigned SENIORS MUST** attend this Showcase. For unsigned Juniors, this is optional.

Here are instructions on how to register for the Unsigned Showcase that takes places on the evening we arrive. Please review the information and register for the Showcase by visiting the 2017 Unsigned Showcase website.

Click [here](#) for more information on the Las Vegas Showcase.

Absolutely NO walk-up registrations will be permitted.

Players that registered prior to the February 14 deadline will receive a bib number with their court assignments on them. If a player registered after the deadline or changed their time or position after February 14 it is possible that the bib will not have accurate information or name. Please make sure you confirm your court assignment online and at check-in.

TIME SLOT. This will enable us to get all our players in the same session and coordinate transportation.

There will be four sessions available. Xceleration recommends the following time slots for our Juniors and Seniors to attend.

3:00pm – 4:30pm – Juniors only
4:30pm – 6pm – Seniors only

Please contact [Paul Harrison](#) if you will be attending and he will provide further instructions to Xceleration participants.

NOTE TO PARENTS: There is a recruiting seminar for parents that goes on at the same time as the Showcases. Parents are welcome to attend this, but parents will NOT be allowed inside the Showcase halls at any time.

Please register now so you can guarantee your time slot! The sessions will sell out.

Send an e-mail to [Jim Ross](#) and [Paul Harrison](#) to let them know when you have completed your registration. **Registration closes at 11:30 PM PST, February 14, 2017.**

WHAT HAPPENS AT THE RECRUITING SHOWCASE?

The Unsigned Showcase will include:

- Approach touch
- Volleyball skills testing
- College coaches evaluating during testing
- Recruiting seminar for parents
- Player information and results e-mailed to every college in the country!
- All participants receive a t-shirt and bib number



ALUMNINEWS



In the most recent collegiate volleyball season, our Xceleration athletes shined for their respective teams – reaching personal bests and career highs, setting school records, getting on All-Tournament teams, or garnering Player of the Week honors. Below are just some of their accomplishments this season, and Xceleration is extremely proud of all of them!

PERSONAL BEST

Returning to the Libero position, **Malia Bolko** (Class of 2015) recorded a personal best 31 digs for UC Davis in a victory against Fullerton State; her 31 digs represent the most by any Big West player in a four-set match this season. [Read more.](#)



WAYNE TILCOCK/ENTERPRISE PHOTO

UCD's Malia Bolko prepares to serve for the Aggies earlier this season. Bolko led the Aggies with 19 digs as she returned to the libero position in UCD's win over UC Irvine



SEALS NAMED LANDMARK CONFERENCE PLAYER OF THE WEEK

Class of 2014 alum **Michelle Seals** was named Athlete of the Week by the Landmark Conference after leading her Washington, D.C., school – Catholic University of America – to three victories. Michelle had at least 30 assists in each of the matches, including 37 twice. In a sweep of Washington College, she recorded 32 assists and 10 digs. For the season, Michelle averages 9.83 assists per set. [Read more.](#)

RAWR!

Taylor Dixon, fifth from left back row, (Class of 2016) posted 12 kills to help the CSU San Marcos Cougars defeat CSU-Dominguez Hills for their first CCCA victory of the season! [Read more.](#)



TRUE FRESHMAN PLAYS IN ALL MATCHES FOR EPHS

Class of 2016 alum **Daiana Takashima** (#11) played in all 24 matches as a true freshman for one the top liberal arts colleges in the country at Williams College.



