



IN THE NEWS...

- Xceleration Goes On the Road to Showcase Talents on Presidents Day Weekend
- J-Ross Speaks!
- Coaches Mixer Fills Tables, Sets Tone for Triple Crown NIT in Salt Lake City
- TC Volleyball NIT Draws Standout Clubs to SLC
- Scenes from a Weekend
- The Best PLQ Ever! Power / AAU League Updates
- HELPFUL TIPS:
 - Which E-Mails Get Noticed?
 - 10 Things to Say After a Volleyball Tournament
 - Help Your Child Be the Best Backup Player as Possible
 - Lawnmower Parents, You're Ruining Sports!
- Why Do You Pay So Much Money For Your Kids To Do All Their Sports?
- Birthday Fun, Xcel Style!
- The Many Faces of Ali Silva
- Preparing for High-Altitude Competition
- Alumni News
- On the Rise
- Updated 2017 Tournament Schedule

Xceleration Volleyball Club

John B. David, Editor

Xceleration Spreads Its Wings Across the West on Presidents Day Weekend

XCEL TEAMS DISPLAY COMPETITIVE SPIRIT IN HOLIDAY TOURNAMENTS AND SHOWCASES

Eleven Xceleration squads celebrated in different parts of the nation during the Presidents Day weekend replete with images of our esteemed POTUS (namely George Washington and Abraham Lincoln), and typically including those we associate with symbols of patriotism. The Red, White, and Blue were everywhere in Salt Lake City, Las Vegas, and many parts of the Bay Area. Even our homes (despite the rain) were decorated with “Old Glory” as we proudly displayed our heritage in being American. Words and phrases also come to mind when we think about patriotism – Love of country. Loyalty to the United States of America. Pride and honor. Service and duty. Freedom and liberty. Integrity and courage. Justice and mercy. Sacrifice. Hope. Give me your tired, your poor, your huddled masses... to name just a few.

With these in mind and in observance of the holiday, Xceleration enjoyed the Presidents Day weekend by doing what they loved to do best – facing off against the highest level of competition at the Triple Crown NIT, the Las Vegas Classic, and the NCVA tournaments and showcases.



Salt Lake Sizzles in February

When the prestigious Triple Crown Volleyball Pre-Season NIT organizers again offered a bid to Xceleration to compete in the widely acclaimed tournament that is considered to be one of the best of the volleyball season, the club gladly accepted without a heartbeat. With only 48 teams each in the 15-to-18 age groups and only 20 in the 14s division, the Triple Crown organizers are proving to the nation that this is the place to be. One has to have the credentials and the ability to compete at a high level to be in this tournament. Xceleration was

(Continued on page 6)

J-ROSS SPEAKS...

Dear Xceleration Families,

Having just returned from the Triple Crown Tournament in SLC where I had the opportunity to speak with over 300 college coaches, I wanted to give you some observations about that tournament, college recruiting, and volleyball in general.

First of all, the SLC tournament is fantastic, and we hope that it remains on our schedule for years to come. The reason I say "hope" is that the tournament is a true invitational. You have to be invited to participate in it and that participation is directly tied to the success of your program. We attended a get-together [with coaches and club directors] the night prior to the tournament and were able to speak at length with the tournament organizers, and they are impressed by our program and how it is trending up. They are also adding a Club Division to this tournament in 2018 and we hope not only to be invited back, but possibly having the option to add more of our teams to the mix. We should hear back from them in a couple months and will keep you posted.

The tournament itself was what we expected. Tough competition each and every day. No matches off. Our players had to be on their game every match and overall we were pleased with how our teams competed. Our results were definitely mixed. More losses than wins. But as I explained to the teams and coaches, we competed. We showed that we are capable of playing with those teams at that level. If you remember, that is one of the things we promised you at our Parents Meeting at tryouts – that we would place our teams in tournaments and divisions that would challenge them. We want Xceleration players to embrace challenges, to want to play tough teams and tough matches, knowing that it will help us in the long run. Given the results in our recently completed PL#1 (16s and 17s) and PL#2 (18's) this is exactly what happened.

On the college recruiting side, as I said we were able to speak with over 300 college coaches and give our players a lot of looks. I have to tell you that the college recruiting landscape is changing a bit. It is **IMPERATIVE** now that as a player you have contact with potential programs that interest you **PRIOR** to attending these tournaments and finding out if they have interest in you.

You **MUST** establish a dialogue with those programs so that they come to these tournaments knowing they want to come watch you. (We are here to help you with how you do that. All you have to do is reach out to us with some kind of idea as to the kind of schools that you are interested in.) There are simply too many programs and too many players to just leave that to chance.

Paul and I work very hard at these tournaments to get coaches to come to our courts, but the coaches have to prioritize their times to watch the girls that were on their lists **BEFORE** the tournament. We will drag them over to our courts when possible, but having the edge of being on their Watch List prior to the tournament helps you as much as a player.

If you are a [Class of] 2020 recruit (a freshman), almost all programs that are recruiting these young players are simply tagging them and putting them on their list of players to watch for the remainder of this season. In other words, they are not actively recruiting them and, of course, are severely limited as to



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**.



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J-ROSS SPEAKS...

the contact they can have anyway. If you are one of these players, stay in contact with the programs via e-mails, and through Paul and me.

On a side note, I was able to talk to a lot of coaches about the recruiting of high school freshman players. Most, if not close to all, of the coaches are not fans of this practice but are going along with it because "everyone else is." There is a current movement within the NCAA to look into recruiting players at this age and its merits. I have heard varying ideas on possible rules changes but nothing is yet approved.

On to other volleyball matters in general, I do need to address one club issue and make a plea to parents. We are having some issues this season with getting all players to practice on a regular basis. This is frustrating to the coaches of course who have prepared practices for a full team and now must adjust, but it is even more frustrating and honestly quite unfair to the players who are making the effort to be at those practices. Not attending practice on a regular basis will hurt a player's chance of improving and playing, but, if this happens with multiple players and on a regular basis it hurts the TEAM. **Please make the effort to get to practice and allow our teams to grow as teams.** Next year we will be emphasizing even stronger the commitment we expect from Xceleration players. We cannot accept players into our program who are not willing to make these commitments.

As we prepare for upcoming tourneys, Crossroads, Spring Classic, JVA World Challenge, SoCal JNQ, and our Power and AAU Leagues, as a staff we are pleased with what we are seeing within the club. The teams are competing and the results are getting there. Andy and Leslie, your coaching mentors, are working very hard with all our coaches on their practice plans, technical pointers, game strategy, and player development. We believe in them and we believe in our players. Compete hard both at practices and tournaments. Enjoy and embrace the challenges ahead.

Thanks to all of you for your continued support.

Go XCEL!!

Jim





COACHES MIXER FILLS TABLES, SETS TONE FOR TRIPLE CROWN NIT IN SALT LAKE CITY

By Kyle Koso, February 17, 2017

When the volleyball community gets a moment to turn down the competitive flame and just hang out together, it's something that is embraced in every corner.

Indeed, every nook and cranny of Squatters Pub Brewery in Salt Lake City was filled Friday night as legions of club and college coaches spent a few hours reconnecting and swapping stories at the annual Triple Crown NIT mixer, sponsored by Rox Volleyball. With a backdrop of varied and delectable choices in both food and drink, coaches knocked out a few admin chores ahead of the President's Day Weekend event and shared the latest in their volleyball lives with a crew that understood every chapter.

The event fires up Saturday morning, with 212 feisty programs from 14s through 18s looking to make their mark in one of the most intense tourney experiences on the calendar.

"We're here, first of all, for the competition. We've built our club over the past few years to get to the point where we can play with this type of competition, and to have it in one site is exactly what we're looking for," said **Jim Ross**, club partner and recruiting coordinator for Xceleration VBC from Northern California. *"We're thrilled to be here. The competition will be stiff for our girls, but that's exactly what we want."*

"We've got four teams here, and really, Salt Lake is the place to be," said fellow club partner and 18s coach **Jeremy Swann**. *"We've traditionally gone to Las Vegas (site of a large-scale event the same weekend), but (event director) Sean Hardy has put together such a tremendous event, and there's a lot of pull for our girls and the parents to come here for that recruiting edge."*

With as many as 400 college coaches planning on coming to the Triple Crown NIT, the ripple effects that can lead to an athlete securing a spot on the next level are undeniable.

"We started as a grass-roots organization and kind of had to research these (college) coaches – to have maybe 400 coaches at my fingertips is phenomenal," Ross said. *"I brought 400 business cards with me, and I expect to give out 300-400. It's a huge resource for us and our girls."*

"The pressure is on, right? It's Open or bust and tremendously competitive," Swann added. *"Most of our girls come from strong, competitive programs in high school, so when we put them together, it's a true test. It's the first big tournament for us, and we're trying to put our best foot forward."*

BEAR DOWN!

Jim Ross (left) chats with head coach David Rubio of The University of Arizona and his assistant on Court 13.



Here's what last year's coaches had to share about the tournament:

"TAV has been privileged to be part of Triple Crown since its inception," TAV's John Sample said. *"Each year the tournament has gotten better and each year more of the top teams in the US have come, making this one of the most competitive tournaments we played in last year. The large number of college coaches in attendance is remarkable and the small footprint in the convention center makes it easy to get around and easy to watch the best play."*

"Triple Crown was the most competitive tournament my AZ Storm team had ever attended," Arizona Storm's Terri Spann said. *"We loved the high level and intensity of each match. The tournament staff was great, amazing environment and loved how the finals were televised. It also gave college coaches an opportunity to see these girls compete against the best in their class!"*





TRIPLE CROWN VOLLEYBALL NIT DRAWS STANDOUT CLUBS TO SALT LAKE CITY

By Kyle Koso, February 16, 2017

An intriguing gathering of the nation's most powerful and accomplished club volleyball programs will take center stage Feb. 18-20 when the Triple Crown Volleyball NIT returns to Salt Lake City for the third consecutive year.

