



# 2018 CAMPS & CLINICS

## Take Your Game to the Next Level!

### ABOUT US

Xceleration VBC was established in 2005 with the goal of providing training to serious minded volleyball players. We believe in providing the very best training available with our qualified coaches. We provide a well-rounded program that teaches skills, sportsmanship, leadership and a strong work ethic. We set a high standard for our administration, coaching staff, and players. Our programs are designed to develop the ultimate volleyball potential in your child. Whether you are new to volleyball or have years of experience, we are all ready to take you to the next level!

At Xceleration we field teams for girls ages 12-18. Our programs focus on teaching proper fundamentals and running drills that transfer into game-like situations. Our coaches will work hard with ALL athletes to improve their volleyball skills.

We are having another successful season at Xceleration VBC. Once again, 8 of our 10 teams are currently in the Gold, Silver, or Bronze Divisions of the NCVA Power League in their age groups. Our 18 Blue, 17 Blue, and 15 Blue teams earned bids through the NCVA Power League to the 2017 USAV Junior Nationals in Dallas and Minneapolis, and our 16Blue team competed well at the AAU National Championships in Orlando. To date, our 18 Blue have qualified for the 2018 Spring Junior Nationals that will be held in Anaheim.

Our older players are highly recruited due in part due to our college development program that continues to flourish and has received rave reviews from college coaches across the nation. We have a database of over 400 coaches across the country that we have made direct contact with at tournaments, and with whom we remain in contact with and keep updated on the progress of Xceleration's athletes. We deal directly with these coaches on a constant basis to assist our players during the recruiting process. **Since our inception, we have sent more than 100 of our players on to play in college in every division from D1 to NAIA, and more than three dozen are currently on college rosters.**

Whether you are serious about your volleyball training or are just trying out the sport to see if you enjoy it, then Xceleration has the programs for you!

All Summer Camps and Fall Ball will be held at:  
**Xceleration Sports Facility**  
360 Ferry Street  
Martinez, CA 94553

Practices for the Beach Program will be held at:  
**Moraga Commons Park**  
1425 St. Mary's Road  
Moraga, CA 94556

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

[Contact Us](#) via e-mail if you have any questions.

### SUMMER CAMPS

#### July 6 – August 16

Chase away the summer blues... Get active and join us at one of our camps to elevate your game during the off-season. Each session will have three courts, with players divided to accommodate varying skill levels – Beginners, Intermediate, and Advanced!

#### (A) Mondays / Wednesdays / Saturdays (5<sup>th</sup>-8<sup>th</sup> Graders)

Mon/Wed	6:15 pm – 7:45 pm	(All Skills Camp)
Sat	12:00 pm – 1:45 pm	(All Skills Camp)

#### (B) Mondays / Wednesdays / Saturdays (15s-18s)

Mon/Wed	7:45 pm – 9:15 pm	(Setters / DS)
Sat	2:00 pm – 3:45 pm	(All Skills Camp)

#### (C) Tuesdays / Thursdays / Saturdays (15s-18s)

Tue/Thu (I)	6:15 pm – 7:45 pm	(All Skills Camp)
Sat	4:00 pm – 5:45 pm	(All Skills Camp)

Tue/Thu (II)	7:45 pm – 9:15 pm	(All Hitters)
Sat	2:00 pm – 3:45 pm	(All Skills Camp)

#### Summer Schedule

Week 1: July 9 - July 14th  
Week 2: July 16 - July 21  
Week 3: July 23 - July 28  
Week 4: July 30 - August 4  
Week 5: August 6 - August 11  
Week 6: August 13 - August 16 (weekdays only)

**Summer Camps Staff:** Lucas Abbott, Ruth Lawanson, Leslie Ray, Jade Santos, Andy Schroeder, Jeremy Swann and additional Xceleration coaching staff. Click [here](#) for bios.

**Cost:** \$175 for 3 sessions per week; Week 6 for only \$120. Online payments only. Click [Online Store](#) to make payment and obtain a Paypal transaction number required for registration.