ALUMNINEWS



LINDBERG LANDS ON ACTIVE ANKLE CHALLENGE AND CAL TOURNAMENT ALL-TOURNAMENT TEAMS

Hailey Lindberg (Class of 2015) and the Santa Clara Broncos continued their streak to take home the Active Ankle Challenge title in Louisville, KY, and Hailey was named on the All-Tournament team. The team was then ranked #19 in the ACVA Top 25. In the following week, Santa Clara claimed the Cal Tournament title with a 3-0 record, besting Grand Canyon, West Virginia, and the host team Cal Bears, with Hailey being named once again on the All-Tournament Team. [Read more.](#)

YALE INVITATIONAL MVP AND IVY LEAGUE PLAYER OF THE WEEK

Kelley Wirth from the Class of 2015 continues to flourish at Yale. In 2015, she was named All-Ivy Second Team...Earned two-time Ivy Rookie of the Week and four-time weekly Ivy Honor Roll selection... Ranked fifth in kills per set (3.47) in Ivy matches...Had 11 or more kills in 13 of 14 Ivy matches...Had seven double-doubles in Ivy play...Led Bulldogs in kills per set...Averaged 3.92 kills in last 3 matches (all must-win/Yale won all 3)...Averaged 2.51 digs per set in Ivy matches...Led team with 4.0 points per set in Ivy matches. So far earlier this season, Kelley led the Yale Bulldogs to three victories at the Yale Invitation and was named MVP of the tournament. In addition, Kelley was named Ivy League Player of the Week. "Kelley played great this weekend," Yale head coach **Erin Appleman** said. "She was able to step up her game when we needed it." [Read more.](#)



FIGHTIN' ENGINEERS

Katie Orbeta (Class of 2016) is among the 15 of 17 athletes on the Rose-Hulman Institute of Technology volleyball team pursuing an engineering degree at the Terre Haute, IN campus. In the win against Anderson University at Hulbert Arena on Senior Night, the freshman setter had



a team-high 24 assists, and the Fightin' Engineers clinched a bid to the Heartland Collegiate Conference Volleyball Tournament. [Read more.](#)



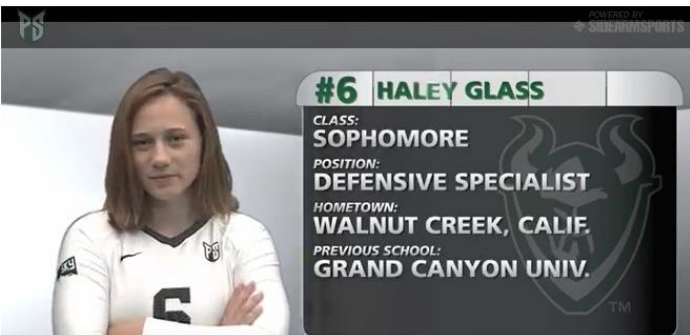
ALUMNINEWS



SUN CONFERENCE SETTER OF THE WEEK

Nicole Papineau from the Class of 2013 garnered the Sun Conference Setter of the Week after leading the Keiser University Seahawks to crucial victories, including a 3-0 sweep over No. 21 St. Thomas.

Nicole claimed this distinction after recording 157 assists during the four-game weekend at the Volley of the Mountains tournament in Montreat, NC. The Walnut Creek native posted a weekend-best 46 assists in a 3-1 victory over Shawnee State to begin the second day of competition. The senior captain also recorded six service aces, 24 digs and tallied four blocks to aid the Seahawks in their 4-0 start. [Read more.](#)



BIG!

Congrats to Portland State and **Haley Glass** (Class of 2015) for the first program win against a Pac-12 opponent since defeating Oregon in 2005. The Vikings came back from down two sets to one in the Portland State Tournament to defeat the Colorado Buffaloes in five sets at the Peter W. Stott Center. [Read more.](#)

HISTORIC WIN...

...For Santa Clara and Xcel alum **Hailey Lindberg** (Class of 2015) at the USC Baden Invitational in Los Angeles. The Broncos took down the then-#7 ranked team in the nation in four sets! Hailey led the team with a .500 hitting pct. She followed that up with a .769 clip on 11-for-13 hitting at the Cal Tournament against Grand Canyon. [Read more.](#)



BELMONT FLAWLESS AT MEMPHIS INVITATIONAL

Returning to action after sitting out last season due to injury, Class of 2012's **Jessica Vestal** (and the Belmont Bruins) capped a flawless weekend of play at the 2016 Memphis Invitational by defeating the host team, 3-1, on the last day of competition en route to securing the tournament title. [Read more.](#)