With 25 courts in action at the Salt Palace Convention Center, this event brings together clubs from coast to coast, all angling to get an early-season read on their skills and how they will match up with other high-profile programs. More than 210 teams are making the trip to Salt Lake City, with action coming in age groups from 14u through 18u.

It's no surprise that this collection of volleyball talent draws college coaches looking for recruiting opportunities, and as many as 400 coaches representing all ranks of collegiate volleyball will be in attendance.

"This event had a modest beginning, but by reaching out to the most competitive and passionate voices in club volleyball, we've been able to build a tournament that fills a need on the tournament calendar," said TCS volleyball director Sean Hardy. "Our unique format allows teams to play superior competition right out of the gate; an early win or loss may affect a seeding later, but a highly-

ranked team knows it will face the best competition possible and still have a crack at the overall championship."

To create some elbow room on the schedule, the event will play several matches Saturday at the new Club V facility, with all teams returning to the convention center for the rest of the action. The 2017 tournament sold out months ago, and with more room available in the convention center for the 2018 event, Hardy said as many as 425 teams are expected.

New to the event in 2017 is the "live show" stage that will be located in the heart of the action on the convention center floor. The Amateur Sports Broadcasting Network (ASBN) will be the source for multiple interviews throughout Saturday and Sunday that will be live streamed. These interviews will draw from the ranks of club coaches, directors, sponsors and many others connected to the execution of this unique moment on the volleyball scene.



Here's what last year's coaches had to share about the tournament:

Top Select's Blake Rawlins is new to the event this year and couldn't be happier after what he heard of last year's success.

"I think it's Nationals in February is pretty much what it is," he said. "We are extremely excited. It seems like more tournaments should be run like this. I haven't played in it yet, but 50 college coaches came up to me and told me I needed to go play in it. It's not like these qualifiers, where on Day 1 and 2 you aren't getting any better. We want to get better. We want to get pushed. We don't care if we lose some matches in February. We want to be playing the best and beating up on each other. It's going to be awesome."



SALT LAKE SIZZLES IN FEBRUARY (CONTINUED FROM THE FRONT PAGE)

honored for the opportunity to play in Salt Lake City. It was honored because of the club's body of record throughout the years of playing competitively against the top teams and because the club's leadership felt that the Xcel teams were ready. In the Triple Crown NIT field, along with Xceleration, and representing Northern California were Absolute, Encore, NCVC, Rage, Red Rock,

and Vision. Thirteen additional clubs from Southern California rounded out the state's contingent.

The **18Blue** finished the Triple Crown NIT with a .500 record, which was matched or was better than 26 other teams in the field of 48. After watching the first set in the opener, one would venture to think that the 18Blue would have a tough

WE LOVE THIS TEAM!



I first want to thank **Jim Ross, Jeremy Swann, Shannon Kussman, Paul Harrison, Tomas Pineda, and John David** for making this weekend one to remember. This was a first for the club to compete against "the best-of-the-best" in Salt Lake City. I think it was incredible for all involved. I think everyone would agree there is A LOT OF TALENT around this great country of ours.

For me personally, I tried to enjoy every single second! We asked the players to never take any part of any play off – that also means coaches should do the same – no spectating!

Jeremy and I were very pleased with our team. Lots of adversity over the three days, including – losing **Janelle Gong** to an ankle sprain 10 points into our opening game, missing **Jackie Kupeli** on the court, who has been out all year recovering from knee surgery, **Brianna Ranney** fighting a major chest cold, and **Mere Naqase** getting a concussion during the match against Vision. Taking all of that into account, we had to make many changes to the lineup in almost every match. The girls (because they're great volleyball players) were able to respond and play at a high level in every match. We finished the tournament against a familiar opponent Rage (in an epic battle!) that went the distance, with a rally to remember at 13-13 in the third game. Although we came up just short, 14-16, we all walked out knowing that we had given it everything we had. Everyone played well! There are lots to work on, but we're very happy with how we prepared and how we competed.

Penn-bound **Parker Jones** was amazing all weekend and carried a big load for us. What a competitor she is. Our setters **Jamie Brown** and Mere were fantastic. Middles **Ashby Russell** and **Michelle Anderson** became big forces for us over the three days. New Hampshire-bound pin hitter **Delaney McKee** was so versatile (by the end of the weekend), I saw her in the Churro booth selling Churros! Libero/DS and Hawaii-bound Janelle made many memories, along with passing the ball at a high level. Libero/DS **Alex Nickerson** was nothing short of sensational. Pins **Kelsey Budde, Nikki Jensen** (who recently committed to Wellesley College), and Brianna made a lot of huge plays for us. We love this TEAM.

Andy Schroeder



Photos courtesy of Tomas Pineda.

SALT LAKE SIZZLES IN FEBRUARY (CONTINUED)

weekend as Ka Ulukoa Black from Hawaii cakewalked through the first set.

Butterflies definitely were in the air for the 18Blue. Uncharacteristically, the team was out of synch from the get go. Serving errors, receiving errors, and foot faults – combined with the Black's strong front lineup that scored from numerous blocks – were recipes for disaster. The 18Blue recovered quickly in the second and third sets, however, to get the club's first ever Triple Crown win. Their talented skills allowed them to turn a pedestrian outing into a blowout in a matter of minutes.

Falling in their next pool play against Colorado's 303VB Academy Alpha was detrimental to the team's ability to move up the brackets because it resulted in a three-way tie for first.

Unable to move up based on set percentage, the 18Blue would take out their frustrations on the hometown favorite Club Utah Black to end the first day at 2-1.

The 18Blue then squared off against NORCO from Colorado, RVCH from Hawaii, and Vision from the South Bay to get even at 3-3 on Day 2, but the third and last day of the invitational proved to be the most memorable and exciting one for the team. After getting Bellevue, Washington's Sudden Impact out of the way, the corner court of the Salt Palace Convention Center provided boisterous non-stop action between two teams that will surely square off at another time in Power League. From Ripon in California's Central Valley, Rage Greg gave the 18Blue all that it could handle and more. Needless to say, the game was epic.

My fingers are frozen! You have more tape, bruh?

I'm HANGRY!

MORE TAPE!
Top left: We thought they were used to initiate... Coach Andy's fingers are really taped to keep them warm.

OK...
two gluten-free double-doubles, spread and lettuce only... animal-style fries ... vanilla shake...

YOU'RE NOT YOU WHEN...
Coach Jeremy (left) is not himself when he's not fed. And Jackie Kupeli is ready whenever that happens.

Delaney!...
Our hair's stuck!



LEVITY ON THE COURTS
Alex Nickerson and Parker Jones share a laugh after getting "unstuck," as shown below, with Delaney McKee and Mere Naqase looking on.



Photos courtesy of Tomas Pineda.

SALT LAKE SIZZLES IN FEBRUARY (CONTINUED)

No one wanted to go down without a fight and it was just a question of which team gets to 15 first, or in this case 16. The match could not have gotten any closer and Rage just got the tiny break that it needed to squeeze out the victory. Just as the 18Blue kicked off the Triple Crown for Xceleration with an early morning start on Friday, it also ended the club's first (and hopefully not the last) foray in one of the most competitive national tournaments ever assembled.

The **17Blue** started in almost the same fashion as the 18s when they matched up against Club V Andrew, which was essentially playing in front of a partisan home crowd on its home court at the Utah Athletic Facility. The 17Blue recovered from their first setback and followed it up with its

first victory in pool play against Honolulu-based Spike and Serve VBC. Similarly, the three teams ended in a deadlock, with the 17Blue being relegated to the lower seeds based on set percentage.

Though the records may indicate that the team had a challenging weekend, it was a success by any measure. Along the way during the competition against solid teams, such as Sunshine (with their hideous-looking camo warmups) from Southern California, San Antonio Sting and nationally-recognized TAV from Texas, and even from the Bay Area versus Absolute, the team generated lots of interest from college coaches in attendance. In fact, several scholarships or recruited walk-on offers are already on the table waiting



I think
someone cut
the cheese!

Nobody here
from
Wisconsin...



You really like the new
'do? I'm thinking of
getting a bob next
time.

Puhleeze, gurl! They
don't call me "The
Roof-Hahn-ator" for
nuthin!



Photos courtesy of Tomas Pineda.



SALT LAKE SIZZLES IN FEBRUARY (CONTINUED)

for commitments. The process will continue and Xceleration's recruiting coordinators will move the needle by staying in touch with these coaches in future tournaments.

Facing several distractions during the weekend, the **16Blue** found it difficult to focus on the tasks in front of them. Against many of the strong

teams in the competition, including two teams from Southern California, one from Northern California, and one each from Texas, Colorado, and New Mexico the 16Blue had to be on top of their game in each of these matchups. Nonetheless, college recruiters were already taking a close look at many of Xcel's players and will continue to generate attention over the next few years.

I wonder if anyone will notice if I flip the score?

Werk, werk, werk, werk, werk!

That's 5 points for that kill, Dad!

Shoo-be-doo-be-doo...

Does Ali really have to belt out a tune every time we win?



A VIEW FROM THE TOP

Arms raised for the block party are Kinsey Anderson (top left) and Katie Gunderman.

Bottom photo: Elizabeth Canon consults with Kinsey Anderson and Ainsley Fleming-Wood.

Photos courtesy of Tomas Pineda.



SALT LAKE SIZZLES IN FEBRUARY (CONTINUED)

The **15Blue** provided the club its best finish with the most victories at 5-3. After an initial loss to Colorado-based NORCO Black, the 15Blue won five of its next six games, which included a string of wins against AJV from Austin, TX and K2 Adidas from Louisville, TN. The team also recorded successive victories against AJV (again), Club Utah, and The Diff from Brighton, CO. The team continues to get better and has now gained valuable experience playing against the top clubs in the nation.

CELEBRATION !!

Bottom left: Grace Paulson (#7) and Chloe Ortega (#1) team up to score a point.



Kennedy Cornish



CELEBRATION III!

