

## Jones and Parrott Pair Up to Lead 13White

(Martinez, CA) - The duo of Lauren Jones and Lindsey Parrott will once again join forces to lead the young 13White for Xceleration this upcoming season.

“We’re excited to bring back the pair that worked well together last season for another year with the club,” said Club Partner Jim Ross.

Lauren enters her 2nd season with Xceleration, after coaching the 16Blue last season and after coaching the Vilseck HS team in Bavaria, Germany, for two years. 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 Tournament in 2010, 2011, and 2015, 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.”

Lindsey enters her 2nd season with Xceleration after completing a year of coaching the Xcel 16Blue, 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 during her successful prep career at Bishop O’Dowd. 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 is currently 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.”



L to R: Lauren Jones and Lindsey Parrott.