UND CLASSIC

Xcel alum **Malia Bolko** (Class of 2015) helped the UC Davis women's volleyball team to 3-0 sweeps of Omaha and host North Dakota at the Betty Engelstad Sioux Center. In the final match and nightcap against UND, sophomore Malia Bolko came up big defensively against the tournament hosts with her match-high 17 digs. [Read more.](#)



Xceleration parent alum **JJ Utchen**: Shout out to **Malia Bolko**, ranging the Oregon court as a libero, DS, and opposite for UC Davis! Great to see you swinging from the front row, Malia! Good win over the tough Murray State gals from Kentucky!

ALUMNINEWS



LIONS ROAR!

#21 Loyola Marymount and Xcel Class of 2016 alum **Emma Johnson** upped their season record to 2-0 with victories over Illinois State and Niagara at the 2016 LMU Invitational at LMU's Gersten Pavilion.

[Read more.](#)



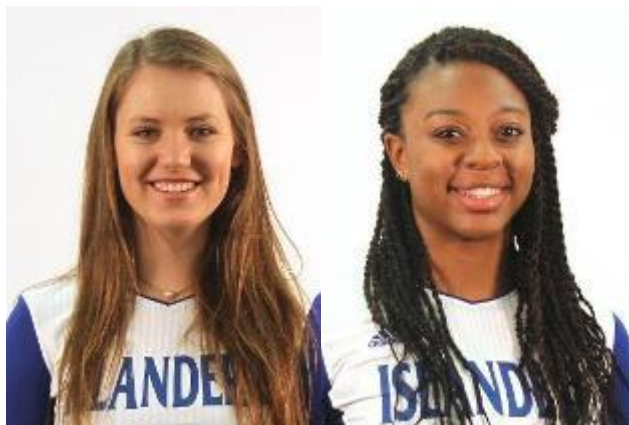
BREEZING THROUGH ROUTE 92

The Dominican University of CA volleyball team, with **Shannon Riggio-Kerley** (Class of 2014), was the only team to emerge from Cal State East Bay's Route 92 Showdown undefeated at 4-0, giving the Penguins their best start in Division II history. [Read more.](#)



BLUE AND GREEN AT THE BAYLOR INVITE

Xcel's Class of 2014 teammates **Maddie Doud** and **Naomi Overstreet** helped Texas A&M-Corpus Christi with a split in the Baylor Invitational. Maddie is off to a strong start, averaging 6 kills/match early in the season. [Read more.](#)



CAL MOLTEN CLASSIC

Mickayla Sherman (Class of 2016) and UC Riverside narrowly missed a five-set squeaker against host Cal in the final of the annual Classic. The Highlanders



relied heavily on the freshman; Mickayla led the way for the Highlanders with 17 kills. She followed with another strong performance against St. Mary's with 18 kills the next week. [Read more.](#)

SPARTAN INVITATIONAL

The San Jose State volleyball team, with Xcel alum **Kaitlynn Zdroik** (Class of 2016), opened the 2016 season by hosting the Spartan Invitational at Spartan Gym. The Spartans welcomed Manhattan, UMass Lowell and Providence to San Jose for matches and easily dispatched all three teams to start season. [Read more.](#)



EXPLORERS OPEN SEASON WITH BIG WINS

The La Salle volleyball team and Xcel alum from 2014 **Bryanna Davis** made a big season debut at the La Salle Invitational, winning the tournament and going undefeated. Bryanna paced the Explorers with 12 kills in the final against NJIT. [Read more.](#)



ALUMNINEWS



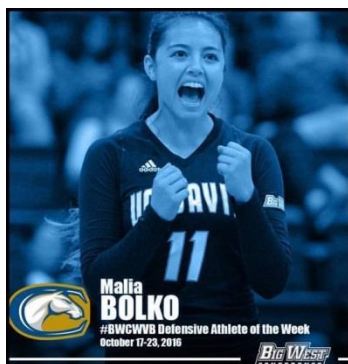
STARTING STRONG!