Clockwise from top left: Nikki Lamb screams a "Yesss!" with Ruby Santos.

Kennedy Cornish whoops it up after the block.

Bombs away for Madi Risch and Caroline Gallagher.

Arielle Allen and Nia Enderiz share a tender moment.

Photos courtesy of Tomas Pineda.

HISTORY OF THE NIT

In 2013, Triple Crown Sports invited 25 of the top club directors into the corporate offices in Colorado to talk about what really worked and what was missing in the Elite volleyball world. After listening to these thoughtful and engaged leaders in the sport, the 2014 Triple Crown Volleyball Championships took place in Salt Lake City, UT, with 38 teams in attendance the first weekend in May. The event was an immediate success.

In 2015, club directors wanted the event moved to the last week of April – that proved to be a wise decision. The Triple Crown Volleyball Championships grew to 66 teams in five age groups and also drew the attention of 16 college programs.

In 2016, after steady dialogue from teams that wanted to attend but had a conflict with the date, we again made a change. The Triple Crown Volleyball Pre-Season NIT is now on a date populated by most every team in the nation – Presidents Day Weekend. By continually listening to these clubs, the event was a huge success with 150 teams and more than 200 college coaches on site.

ROLLIN' IN THE DESERT

While the 15-18 Blue teams were in Salt Lake City, the **16White** and **18White** traveled to Las Vegas to enter the SCVA's Las Vegas Classic, primarily played at the World Market Center and surrounding high school gyms. The Triple Crown may have more top teams, but the Las Vegas Invitational still has its share of talented players.

The weekend started with the 10th Annual Unsigned Showcase at the Cashman Field Center. Despite the forecast of rain that threatened to put a damper on the check-in process and serious accidents in the Cajon Pass that slowed traffic, keeping several veteran on-court coaches from getting to the event in time, the show went on.

More than 1,000 participants in the 2017 and 2018 classes took to 16 courts at Cashman to show off their stuff in front of hundreds of college coaches. What were these coaches looking for? "Grace as an athlete" said one coach. Another said, "A blazing fast arm." And yet another said, "Players with a massive personality and is the type of player who would be



FIGHT ON!

The 18White battled through the weekend, and in the second set against the second-place finishing team they scored 20 points.

It was a roller coaster weekend but the team fought on, working hard together. As the players increase their skills and the team comes closer together, the coaches look forward to seeing their performances in the weeks to come.

Cindy Scolavino



Photos courtesy of Tomas Pineda and Mannie David.

ROLLIN' IN THE DESERT (CONTINUED)

an asset on the court, off the court, as a leader and as a consensus builder.” One even mentioned that he was impressed with a player’s “electric personality and is the kind of person who throws her whole heart into everything she does, even getting to know those on the court showcasing with her.” These are just some of the characteristics and skill levels that Xceleration players should start thinking about when arriving at showcases.

The 18White and the 16White gained tons of experience playing against teams from across the country that will better prepare them for upcoming competitions in the NCVA Power League and Colorado Crossroads. They’ve played on the big stage and will look to continue to get better “on the road.”

The teams are excited to get back on the court and to fight on! PL1 and Crossroads are just around the corner.



Hannah Pilgrim



Amanda Ward

18WHITE IN VEGAS

Clockwise from top left: Adrianna Vinogradov, Hannah Pilgrim, Amanda Ward, and Alissa Collins at the World Market Center in Las Vegas.

Photos courtesy of Mannie David.

ROLLIN' IN THE DESERT (CONTINUED)



Forget the creams and Botox! Get a younger, firmer face naturally in just 6 days with "facercise!"



Photos courtesy of Tomas Pineda and Mannie David.

NCVA PRESIDENTS DAY IN THE BAY

With several Xcel teams in Las Vegas, **15White** head coach **David Sin** appropriately called his team's performance as a "**winner, winner, chicken dinner**" weekend at the Presidents Day tournament. The legend tells that years ago every casino in Las Vegas had a three-piece chicken dinner with a potato and a veggie for \$1.79. A standard bet

back then was \$2, hence when you won a bet you had enough for a chicken dinner. It's hard nowadays to find a chicken dinner at those prices, but the 15White tallied enough chicken dinners with eight wins in nine games during the weekend, with three of the matches going three.

The team will proudly wear their t-shirts at PL1.

WINNER, WINNER CHICKEN DINNER!



The 15White had an amazing Presidents' Day Weekend! The girls finished the tournament with a strong 8-1 record, while also taking home some new t-shirts.

This season has been a great one for these 12 girls. They have worked hard and have improved in every tournament. The biggest thing with this team is their will to learn and get better. They have an understanding that this is a process and it's going to take some time for all of us to reach our goals, but they are working extremely hard to reach it. We still have a lot of growing to do as a team just like any other team, but we are growing together and learning together.

I would like to thank all the parents and families who were there to support the girls this past weekend...So proud and happy for these girls! Thanks everyone!

David Sin



That was EASY!
This game's not that hard.



EASY!

Top to bottom:

15White's Dayna Riggio-Kerley and Olivia Elliott.

14Blue's Brya Ashley with her perplexed look.

Photos courtesy of Tomas Pineda.



NCVA PRESIDENTS DAY IN THE BAY (CONTINUED)

The **14Blue** ended the tournament with a 5-4 record by winning four of their last six matches.

The **14White** went on a roller coaster ride during the weekend, opening with three consecutive victories, followed by three straight losses, but then regained ground with three wins at the

end to go home with tournament t-shirts.

The **13Blue** and the **13White** continued to play hard in the tournament. They are building on their strengths and working on the gaps in their development. The next PL and AAU competition are their next opportunities.

WE CAN'T WAIT!

Taylor and I are so proud of how well our team played this weekend! We came out strong and went undefeated in the first two days! The girls continue to compete hard and improve with each match! We can't wait for our next tournament. :)

Jade Santos



GO, XCEL!

Caw! Caw!

RAH! RAH! 13Blue

Members of the 13Blue gather around Caili Raymond (left) and Madison Harvey (right), as they lead the team's battle cry before starting a match at PLQs to give each other courage (or frighten their opponents?).



BAND OF SISTERS

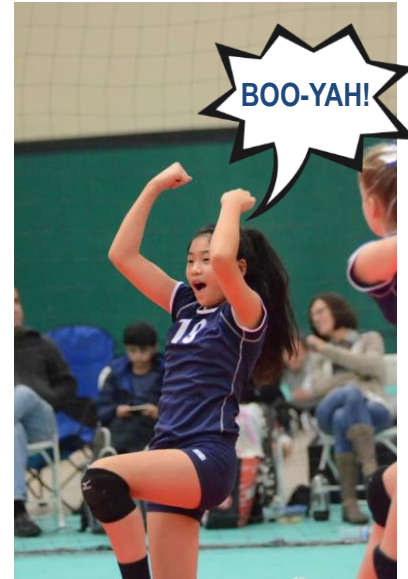
So proud of 14W's 6-3 finish at the Presidents Day tournament! Though we were short handed throughout the weekend, the girls banded together and battled hard - every single player had a hand in our success! They've got such a great chemistry and strong work ethic and it showed. They had their best performance of the season and I'm excited that I get to continue to teach them and watch them grow. Congrats girls!

Natasha Gayle



Photos courtesy of Tomas Pineda.





RAH! RAH! 13White

Bottom photo: Julia Knights (#1) and Kyra Ginsburg (#3) getting ready for the serve receive.



STRONG-ARMING THE COMP!

Maya Walker (top) and Juliana Kiepe (left) flex their muscles after the point!

Photos courtesy of Tomas Pineda.

SCENES FROM A WEEKEND



I thought they said to put our phones on Airplane Mode?!



SKY HIGH!

Counterclockwise from top left:

Four Xcel teams get ready to board their Southwest Airlines flight to Salt Lake City, with phones ready to buzz in the flight that's at capacity.

Members of the St. Mary's men's basketball team were also on their way to Utah to play BYU in Provo; here with members of the 16White who were getting ready for their flight to Las Vegas.

17Blue's Brey Ashley, Miranda "Bambi" Marshall, and Shruti Mangipudi, the dreamer.

18White in a team dinner at the Cheesecake Factory in Las Vegas.



SCENES FROM A WEEKEND



Mmm, mmm... good! It's PHO time for the 16White!



Let's go to the Red Iguana for lunch... I hear the Killer Nachos are to die for!



Call me Belle!
Looks good
with the Lulus!

I got the eye of the tiger, a
fighter, dancing through the fire
'Cause I am a champion and
you're gonna hear me roar!



Photos courtesy of Tomas Pineda, John David, Paul Harrison, Lauren Bates Jones, Tomas Pineda, Izavel Umali, and Kelly Youngblood.

THE BEST PLQ EVER!

To echo the message from Xceleration's club owners, it was truly a historic weekend for the club during PLQs, and all Xcel teams played a part in it. Xceleration's leadership continues to build a particular environment in this club – one that promotes hard work on the owners, coaches, and players' parts; rewards that hard work; and cares about the kids and their development in an environment that does not always play out in terms of wins at every turn. But if we all stick with it, the wins do and will come. What we do know WILL happen is that the players will improve and that is the #1 reason we are here.

That being said, there were a LOT of wins during the PLQ weekend and, as a club, we all need to celebrate those victories. For some of our teams the victories meant moving up in the league standings. For others it meant holding their seeds. And for others it meant learning how to deal with some tough losses that will only make them stronger as they climb back up the league ladder.

For the first time in the history of Xceleration, the club placed four teams in the Gold Division of the Power League – 14Blue, 15Blue, 17Blue, and 18Blue all sit in that top division after PLQs. This is a wonderful accomplishment and congratulations to those players, coaches, and parents! We also have 16Blue at the top spot in Silver, and 18White just moved up to Silver over the weekend at PL1!

The volleyball season is a marathon. While we are thrilled with our early successes, we are by no means resting them. More Power League and AAU tourneys lie ahead. Tougher JNQs and invitationals are just around the corner. We are all in this together and we will all continue to put in the hard work. Congrats once again to all of Xceleration. It was a great weekend!

