

Xceleration Promotes Stephany Van Horn to Head Coach, Hires Aileen Tran to Assist 16White

(Martinez, CA) - Xceleration has promoted Stephany Van Horn to head coach of the 16White this season where she will be joined by Xceleration newcomer Aileen Tran.

“Stephany and Aileen have been great friends, so they are not total strangers” said co-owner Jim Ross. “With their bond of friendship off the court, we know they will do well together to lead the 16White.”

Stephany Van Horn is in her 2nd 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 for adult leagues and she looks forward to keeping busy this season, teaching and coaching at Xceleration.



L to R: Stephany Van Horn and Aileen Tran.

San Francisco native Aileen Tran enters her first year coaching with Xceleration. Aileen was a four-year letterman in high school at Abraham Lincoln High School in San Francisco as a libero. Aileen also played club for San Francisco Juniors before pursuing a degree in BS in Health Science with Kinesiology concentration from Merritt College. She is currently working towards earning a degree in the Physical Therapy Program at UCSF. Aileen has coached two years of club for San Jose-based Fusion Volleyball Club. Aileen enjoys coaching because it allows her to do what she loves, while helping others advance personally and professionally. She finds it rewarding to be able to create an environment where both the coaches and players can get the best out of themselves and others.

Read more about Xceleration Volleyball Club at www.xcelerationvbc.com. You may also visit our Facebook group page for much more information and to stay current with Xceleration VBC news!

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