Nicole Tchabanov (Class of 2016) is off to a great start at Seattle Pacific, leading the Falcons as the team's top hitter in their first two matches. SPU coach Chris Johnson said, "Nicole is doing great...it was really nice to have a really good middle attack tonight." [Read more.](#)



AZTECS DEFEAT SAN JOSE STATE IN THREE SETS

Setter **Lauren Utchen** (Class of 2015), making just her second start of the year, had career highs of 44 assists and three kills while notching three digs as well. [Read more.](#)



IMPRESSIVE EFFORT NETS BOLKO DEFENSIVE HONOR

Tying her highest dig total for a weekend, UC Davis sophomore **Malia Bolko** claimed Big West Women's Volleyball Defensive Player of the Week honors.

The 5-8 libero accumulated a total of 47 digs to help the Aggies post consecutive four-set victories over UC Riverside and Cal State Fullerton. The combined dig total tied her highest for a weekend, which includes two three-match tournaments in which she totaled 47 digs.

Bolko had 23 digs against the Highlanders followed by 24 versus the Titans.

In addition, she led the team in passing, with no aces allowed in 62 receptions. She also recorded 13 assists. [Read more.](#)

XCEL FILLS UP DVC ROSTER

Setter **Jasmine Assia** (top photo left) and Outside Hitter **Isabel Villalobos** (right) from the Class of 2016, and middle blocker **Ashley Dixon** (center) (Xcel Class of 2015) filled the team roster for the Vikings this season and are often on the court together.



ALUMNINEWS



UTCHEN BECOMES ALL-TIME LEADER IN DIGS FOR SHOREWOMEN

Libero **Audrey Utchen** from the Class of 2013 became the Washington College all-time leader in digs against host Catholic University of America in a non-conference volleyball match at the DuFour Center. Utchen, who had 21 digs in the match to lead all players, now has 1,335 digs in her career. [Read more.](#)



BIG WEST CONFERENCE FRESHMAN OF THE WEEK OCT 10-16

GOHIGHLANDERS.COM



REACHING NEW HEIGHTS: MICKAYLA SHERMAN WINS VOLLEYBALL'S FIRST BIG WEST FRESHMAN OF THE WEEK AWARD

UC Riverside freshman and Class of 2016 alum **Mickayla Sherman** was named Freshman of the Week for her play October 10-16, making her the first Freshman of the Week honoree in the history of the UC Riverside volleyball program. Outside hitter Sherman had a career-high 26 kills in leading the Highlanders to their first Big West conference victory over UC Santa Barbara, 3-1. Sherman hit a season-best .400 for the match, and served up an ace as well. She also logged a career-high 11 digs, and assisted on three blocks in the win. Click [here](#) and [here](#) to read more.



ALUMNINEWS



PAPINEAU NAMED TO AVCA SOUTHEAST REGION SQUAD

The American Volleyball Coaches Association (AVCA) has announced its women's volleyball All-Region teams for the National Association of Intercollegiate Athletics (NAIA). Xceleration Class of 2013 and Keiser University senior **Nicole Papineau** was named Honorable Mention for the Southeast Region. This honor comes on the heels of Nicole being named to the First Team All-Sun Conference after earning 825 assists, 157 digs, 34 kills and 19 service aces. Nicole finished her stellar Seahawks career with 2,999 career assists, setting the program record for career assists. She also ranks second all-time in sets played with 386 and fifth in career service aces with 92.