2017 POWER LEAGUE QUALIFIERS

18Blue	Gold	15Blue	Gold	13White - AAU
18White	Bronze	15White	Aqua	
17Blue	Gold	14Blue	Gold	
16Blue	Silver	14White	Evergreen	
16White	Dusk	13Blue	Blue	



COURT REPORT

February 10, 2017

Xceleration VBC turned in its best NCVA Power League Qualifier in the club's history this past weekend. After the dust of two long days of play settled, the 14-1, 15-1, 17-1 and 18-1 teams all resided in the Gold Divisions – and the 16-1 team held the top spot in the Silver Division.

"We have been working towards this for the past few years and it's nice to see it pay off," said 18-1 coach and club co-owner Andy Schroeder.



Photos courtesy of Tomas Pineda.

GIRLS POWER LEAGUE

THE BEST PLQ
EVER! (CONTINUED)

IN MEDAL CONTENTION

The **18Blue** set the pace with a perfect Qualifying round in Power League competition, going 8-0 and moving up four rungs up the ladder into the 3rd position in the Gold Division.

The 18Blue joined four other clubs among an elite group that finished PLQs with an unbeaten record. The team dipped one place in the standings into 4th after PL1 competition to remain in Gold.

In PL2 competition, the 18Blue remained solidly in Gold after a 2-2 record, which included another matchup against Rage Greg. The game produced a similar outcome to their Triple Crown faceoff and the two teams will again get on the courts for the third time this season in PL3 in a 3 vs. 5 matchup on April 1 at the Sportshouse. The 18Blue will certainly mark that calendar but will also make sure not to overlook Main Beach Gold who has been playing well of late, leapfrogging from Silver.

The **17Blue** followed suit with an equally impressive performance in the PLQs by also winning eight straight games to capture 4th place in the 17s Division, after starting the competition in the 22nd spot out of 50 teams.

The 17Blue made quick work out of their games, stretching only one match to the limit, as the coaches expertly and strategically planned their lineups to ensure that every player was fresh in the eventual five-match schedule on the last day of competition.

The 17Blue eliminated several top 10 teams along the way, including many familiar teams and strong clubs from the region such as Red Rock, Central Cal, Vision, and NorCal, and it was among only five teams that also went home with a perfect 8-0 record to begin league play. These unbeaten teams that include Vision, Absolute, and NCVC, will battle it out in PL1 to improve their positions over the next three PL contests.

Coming into PL1, the 17Blue faced NCVC Flashpoint and Rage 17 Esther in the opening round. These three teams have a combined 23-1 record after PLQs. When play began, the 17Blue dispatched Rage Esther and NCVC Flashpoint, but slipped slightly from #4 to #6 after falling in a critical matchup against Vision in the crossover. The team got its groove back with a win over City Beach Black to maintain the 6th seed. The 17Blue will now meet SF JRS Roshambo and NCVC Asics in PL2 at the NB Courts in Livermore on March 19.

The **15Blue** became the third Xceleration team to make it to the Gold Division after a 5-1 finish in PLQs. Starting the event as the 16th seed out of 109 teams in the 15s pool, the team moved up six places to 10th. The squad will get tested in PL1 on March 12 where they will open the round versus NCVC Asics and Rage 15 Jeff.

Finally, the **14Blue** became the fourth Xceleration unit to reach the Gold Division. Moving up from the 22nd spot out of 117 competitors in the 14s pool, the 14Blue finished in 10th with a 5-1 slate.



Photos courtesy of Tomas Pineda.

GIRLS POWER LEAGUE

THE BEST PLQ EVER!
(CONTINUED)



Starting the competition as the 31st seed, the **16Blue** played exceedingly well to move up 18 spots by the end of the Qualifiers to finish at the top of the Silver Division. The weekend included signature wins that briefly placed the team in Gold with another come-from-behind victory against Absolute and gained the 5th spot in three sets. The 16Blue raised their game after surrendering the first set. The team raced quickly out of the gates to a commanding 8-1 lead at the exchange in the deciding set, giving everyone a sigh of relief when the 16Blue scored the winning point.

The 16Blue dropped their next game but secured the top spot in Silver. The team will open against Slainte 16 Black and Absolute Pink (for the third time this season) in PL1. The 16Blue will look to maintain a top two finish to move up to Gold in PL2.

The **18White** moved two seeds up to 28th in PLQ competition with a 4-4 record to the fourth spot in the Bronze Division. The team continued its steady play with a 3-2 slate in PL1 to reach the final, meaning that the squad gets elevated to the Silver Division in PL2.

In the opening of PL2 pool play, the 18White also remained solidly in the 6th slot of the Silver Division with a 2-2 record in PL2. Victories against Diablo Black and Varsity Dodd were enough for the 18White to get a matchup against Rush VBC and Delta Valley in Woodside for PL3.

IN THE COLOR SPECTRUM

The **13Blue** couldn't get back on track after an opening win and dropped eight places to the 51st position. The team will regroup and take the lessons learned into PL1 on March 12 in the Blue Division where they will match up against Vibe Tsunami and Drive Orange in pool play.

The **14White** somehow got off on the wrong side of the bed with a slow start to its PLQs. The unit salvaged the weekend with three consecutive victories that were punctuated by inspired and strong play to finish with a .500 record in the 91st position, or 14 spots better from the start.

The 14White went home on a high note, striking out Vibe's Mamba in a close match to gain the upper hand and a place in the Evergreen Division. The 14White will look to get to a top two finish in PL1 on March 12, but they will first have to overcome Stingray Blue and Slainte 14 Black en route to moving up to Dusk.

The **15White** remained steady in the 47th spot (out of 109 teams) with a .500 record in PLQ at 3-3 and into the Aqua Division for PL1 on March 12. The 15White's record included two victories against another club's top teams. The team will need elevate their game in PL1 against Synergy Force National (in a rematch) and Spark 15 Cat to move into the medal rounds going forward.

Liana Parrish



Michelle Thorne



Photos courtesy of Tomas Pineda.

GIRLS POWER LEAGUE

THE BEST PLQ EVER!
(CONTINUED)



GOLDEN!

The **17Blue** reached gold in PLQs, front row from left to right: Shruti Mangipudi, Brey Ashley, Ingrid Lam, and Chiara Gatto.

Back row: Coach Lindsey Ray, Coach Jade Sanford, Paige Johnson, Cecily Van Remortel, Miranda Marshall, Terra Murray, Amaya Wilson, Tatiana Luevano, Gretta Kirkby, Jenna Hahn, and Coach Leslie Ray.

Photo courtesy of Caroline Van Remortel.

The **16White** dropped from their starting PLQ spot and finished in the Dusk Division to begin PL competition. The team ended a three-match skid in PL1 competition the Nets. The 16White followed suit with other Xceleration teams in action on February 26 with a 2-2 record, but it moved three spots from the 9th seed into 5th in Dusk. In PL2, the team will meet BAVC Power Rich and RVA on March 19.



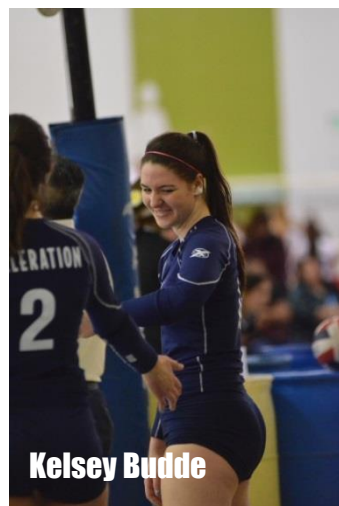
The **13White**'s inaugural game in the AAU Pacific League went exceedingly well and the youngest members of the team did an amazing job in the first and second of four competitions. The team continues to gain confidence and will build on these experiences for their next AAU matches scheduled on March 19.



Jaz Cruz



Kylie Greenberg



Kelsey Buddie

Photo courtesy of Tomas Pineda.

Helpful Tips

RECRUITING: How Do You Want to Set Yourself Apart from the Hundreds of E-MAILS?

Transcript from The Art of Coaching Volleyball

WHICH EMAILS GET NOTICED?

We posed that question to seven college coaches of which emails get noticed, and they offered a lot of helpful tips.

One good one came from Gonzaga assistant coach **Diane Nelson**, who talked about the importance of including all the essential facts - height, position, club, etc. College coaches are busy. If you want their attention, get to the point.

Others offering tips here are Michigan's **Erin Virtue**, Purdue's **Dave Shondell**, **Laura Kuhn** - known as "Bird" - from Kansas, Regis' **Joel List**, Colorado Mesa's **Dave Fleming** and Colorado School of Mines' **Heather Roberts**.

Nelson: I would say the best emails that I get are very pointed, they are directed to me, so my name is on them or the head coach's name is on them. The name of the club, the city the club is in, the position that the player plays, their height. Jump touch is something that we look for but we always like confirm when we see them live.

Fleming: You've got to accentuate the positive right away, that's No. 1. If you tell me you're a 5-3 middle, I'm probably not going to be very interested, especially in your first sentence. I might be interested if you tell me if you have a 46 inch vertical and then you're a 5-3 middle, but don't tell me you're a 5-3 middle.

Nelson: We like to see grade point average and maybe Honors classes that are being taken.

Fleming: I want to know why you're interested in my school.

Shondell: I think it's important who your references are that I can call to find out if you can really play right away. Give me some names and some contact information.

Virtue: I think one of the best ways to get recruited is to do a really good job at the program you're in. If you're doing a great job in your high school or your club, then those coaches, similar to getting a job, they're going to put a great reference forward.

Fleming: And then, a short video of what you can do... YouTube video that we can go to and so right away I can look at it and I can tell in 20 seconds, can she play at Purdue?

Nelson: Really not too long. It saves us lot of time to be succinct and get right to the point of where you'll be and when you'll be there, and we'll do our best to come see you play.