**Registration:** Online registration is now open. Must first obtain a Paypal transaction number (as noted above) before completing your online registration. Summer camps are open to all players, including non-Xceleration members, so they are expected to sell out.

Click [www.xcelerationvbc.com/2018-summer-camps-registration.html](http://www.xcelerationvbc.com/2018-summer-camps-registration.html) to register.



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### BEACH

**June 18 – August 1**

Xceleration welcomes you to our 2018 Beach Volleyball Program. We hope that you can join us this year for an exciting way to spend your summer on the beach and continue your off-season volleyball conditioning in a fun way.

For our beach volleyball season, no tryouts are required! Practices will begin on Monday, June 18, and runs for approximately 10 weeks and will include two tournaments, usually in Santa Cruz.

This program will focus on fundamental training and concentrate on individual skills. We will teach each and every athlete the fundamentals of passing, serving (overhand and introduce jump serving), and hitting – on sand courts!

#### Dates

**June 18 – August 1: Mondays/Wednesdays**

No practice on July 4.

#### Practices

Ages 13s-14s 10:00 am – 11:30 am  
Ages 15s-18s 11:30 am – 1:00 pm

Please contact Leslie Ray @ [lesrayxcelvbc@yahoo.com](mailto:lesrayxcelvbc@yahoo.com) if anyone under the age of 13 is interested in playing beach.

All participants will be required to be a member of the California Beach Volleyball Association (CBVA) and the Northern California Volleyball Association (NCVA). Please visit [www.cbva.com](http://www.cbva.com) and [www.ncva.com](http://www.ncva.com) to purchase the respective memberships. (Note: If you are currently playing indoor volleyball this season and already an NCVA member, no additional NCVA membership is required; you will just need to purchase a CBVA membership.)

**Beach Staff:** Michelle Boydston and Melinda Lau – Click [here](#) for bios.

**Cost:** \$675 per player

Online payments only. Click [Online Store](#) to make payment and obtain a Paypal transaction number required for registration.

**Registration:** Online registration is now open. Must first obtain a Paypal transaction number (as noted above) before completing your online registration. The beach program is open to all players, including non-Xceleration members. Click [www.xcelerationvbc.com/2018-beach-registration.html](http://www.xcelerationvbc.com/2018-beach-registration.html) to register.

### FALL BALL

**August 27 – October 18**

Xceleration's Fall Ball Program will offer one-on-one instruction, as well as game-type situation training with our passionate and dedicated coaches.

The Fall Ball Program will be fun, informative, and will provide excellent training for anyone wanting to learn or become more proficient at the sport. If you are a girl that loves volleyball and wants to have a great time getting better at it, then this is the place for you!

#### Dates

**August 27 – October 18: Tuesdays/Thursdays**

#### Sessions

4 <sup>th</sup> -6 <sup>th</sup> Graders	6:15 pm – 7:15 pm
7 <sup>th</sup> -8 <sup>th</sup> Graders (I)	6:15 pm – 7:45 pm
7 <sup>th</sup> -8 <sup>th</sup> Graders (II)	7:45 pm – 9:15 pm

#### Fall Ball Staff

Leslie Ray and additional Xceleration coaching staff. Click [here](#) for bios.

#### Cost:

- \$525 per player
- \$275 for 1 day per week for 4<sup>th</sup>-6<sup>th</sup> graders ONLY; MUST be 2 days per week for 7<sup>th</sup>-8<sup>th</sup> graders

Online payments only. Click [Online Store](#) to make payment and obtain a Paypal transaction number required for registration.

**Registration:** Online registration is now open. Must first obtain a Paypal transaction number (as noted above) before completing your online registration. Fall Ball is open to all players, including non-Xceleration members. Click [www.xcelerationvbc.com/2018-fall-ball-registration.html](http://www.xcelerationvbc.com/2018-fall-ball-registration.html) to register.