[Read more.](#)



TEXAS A&M
CORPUS CHRISTI



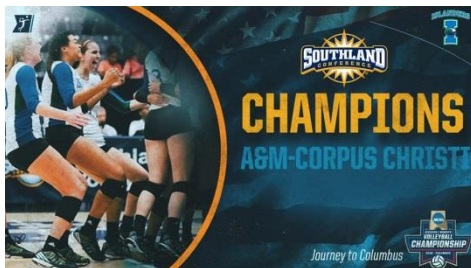
ISLANDERS



DOUD, OVERSTREET, AND ISLANDERS REPEAT AS SOUTHLAND CONFERENCE CHAMPIONS

Reunited at Texas A&M – Corpus Christi, Xceleration's Class of 2014 teammates **Maddie Doud** and **Naomi Overstreet** celebrated back-to-back titles as Southland Conference champions by defeating Sam Houston State in the conference finals. Doud notched eight kills and four blocks in the title game. With the win, Texas A&M-Corpus Christi clinches an automatic berth to the NCAA Tournament. [Read more.](#)

In the semifinal game against Central Arkansas, the Islanders slowed the Bears attack by throwing up a strong block at the net. Maddie led that effort with five blocks on the match as the Islanders held Central Arkansas to .112 hitting on the match.



ALUMNINEWS



Stay
Connected

It's always nice being in the company of friends. The Xcel family is created on and off the court as coaches, directors, teammates, and parents reunite down the road.

Left photos from top to bottom: Coach Andy Schroeder and Co-College Development Director Paul Harrison like to keep in touch with former Xcel athletes as they progress through their collegiate volleyball careers. Here they are with Emma Johnson (LMU), Taylor Dixon (CSU-San Marcos), Kaitlynn Zdroik (San Jose State), Bella Fernandez (Nevada-Reno), and Mickayla Sherman (UC Riverside).

Right photos, top to bottom: Hailey Lindberg (Santa Clara) with fellow Xcel alum and Broncos sand volleyball player Sarah Vacarro; Hailey and Emma with Paul; parent alumni Jeff Utchen, and Jeannie Lindberg, JJ Utchen, and Normie Pineda; and The Johnsons.

Photos courtesy of Paul Harrison and Tomas Pineda.





11-AND-UNDER WINTER WORKOUT

Come join the fun and chase away the winter blues at Xceleration's first-ever winter workout for girls 11-and-under! Under the direction of coaches **Gayle Swann and Kate Canova**, develop strong foundational and fundamental skills – THE XCELERATION WAY– and build on it through these clinics with scrimmages and games!

January 3 – March 30, 2017: Tuesdays & Thursdays from 4:15 PM – 5:30 PM

Concord Gym, 3911 Laura Alice Way, Concord, CA 94520

The cost is \$400 for all 26 sessions. Sign ups only (no try-outs) on a first-come-first-served basis (based on when payment is received). To register for this Winter Workout program, or if you have any questions, please contact club director Shannon Kussman at shanvball@aol.com.

PRIVATE/GROUP LESSONS

Several of our coaches, including guest coaches, are available for lessons! Please contact Shannon Kussman if you'd like to schedule a lesson. All scheduled lessons are subject to a 48 hour-cancellation policy, credit cards will be charged for the amount of your lesson if cancelled late.

Concord Gym, 3911 Laura Alice Way, Concord, CA 94520

Payment Structure:

(Payment can be paid to the lesson coach directly, all checks should be made out to the lesson coach, NOT Xceleration).

1 Player:	\$75 per player/hour
2 Players:	\$40 per player/hour
3 Players:	\$30 per player/hour
4-6 Players:	\$25 per player/hour

2017 Lessons Schedule

January 7	10:00 AM – 4:00 PM	April 1	10:00 AM – 4:00 PM
January 21	8:00 AM – 12 PM	April 15	10:00 AM – 2:00 PM
January 28	10:00 AM – 4:00 PM	April 22	10:00 AM – 2:00 PM
		April 29	10:00 AM – 2:00 PM
February 1	8:00 AM – 12 PM		
February 25	10:00 AM – 4:00 PM	May 6	8:00 AM – 12 PM
		May 20	10:00 AM – 4:00 PM
March 11	10:00 AM – 2:00 PM		
March 18	8:00 AM – 12 PM		
March 25	10:00 AM – 12:00 PM		



2017 TOURNAMENT SCHEDULE

Xceleration's club season runs from December through the end of May, with other teams to the beginning of July. Tournament play includes approximately five weekends for Northern California Volleyball Association (NCVA) league and tournament play, and three or four weekends for national or qualifier tournaments. NCVA tournaments are held throughout Northern and Central California. The national tournaments take place at various locations and will usually require travel on Thursdays to begin play or Mondays at the end of the competition.