(Continued on the next page)



SAY WHAT?!

The best emails... are very pointed, they are directed to me, so my name is on them or the head coach's name is on them.

...We like to see grade point average and maybe Honors classes that are being taken.

- Diane Nelson
Gonzaga University

You've got to accentuate the positives right away, that's No. 1.

- Dave Fleming
Colorado Mesa University

I think it's important who your references are that I can call to find out if you can really play right away. Give me some names and some contact information.

- Dave Shondell
Purdue University

Call the coaches. I always tell them, "You're not annoying." Just because you missed us, don't give up. Just keep calling because we can't return your phone calls, respond to emails right away.

- Laura Kuhn
Kansas University

If you're doing a great job in your high school or your club, then those coaches, similar to getting a job, they're going to put a great reference forward.

- Erin Virtue
University of Michigan



WHICH E-MAILS GET NOTICED? (CONTINUED)

Fleming: And that's why it's also nice if you could list your schedule. What's left on your schedule?

List: I got a phone call from a recruit, and now I'm going to go watch her play.

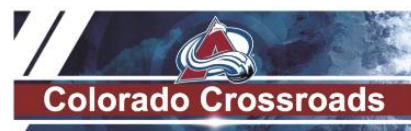
Kuhn: Call the coaches. I always tell them, "You're not annoying." Just because you missed us, don't give up. Just keep calling because we can't return your phone calls, respond to emails right away.

Roberts: Depending on the year, you never know. If that coach, when you're in 18s and it's March, still needs a player. It happens all the time. SO, if you want to actually be recruited – again, get educated, and keep talking to those coaches, via email, via phone... "Hey, I'm still available. I like your school, here's why, come see me." They'll tell you if they're full or not. And other coaches may say, "Hey, I just have another roster spot open up."

Nelson: Remember, we don't always find you without these emails, so it's a really good way to let a coach know that you're interested.



THINGS TO DO IN DENVER...



Colorado Avalanche Tickets

Games Include:

Sunday, March 5th at 6PM vs. St. Louis Blues
Tuesday, March 7th at 7PM vs. Carolina Hurricanes
Thursday, March 9th at 7PM vs. New Jersey Devils
Saturday, March 11th at 5PM vs. Ottawa Senators
Wednesday, March 15th at 8PM vs. Detroit Red Wings

To Purchase Tickets:

avalanche.teamkse.com/coloradocrossroads

For questions please contact Jackie Van Watermolen with the Colorado Avalanche:
303.405.6197 | Jackie.VanWatermolen@TeamKSE.com



2017 COLORADO CROSSROADS

Junior National Qualifier
GROUP NIGHT WITH THE DENVER NUGGETS



TICKETS START AT \$22
FOR SELECT GAMES

NO ADDITIONAL TAXES OR FEES! Subject to change and availability.

**Tickets are sold on a first come, first served basis and are based on availability.
**Group rates may be available for large groups.

Looking for something to do while you are in town? Come join the Denver Nuggets for a fun night out! Discounted tickets available for all 2017 Colorado Crossroads

Games Available:

Denver Nuggets vs Charlotte Hornets
Saturday, March 4th, 2017 • 7:00pm
Denver Nuggets vs Sacramento Kings
Monday, March 6th, 2017 • 7:00pm
Denver Nuggets vs Boston Celtics
Friday, March 10th, 2017 • 7:00pm

TO ORDER TICKETS:

www.nuggetstix.com/crossroads2017
*CALL 303-405-5693 TO PURCHASE FOR A LARGE GROUP/TEAM

For more information, call Rachel Ekanger at 303.405.1693
or email rachel.ekanger@teamkse.com



Sincerely,

Anonymous

A NOTE TO XCEL COACHES

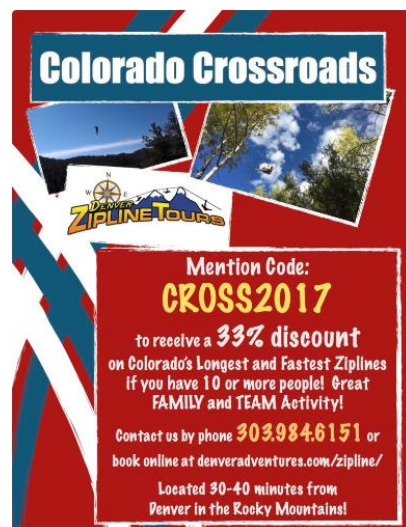
The following is an excerpt from a letter written by a parent to her daughter's Xcel coaches...

... I have been thinking about something that my daughter said to me the other day, and it dawned on me that I should share it with you... She said, "Practices are so important, especially when you have coaches like XCEL has. The coaches are sooo good; they are amazing! If you miss a practice with them, you miss so much because EVERY SINGLE practice you go to, you get better."

THEN she said, "And you can tell how much work our coaches put into preparing for every one of the practices. They come with a plan in their head, they don't even look at a piece of paper or their phones... they know in their head exactly what they're going to do with us each night."

This is out of the mouth of one of your players... congratulations to you and your success as coaches. It's really awesome.

Anonymous Xcel Parent



THINGS TO SAY AFTER A VOLLEYBALL TOURNAMENT

BY ED KERNS, ED.D

- I love you.
- I am proud of you.
- What are three things your team did well today?
- What is one team aspect you would like to improve upon? (No names, team)
- What will you continue doing in practice that helped your team be successful today?
- What will you do differently in practice to help the team perform better?
- What are two things you are proud of today?
- I love you.
- I am proud of you.



Helpful Tips

PARENTS & ATHLETES: HELP YOUR CHILD BE THE BEST BACKUP PLAYER AS POSSIBLE

By Janis Meredith, Reprinted from The Art of Coaching Volleyball

In the upper levels of youth sports, it's very clear that there are starters and there are backups. My son learned this hard lesson when he was a backup QB his junior year in high school. After being a shining starter in freshman and junior varsity football, he was moved up to varsity to stand and watch. He spent a few minutes in the game and a lot of time on the sideline thinking.

I reminded him of how important his role really was. "You never know," I'd say. "You're one play from getting in."

Once in a while, he *did* get in. When the first QB suffered a tweaked ankle, a cramp, a hard hit, my son took the field for a few plays until the starter was ready to return.

When young athletes are in a back-up role, whether it's 2nd, 3rd or 4th string, it's easy for them to get lazy because they may think they will NEVER get an opportunity to play. Here are 3 things you can say to encourage them:

STAY TUNED INTO THE GAME

Pay attention. If you're called on to play, you want to know what you'll be facing.

KEEP UP THE HARD WORK IN PRACTICE

At some point, chances are good that you'll get your chance. When you do, you'll be glad you didn't slough off in practice.

WHEN YOU GET IN, GIVE IT ALL YOU'VE GOT

Athletes should always "leave it all on the field (or court)." That lets them feel good about the fact that they have done their very best, no matter the outcome.

In 21 years of sports parenting and 28 years of being a coach's wife, I've seen many games where backup players have played crucial roles in the team's success. When your children are in that position, help them stay focused and be ready to do their part for the team.



Teaching young athletes to embrace their role allows them to focus on what matters most – bettering themselves to better the team.

- Stay tuned into the game
- Keep up the hard work in practice
- When you get in, give it all you've got

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



LAWNMOWER PARENTS: YOU'RE RUINING SPORTS!

By Amanda Goodman

Dear Lawnmower parents,

Stop. Just stop. Let your kids breathe. Stop trying to control everything. Stop trying to fight every battle. Stop trying to clear the path for everything. Stop holding another kid's head under water so your kid can stay afloat. Stop slamming other people's kids so yours can look better. Stop worrying about what travel team your neighbor is on. Stop concerning yourself with who made the final cut of the team. Stop texting and calling all of the parents on your child's team to try and manipulate things. Stop emailing your child's coach at all hours demanding to know why your child didn't play. Please stop. You are ruining youth sports.

Look, I get it...youth sports are expensive...you're paying a lot of money every month...especially if your child is playing year-round. I guess you want a return on your investment. But guess what? Everyone on the team is paying the same you are. Maybe the neighbor kid is just better than yours? I know, I know...it's tough to swallow. You may have gotten too used to the "equal" playing time thing or the huge participation trophies every season. You aren't used to seeing your child on the bench.

This is the thing: if every kid is special, then no kid is special.

It may sound harsh...but let it marinate. It's true.

We can't keep saying things like "this entitlement generation is lazy," if we are the ones who continue to fuel the bad behavior. If your child gets more playing time because you're pulling the strings...then your child will lose in the end...they will fail later in life. Trust me, I've seen it.

Our kids need to learn this: Life is unfair at times...hard work ISN'T always rewarded...you don't always get what you want...nobody owes you anything.

How about we put the lawnmowers away and teach our kids to show up...work hard...have fun...and be a good teammate no matter what. And how about we sit proudly in the bleachers...and be a spectator. That's it.

Our kids won't be able to stand on their own later in life if we don't let them experience the fall.



BIRTHDAY FUN... 17BLUE STYLE!

After a 17Blue practice, coach Leslie Ray celebrated her birthday with a friendly game of dodge ball, with coaches Lindsey Ray and Jade Sanford strictly enforcing the rules!

The next
Bond girl,
right here!

The next
Bond girl,
right here!



Listen up. Let's play like big girls
and finish the dang game. Oh and if
you embarrass me on my birthday,
y'all are doin' lines.

**HAPPY
BIRTHDAY,
COACH!**



Photos courtesy of Leslie Ray and
Tomas Pineda.

BIRTHDAY FUN... 16White STYLE!

16White coach Daniel Pak was quite surprised to find gifts, balloons, and a cute-looking cake during a break at the PLQs.

My cool new Kobe kicks, Dubs lids, AND Xcel gear... Sweet!

Dang Facebook pics on the cake!

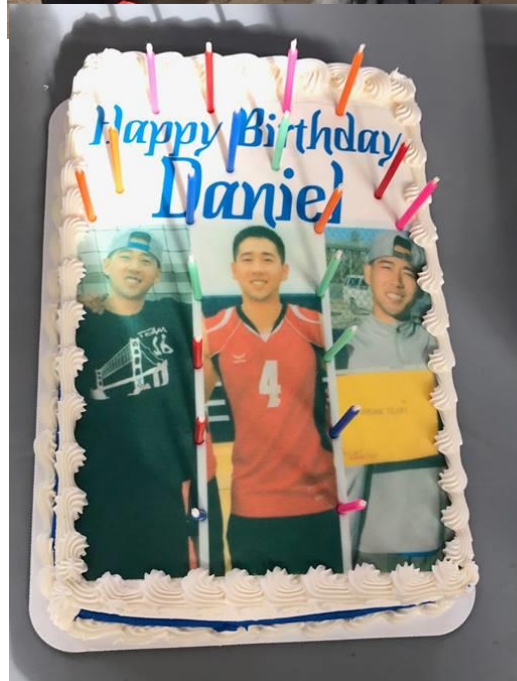


Happy Birthday Coach Daniel! We want to thank you for your commitment, dedication, enthusiasm, energy, and being an all-around ****AMAZING**** coach. You go **ABOVE AND BEYOND** for your girls!! From your 16W Ohana!!!

Izavel Umali, 16White Parent



Photos courtesy of Izavel Umali, Christie Chamorro, and Tomas Pineda.



BIRTHDAY FUN... 16BLUE STYLE!

Coach Lindsey Parrott looks young enough to get back on the courts! Go ahead and ask her about her goat.



Go ahead,
make my
day!



Behind Door #1...
The 16Blue!



Photos courtesy of Lauren Bates
Jones and Tomas Pineda.

BIRTHDAY FUN... 15BLUE STYLE!

Coach Lucas Abbott enjoyed the 15Blue's rendition of "Happy Birthday" again and again and again... at the airport, in the hotel, on the train, and on the courts, of course. That's what happens when it's the BIG ONE!



No more sweets
for Sara!

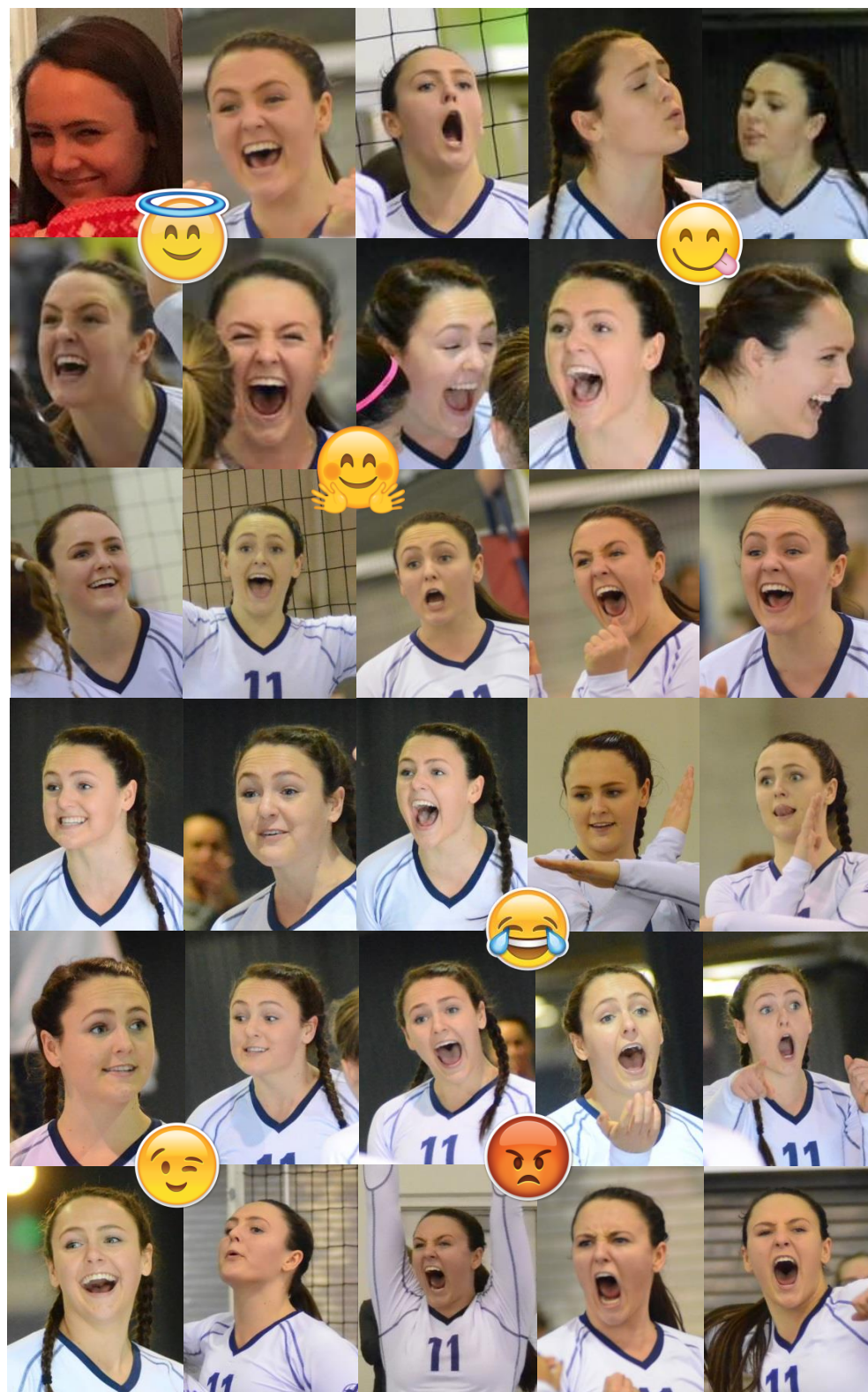
This tourney had the most singing of any team I have ever coached. In the hotel, on the train and on the court. These girls are non-stop and it is awesome!!!



Photos courtesy of Jey Santos and Tomas Pineda.

THE MANY FACES OF ALI

... OR THE MAKING OF AN EMOJI KEYBOARD?



Photos courtesy of Tomas Pineda.



THE BEST MEME OF THE SEASON?

Meet #11 Ali Silva, one of 16Blue's outside hitters and a sophomore at Northgate HS in Walnut Creek. A hotly-contested match will definitely get her going and her different range of emotions can certainly ignite the passion and energize the team. The next time you're at a 16Blue tournament, enjoy Ali's facial expressions. They provide the spark and jolt to her teammates, leading the team to a hard-fought victory, and they'll certainly brighten your day.

During the last prep volleyball season at Northgate, Ali was an All-League 2nd Team in the newly formed Diablo Athletic League (DAL), and prior to that she was a Diablo Valley Athletic League (DVAL) All-League Honorable Mention in her freshman season as a starter on the Broncos varsity volleyball team. In her two years at Northgate, Ali is also a Volleyball Scholar Athlete.

Club-wise, 2016 was a magical season for Ali. In the 15 Open Division, her club team finished in the Top 25 at the USAV Junior Nationals in Indianapolis, recorded a Top 10 finish at the Colorado Crossroads junior national qualifier in Denver, and reached the title game of the NCVA Power League Regional Championship finals.

Outside of volleyball, Ali also excels in other sports, including swimming. She is a Northgate Swimming Scholar Athlete on the girls' junior varsity team, where she was named MVP in 2016; and in 2017, she will make the jump to the varsity team. Lastly, Ali is an 8-time MVP for the Scottsdale Swim Club (SSC) swim team in Walnut Creek and a 3-time Contra Costa County Swim Meet Champion.

NUTRITION & FITNESS

Xceleration provides a few pointers on proper nutrition and fitness before the teams head out to the Rockies for the Colorado Crossroads. The high altitude in Denver will have different effects on the body that most of us may not be accustomed to. Treating your body right with proper meals and preparation will lead to high performance on the courts.



Marcus Maxwell has accumulated years of practical application of all areas of strength and performance, specifically: starting strength; power and maximum velocity mechanics; core strength; prehabilitation; mobility; and multiplanar exercises, along with sports-specific conditioning.

Since Marcus's departure from the University of Oregon in 2005 and National Football League (NFL) in 2012, he has studied amongst the best sports performance coaches who have assisted Marcus in successfully helping his athletes unlock their innate human performance potential through cognitive and physical preparation.

"For an athlete to rise above my mistakes and transcend past my individual accolades is the most rewarding part of my job." This is why Maxwell Performance is a company of visionaries with our sights set on surrounding our athletes with a professional approach through sports, as well as life!

We build competitors to compete at the highest level on and off the court!

Where we stand:

At **Maxwell Performance** we challenge our athletes and coaches to provide a fun and safe educational training environment to help athletes learn as they develop.

HIGH-ALTITUDE PERFORMANCE

The more you run, exercise, or compete at high altitudes, the lower the concentration of oxygen per breath, which means that your heart and lungs have to work much harder to deliver the oxygen to the working muscles.

In addition to eating a clean and balanced diet during the season to aid in recovery and performance, it is vital to boost your hydration and carbohydrate intake at high altitudes to avoid developing fatigue, dehydration, and altitude sickness. Because the body is working harder at high altitudes, it requires more fuel for the effort. It is also wise to avoid caffeine (and alcohol) up high as they can contribute to more stress on an already stressed body. In general,

A high carbohydrate, low salt diet allows for better adaptation and less risk of "mountain sickness."

Fluids - Because mountain air is cool and dry you can lose a lot of water so be sure to maintain adequate hydration.

When athletes train more than once per day and sessions are close together, speedy recovery of the muscle carbohydrate stores is essential.

Consuming carbohydrate-rich foods and drinks soon after the session helps with rapid refueling, since the muscle can't store glycogen effectively in the absence of carbohydrate intake.

When rapid refueling is needed after a session or competition, target a carbohydrate intake of about 1 g per kg of body mass per hour for the first hour. Athletes should make choices based on convenience, palatability, cost, and the contribution these foods can make to other nutritional goals.