Event	Dates	18B	18W	17B	16B	16W	15B	15W	14B	14W	13B	13W
California Kickoff	Jan 14-16	x	x	x	x	x	x	x	x	x	x	x
Power League (PL) Qualifier	Jan 21-22	x	x									
	Feb 4-5			x	x	x	x	x	x	x	x	
AAU #1 (13W)	Jan 29											x
PL #1	Feb 4	x	x									
	Feb 26			x	x	x						
	Mar 12						x	x	x	x	x	
President's Day	Feb 18-20							x	x	x	x	x
Las Vegas Classic	Feb 17-20		x			x						
Triple Crown NIT (SLC)	Feb 17-20	x		x	x		x					
AAU #2 (13W)	Feb 25											x
PL #2	Feb 26	x	x									
	Mar 19			x	x	x						
	Mar 26								x	x	x	
	Apr 2						x	x				
Golden State Qualifier	Mar 3-5	x	x									
CO Crossroads (DEN)	Mar 3-6						x	x	x	x		
	Mar 9-12	x	x	x	x	x						
AAU #3 (13W)	Mar 19											x
PL #3 / AAU #4 (13W)	Mar 26				x	x						
	Apr 1	x	x									x
	Apr 2			x								
	Apr 15						x	x	x	x	x	
JVA World Challenge (LOU)	Apr 6-9	x										
Far Western JNQ (RNO)	Apr 21-24								x	x	x	x
	Apr 27-30			x	x	x	x	x				
18U Spring Jr Natls (DAL)	Apr 20-23	TBD	TBD									
PL Regionals /	May 6-7								x	x	x	
AAU Finals (13W)	May 13-14	x	x	x	x	x	x	x				x
Bay View Classic	May 27-29					x		x		x	x	x
JVA West Coast Cup (LB)	May 26-29	x	x	x	x		x		x			
AAU Nationals (ORL)	Jun 17-25	TBD	TBD	TBD	TBD		TBD					
USAV Junior Nationals (MIN)*	Jun 25- Jul 4	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD

*Open/National bid only.



TOURNAMENT VENUES

Las Vegas Classic

[World Market Center Pavilions](#)

495 South Grand Central Pkwy
Las Vegas, NV

[Cashman Field Center](#)

850 N. Las Vegas Blvd.,
Las Vegas, NV

Triple Crown NIT

[Salt Palace Convention Center](#)

100 SW Temple,
Salt Lake City, UT 84101

Golden State Qualifier

[San Mateo Event Center](#)

1346 Saratoga Dr., San Mateo, CA

Colorado Crossroads

[Colorado Convention Center](#)

700 14th St., Denver, CO

JVA World Challenge

[Kentucky Exposition Center](#)

937 Phillips Lane
Louisville, KY 40209

Far Westerns JNQ

[Reno-Sparks Convention Center](#)

4590 S. Virginia St., Reno, NV

[Reno Events Center](#)

400 N. Center St., Reno, NV

18U Spring Jr. Nationals

[Kay Bailey Hutchison Convention Center](#)

650 Griffin St., Dallas, TX 75202

JVA West Coast Cup

[Long Beach Convention & Entertainment Center](#)

300 East Ocean Boulevard
Long Beach, CA 90802

AAU Nationals

[ESPN Wide World of Sports](#)

700 S Victory Way
Kissimmee, FL 34747

[Orange County Convention Center](#)

9899 International Dr.
Orlando, FL 32819

Junior Nationals

[Minneapolis Convention Center](#)

1301 2nd Ave S
Minneapolis, MN 55403