When it isn't possible to meet these carbohydrate targets during the early hours of recovery, the presence of protein in recovery snacks is likely to promote higher rates of glycogen storage than carbohydrate alone.

(Continued on the next page)

THE ENERGY BALANCE

Your body is a highly efficient machine that's at work 24/7 taking the energy, or calories, you provide from the foods you eat and turning it into energy that can be used by your body to keep you going strong. **Energy balance** is the relationship between the energy you take in and the energy you put out. So, when you consume the same amount of energy as you use, your energy is balanced and your body weight stays the same.



NUTRITION & FITNESS (CONTINUED)

This is useful since post-workout protein intake addresses other goals of recovery eating. During longer recovery periods (24 hours), the pattern and timing of carbohydrate-rich meals and snacks does not appear to be critical, and can be organized according to what is practical and comfortable for each athlete. There is no difference in glycogen synthesis when carbohydrate is consumed in liquid form or as solid foods. It is valuable to choose nutrient-rich.

CARBO-LOADING

Carbohydrates are the main source for energy, found mostly in fruits, vegetables and grains, and are broken down to the simple sugar we know as glucose. Simple carbs are small chains of sugar that break down quickly (high glycemic), while complex carbs such as starch or fiber are long chains of sugar that take more time to break down. Carbs should make up about 40-60% of daily calorie intake.

During and after exercise is the one time that sugar and high-glycemic carbs are healthy because they will supply energy for working muscle, increase insulin and assist in the breakdown of fats for fuel.

During rest or the normal day it's best to avoid the insulin boosting sugars and high-glycemic carbs since that will promote unhealthy storage of fat.

THE MENU BEFORE THE COMPETITION

Morning Competition: If you have a morning event, your dinner the night before becomes your most important meal! You want to eat a high carbohydrate dinner the night before competition and a light breakfast the morning of.

Here is an example of what this looks like:

Dinner: Chicken + roasted potatoes + spinach salad with vegetables + whole grain bread

Breakfast: Oatmeal + banana + orange juice



Afternoon Competition: If you have an afternoon event, it is still important to have a high carbohydrate dinner the night before. This is to ensure that your body is fueled with enough energy to compete. Breakfast should also be high in carbohydrates. Lunch will follow with a lighter-portioned meal.

Here is another example of what this may look like:

Dinner: Whole grain pasta with chicken and marinara sauce + roasted vegetables + parmesan cheese + milk

Breakfast: Two-egg breakfast burrito with peppers and onions + apple and peanut butter

Lunch: 3 slices of deli meat + fruit/vegetables + crackers and hummus



Evening Competition: For an evening event, follow the same routine with a high carbohydrate breakfast and lunch, followed by a light dinner meal.

Breakfast: Whole wheat pancakes + strawberries + peanut butter + milk

Lunch: Turkey sandwich with lettuce, tomato, cheese + crackers and hummus + apples and peanut butter

Dinner: Chicken + ½ baked potato + water

(Continued on the next page)



A Tip When Flying

Stiff legs, a creaky back, and a generally grumpy attitude often accompany a long trip on an airplane. Yes, the drudgery of hauling a suitcase through an airport and standing in a security line may have an effect, and there is a real physical impact from a long flight that can hamper your ability to perform at your best following a big trip.

A group of super-fit soccer players were measured for their mood and 30-second sprint ability after a long flight. This may not come as a surprise to any veteran traveler, but their mood and sprint power both dropped for two days following the flight. For any athlete traveling to a competition or simply looking to have a great workout during a business trip, this drop in performance and attitude makes a big difference.

Compression apparel can play a role in preventing serious medical issues that may occur when sitting for a long time, such as during a flight. In addition to promoting recovery, compressive lower body clothing also helps improve blood circulation during a long stay in a cozy coach-class seat. A group of scientists reviewed nine different studies to determine if compression socks reduced the chance of blood clotting – deep vein thrombosis – during air travel. Their findings were clear – wearing compression socks improved the chances of avoiding a clot.

Cardiologist and triathlete, Dr. Alice Perlowski, agrees that the effects of compression can benefit an athlete while traveling. “Blood
(Continued on the next page)

NUTRITION & FITNESS (CONTINUED)

Don't have a competition coming up but want to stay fueled for your practices? Below are some lists of foods that will maximize your energy levels before you exercise, sustain it throughout your workout, and decrease your body's recovery time once you are finished!

Pre-Exercise Meal Foods: Complex carbs + small amount of lean protein

- Whole grain pasta
- Whole wheat breads
- Fruits
- Vegetables
- Eggs
- Lean meats: Chicken, Turkey, Fish

30 Minutes Before Workout/During Exercise Foods: Simple carbs

- Granola bar
- Sports drink
- Fruit
- Vegetables

Post Workout Food: Complex carbs + moderate amount of protein (Within 2 hours)

- Whole grain pasta
- Whole grain pizza
- Brown rice
- Quinoa
- Fruits: Apples, Bananas, Oranges, Kiwi, Grapes, Berries
- Vegetables: spinach, asparagus, bell peppers, broccoli, kale, carrots, avocado
- Cheese
- Milk
- Chocolate Milk
- Protein: Beef, Chicken, Fish, Pork
- Potatoes: Sweet potatoes, yams, red potatoes, russet potatoes

Fueling your body with the right types of food will ensure your body is able to compete at its highest potential. Eating high fat, simple carbohydrate foods before competition makes it difficult to

function at maximum efficiency. Choosing foods from the lists above and getting adequate hydration will give you the best opportunity for success on the court. Good luck and eat smart!

Here are some examples of foods with high vitamin and mineral content provided by the American College of Sports Medicine!

- Minerals + B Vitamins
- Beef (lean)
- Pork (lean)
- Chicken (skinless)
- Tuna (in water)
- Kidney beans
- Milk (skim)
- Yogurt (Greek)
- Vitamins A, C, and E
- Carrots
- Milk (skim)
- Peanuts
- Orange juice
- Broccoli
- Spinach
- Strawberries

Here are two important minerals for a young athlete according to KidsHealth:

Calcium: helps build strong bones to resist breaking and stress fractures –

- Milk
- Cheese
- Yogurt
- Leafy green vegetables: Broccoli, spinach, Brussels sprouts

Iron: helps carry oxygen to all parts of the body –

- Chicken
- Tuna
- Salmon
- Eggs
- Dried fruits
- Leafy green vegetables
- Fortified whole grains

HIGH-FIVE FOR 14WHITE!

Natascha Richardson gets the high-fives!



A Tip When Flying (continued)

is pooling because you're not walking around on the plane," she told *Competitor's* sister publication, *Women's Running*. The right set of medical-grade compression apparel can help reduce pooling.

Another study helps to explain the effect compression socks have on a frequent flyer. This 2011 study from the peer-reviewed scientific journal *Advances in Therapy* found that graduated compression socks "enhance venous blood flow" in the lower body when sitting for a long time, such as while traveling to an event. Wearing compression helped cycle blood through the body and reduced ankle and foot swelling.

Before going to the airport, make sure to slip on a pair of graduated compression socks. Your legs with thank you.

Reprinted from Competitor.com



NUTRITION & FITNESS (CONTINUED)

PREPARING FOR HIGH-ALTITUDE COMPETITION

DID YOU KNOW?

1. High Altitude = Less Oxygen

The underlying problem with high altitude (Denver, CO, 5,280 ft. above sea level) is that there is less oxygen and while this may not be that threatening to individuals at rest it does pose a challenge to athletes.

2. Takes Longer to Adapt in Higher Altitude

In general the higher the altitude the longer it takes to adapt. The first thing that happens is your respiratory rate and heart rates speed up. This occurs both at rest and during sub-max. exercise.

3. Hydrate!

Because mountain air is cool and dry you can lose a lot of water so be sure to maintain adequate hydration. So this means hydration begins this weekend.

4. High-Carb, Low-Salt Diet

Because the body is working harder at altitude, it requires more fuel for the effort. Diet – A high carbohydrate, low salt diet allows for better adaptation and less risk of "mountain sickness". Some people experience significant decline in appetite and the resulting loss of muscle mass may hinder performance.

5. Workout Intensity

This will necessarily be lower until adaptation can occur. Pushing your workouts too hard may increase your risk of overtraining or injury. Additionally some people just do not adapt as well as others. Upon arrival a day or two before competition be sure to test your cardio with very light to medium work

6. Recirculation and Recovery

Compression apparel can play a role in preventing serious medical issues that may occur when sitting for a long time, such as during a flight. In addition to promoting recovery, compressive lower body clothing also helps improve blood circulation during a long stay in a cozy coach-class seat.

A group of scientists reviewed nine different studies to determine if compression socks reduced the chance of blood clotting—deep vein thrombosis—during air travel. Their findings were clear—wearing compression socks improved the chances of avoiding a clot. Cardiologist and triathlete, Dr. Alice Perlowski, agrees that the effects of compression can benefit a runner while traveling. "Blood is pooling because you're not walking around on the plane," she told Competitor's sister publication, Women's Running. The right set of medical-grade compression apparel can help reduce pooling.

VETS!

16Blue's Chiara Gatto (top right) and 14Blue's Jenna Foster (bottom right) are returning players in the Xceleration program.



Altitude Acclimatization

- ▶ Compete within 24 hours of arrival at destination altitude
- OR
- ▶ Train at high altitude for at least 2 weeks prior to competition
- OR
- ▶ Spend high % of training in endurance – raises athlete's VO2max, allows lower relative intensity at altitude without significant loss to overall performance



Chiara Gatto



Jenna Foster



WHY DO YOU PAY SO MUCH MONEY FOR YOUR KIDS TO DO ALL THEIR SPORTS?

One of my friends asked **“Why do you pay so much money for your kids to do all their sports?”** Well I have a confession to make; I don't pay for my kids to do sports. Personally, I couldn't care less about what sport they do.

So, if I am not paying for sports what am I paying for?

- I pay for those moments when my kids become so tired they want to quit but don't.
- I pay for those days when my kids come home from school and are "too tired" to go to their training but they go anyway.
- I pay for my kids to learn to be disciplined, focused and dedicated.
- I pay for my kids to learn to take care of their body and equipment.
- I pay for my kids to learn to work with others and to be good team mates, gracious in defeat and humble in success.
- I pay for my kids to learn to deal with disappointment, when they don't get that placing or title they'd hoped for, but still they go back week after week giving it their best shot.
- I pay for my kids to learn to make and accomplish goals.
- I pay for my kids to respect, not only themselves, but other athletes, officials, and coaches.
- I pay for my kids to learn that it takes hours and hours, years and years of hard work and practice to create a champion and that success does not happen overnight.
- I pay for my kids to be proud of small achievements, and to work towards long term goals.
- I pay for the opportunity my kids have and will have to make life-long friendships, create lifelong memories, to be as proud of their achievements as I am.

17Blue at PLQs



Paige Johnson



- I pay so that my kids can be out on the field or in the gym instead of in front of a screen...

...I could go on but, to be short, I don't pay for sports; I pay for the opportunities that sports provides my kids with to develop attributes that will serve them well throughout their lives and give them the opportunity to bless the lives of others. From what I have seen so far I think it is a great investment!

~Unknown



ALUMNINEWS



BOLKO LANDS ON BIG WEST CONFERENCE ALL-ACADEMIC HONOR ROLL

The UC Davis women's volleyball team landed seven student-athletes on the Big West Academic All-Conference honor roll, including Xceleration's Class of 2015 [Malia Bolko](#) who made her first appearance on the All-Academic squad. The St. Patrick-St. Vincent graduate is majoring in Economics.

[Read more.](#)



Volleyball Leads WCC with Six All-Academic Selections



LINDBERG JOINS FIVE BRONCOS TO LEAD THE WEST COAST CONFERENCE IN ALL-ACADEMIC SELECTIONS

Santa Clara volleyball has continued to demonstrate its achievement on the court and in the classroom by leading the West Coast Conference in all-academic selections for the

straight time. The Broncos had six players recognized overall, including Xcel Class of 2015 [Hailey Lindberg](#) who is majoring in Business at the Leavey Center for Business. [Read more.](#)

UTCHEN NAMED TO CENTENNIAL CONFERENCE ACADEMIC HONOR ROLL, JOINS PHI BETA KAPPA

Four student-athletes from the Washington College volleyball team, which includes Class of 2013 alum [Audrey Utchen](#) have been named to the Centennial Conference Academic Honor Roll for fall sports. In order to qualify for the Academic Honor Roll, a student-athlete must be a sophomore, junior or senior and carry at least a 3.40 cumulative grade-point average. Utchen, a Business Management major, landed on the Academic Honor Roll for the third year in a row. Additionally, Audrey was elected to join Phi Beta Kappa, the nation's oldest and most prestigious academic society, founded in 1776. [Read more.](#)



LANDMARK ACADEMIC HONOR ROLL FOR SEALS

[Michelle Seals](#), a junior majoring in Business/Marketing at The Catholic University of America and an Xceleration Class of 2014 alum made the distinguished list of student-athletes on the Landmark Conference Academic Honor Roll, which recognizes all fall student-athletes who have reached sophomore standing with a cumulative GPA of 3.20 or higher. [Read more.](#)

ALUMNINEWS



THE IVY LEAGUE

WIRTH NAMED ALL-IVY

Kelley Wirth, Xceleration's Class of 2015 alum, was named Honorable Mention on the All-Ivy team as announced by the Ivy League. Wirth was a second team all-Ivy selection in 2015. She came on strong down the stretch of this season and averaged 2.93 kills per set over the last four matches (Yale went 3-1). Wirth is second on the team with a 2.68 kills per set average.

[Read more.](#)



VESTAL AND THE BELMONT BRUINS EARN PRESTIGIOUS OHIO VALLEY CONFERENCE TEAM SPORTSMANSHIP AWARD

For the fourth consecutive season, Jessica Vestal (center back row), Xceleration Class of 2012 and the Belmont University Volleyball team have earned the prestigious 2016-17 Ohio Valley Conference Team Sportsmanship Award.

The Bruins have received the esteemed honor in all but one of its years as a member in the Ohio Valley Conference, becoming the volleyball program to have won the award four times in a row. It also marks only the third time a program has earned the honor four consecutive years. [Read more.](#)

SHERMAN GETS A SPOT ON BIG WEST ALL-FRESHMAN TEAM

The Big West Conference announced that UC Riverside outside hitter **Mickayla Sherman** from Xceleration's Class of 2016 was named to the All-Freshman Team. Sherman led the UC Riverside Highlanders with 312 total kills, 3.06 per set. Those figures rank 10th and 11th in the Big West, respectively. [Read more.](#)



DALZIEL REPEATS AS CCAA ALL-ACADEMIC AT UC SAN DIEGO

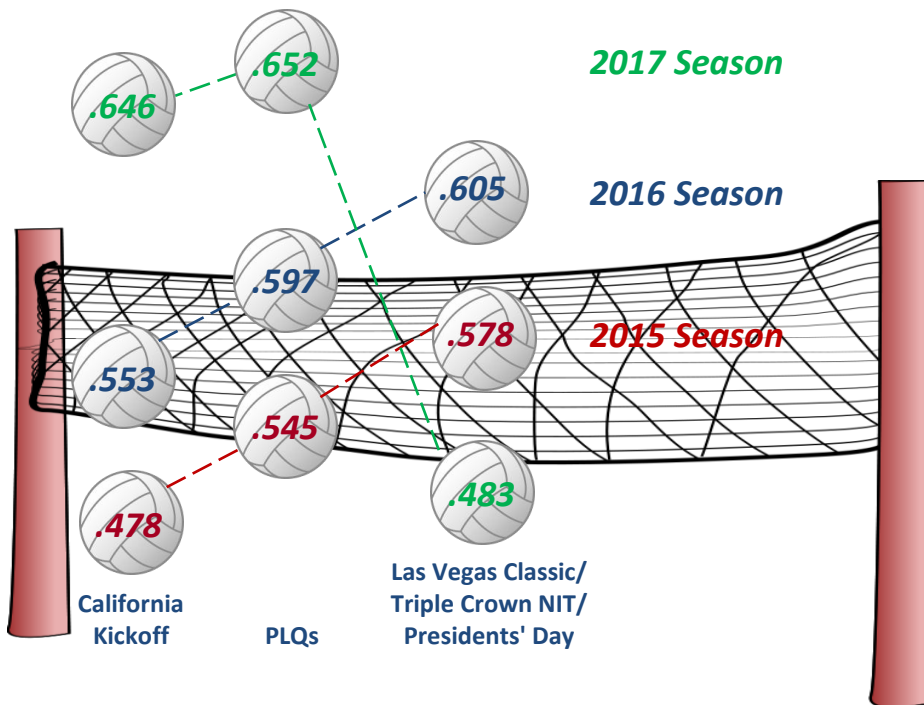
For the 2nd consecutive year, UC San Diego sophomore **Molly Dalziel** (Xcel Class of 2015) is an All-California Collegiate Athletic Association (CCAA) fall All-Academic honoree. Dalziel prepped at Acalanes HS and is majoring in Human Development at UCSD's Muir College.

ON THE RISE

XCELERATION TEAMS SHOW CONTINUOUS IMPROVEMENT

The club's winning percentages from each tournament are shown below and Xceleration continues to increase its numbers each year, a small indicator that the teams are improving as the season moves along. Understandably the drop-off in the latest results is primarily due to the club's increasing strength of schedule.

FOLLOW THE BOUNCING VOLLEYBALL XCELERATION'S WINNING PERCENTAGES



COLORADO CROSSROADS TRAVEL INFORMATION FLIGHTS & ACCOMMODATIONS

Week 1: March 3-6, 2017

Participating Teams: 15B & 14B

AIR

Depart SAN FRANCISCO

Fri, March 3

United Flt # 710 @ 8:43 am

Arrive DENVER @ 12:22 pm

Depart DENVER

Mon, March 6

United Flt # 191 @ 7:37 pm

Arrive SAN FRANCISCO @ 9:20 pm

Week 2: March 9-12, 2017

16s-18s

AIR

Depart SAN FRANCISCO

Thu, March 9

United Flt # 1872 @ 8:48 am

Arrive DENVER @ 12:16 pm

Depart DENVER

Sun, March 12

United Flt # 257 @ 6:50 pm

Arrive SAN FRANCISCO @ 8:35 pm

HOTEL

DoubleTree by Hilton Hotel Denver-Stapleton-North

3203 Quebec Street

Denver, CO 80216

(303) 321-6666



Kyra Ginsberg



Colbie Atlas



13White's Kyra Ginsberg (top photo) and Colbie Atlas (bottom) keep their eyes on the ball in the club's first-ever competition in the newly created Pacific AAU League.

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	
Presidents' 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										
Spring Classic	Mar 4-5									x		
CO Crossroads (DEN)	Mar 3-6						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										
SoCal Qualifier (LAS)	Apr 6-9							x				
Far Western JNQ (RNO)	Apr 21-24							x	x	x	x	x
	Apr 27-30			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.

Revised dates/tournaments from prior schedule in red.

UPCOMING TOURNAMENT VENUES

Golden State Qualifier (18B)

[San Mateo Event Center](#)

1346 Saratoga Dr., San Mateo, CA

Colorado Crossroads

[Colorado Convention Center](#)

700 14th St., Denver, CO

Spring Classic (14W)

[McEnery \(San Jose\) Convention Center](#)

150 W San Carlos St., San Jose, CA



Top photo: 18White's Nuru Boone slams while and Jaz Cruz gets ready to cover.

Bottom: Adrianna Vinogradov, Nuru Boone, and Michaela Charrette put up a triple block in a PLQ match.