



# 2018 FALL PROGRAMS

## Take It to the Next Level!

### ABOUT US

**WHO WE ARE:** 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, which are current college or high school coaches, former college players, and a former Olympian. We stress skills that transfer to game situations while emphasizing personal character-building traits such as leadership, teamwork, 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!

**WHAT WE DO:** 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.

**HOW DID WE DO:** Xceleration VBC had another successful club season in 2018. Once again, 8 of our 10 teams in the Northern California Volleyball Association (NCVA) Power League finished in the Gold, Silver, or Bronze Divisions in their age groups, and two teams ended the season at the edge of the medal standings. Our 18Blue and 15Blue teams earned bids through the NCVA Power League to the 2018 USAV Junior Nationals in Anaheim and Detroit, respectively, and our 17Blue and 16Blue teams competed well at the AAU National Championships in Orlando.

Three of our teams were ranked highly by the preeminent leader in covering prep and club volleyball competition – **Prepvolleyball.com**. Out of the thousands of club teams in the U.S., our 15Blue team was ranked #45 in the country and was the highest rated NCVA team in their age group! Our 18Blue and 16Blue teams also maintained their national reputation with Honorable Mention honors.

**HOW WE CAN HELP YOU:** 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 500 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 120 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!

### I. FALL BALL CLINICS

**Tuesdays/Thursdays: Aug 27 – Oct 18**

The Fall Ball Clinics offer one-on-one instruction, as well as game-type situation training for 4<sup>th</sup> - 8<sup>th</sup> graders. These clinics 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!

|   |                                  |
|---|----------------------------------|
| <b>4<sup>th</sup>-6<sup>th</sup> Graders</b>      | <b>Tue/Thu 6:15 PM – 7:15 PM</b> |
| <b>7<sup>th</sup>-8<sup>th</sup> Graders (I)</b>  | <b>Tue/Thu 6:15 PM – 7:45 PM</b> |
| <b>7<sup>th</sup>-8<sup>th</sup> Graders (II)</b> | <b>Tue/Thu 7:45 PM – 9:15 PM</b> |

#### Fees:

- \$525 per player for 2 sessions per week
- \$275 for 1 session per week for 4<sup>th</sup>-6<sup>th</sup> graders only (Tuesdays only or Thursdays only); MUST be 2 sessions per week for 7<sup>th</sup>-8<sup>th</sup> graders

### II. SATURDAY'S STARTERS WITH AN OLYMPIAN

**Saturdays: Sep 8, 22 and Oct 6**

For ages 12-14, Xceleration is excited to have another year with former University of Nevada head coach and Olympian **Ruth Lawanson** who will offer small group sessions for beginners. Learn from a former USA National Team member and Olympic bronze medalist on the basics of the game.

*"We are proud to continue our Saturday's Starters Clinics, which is geared towards players who are just getting into the game,"* said club director **Leslie Ray**. *"These young players will have the opportunity to learn from Ruth, a seasoned coach with vast amounts of experience as a player, coach, and clinician."* To read more about Ruth, click [RUTH'S BIO](#)

**Ages**  
**12-14**

**Time**  
**8:30 AM – 10:00 AM**

**Fees:** \$30 per session



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### III. OPEN GYM SUNDAY CLINICS

**Sundays: Sep 16, 23, 30 and Oct 7**

Open Gyms are one-on-one and group sessions, as well as game-type situation training, for ages 14 through 18. These clinics 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!

| Ages        | Times (may be subject to change) |
|-------------|----------------------------------|
| Incoming 14 | 9:30 AM - 11:00 AM               |
| Incoming 15 | 11:00 AM - 12:30 PM              |
| Incoming 16 | 12:30 PM - 2:00 PM               |
| Incoming 17 | 2:00 PM - 3:30 PM                |
| Incoming 18 | 3:30 PM - 5:00 PM                |

**Fees:** \$25 per session

INCOMING refers to the age you will play in the 2018/19 indoor club volleyball season. See [AGE DEFINITION CHART](#) for use during the 2018-2019 season.

### IV. PRE-TRYOUT CLINICS

**Sundays: Oct 14, 21 and 28**

The Pre-Tryout Clinics that will lead up to club tryout weekend on November 3-4 are for ages 10-18. These clinics will be led by coaches from our current staff and will combine skills drills with light competition. As with our clinics in past seasons, the sessions will be fast-paced, instructional, and structured to benefit all who attend. They are also beneficial in allowing athletes to prepare for tryouts, and for parents to learn more about the club and the specific age-group coaches. Come out and meet your potential coaches and let them see you!

| Ages  | Times              |
|-------|--------------------|
| 10-14 | 12:00 PM – 1:45 PM |
| 15-16 | 2:00 PM – 3:45 PM  |
| 17-18 | 4:00 PM – 5:45 PM  |

#### Fees

- \$40 per session
- \$110 if you attend all 3 clinics for your age group. You must register for all sessions at the same time.

### PAYMENT AND REGISTRATION IN TWO EASY STEPS

Join one or more of the sessions throughout the Fall by making your payment and registration online.

#### STEP 1: Online Payments

Payments must be received and a Paypal Transaction Number is required to complete registration. Before submitting your registration, please visit our [ONLINE STORE](#) to make clinic payments and obtain your Paypal Transaction Number.

#### STEP 2: Registration

Online registration is now open for all Fall clinics. Must first obtain a Paypal Transaction Number (as noted above) before completing your online registration. All clinics are open to all players, including non-Xceleration members. Click one or more of items below to register.

[I. FALL BALL CLINICS REGISTRATION](#)

[II. SATURDAY'S STARTERS CLINICS REGISTRATION](#)

[III. OPEN GYM SUNDAY CLINICS REGISTRATION](#)

[IV. PRE-TRYOUT CLINICS REGISTRATION](#)

**All camps, clinics and sessions are held at the  
Xceleration Sports Facility  
360 Ferry Street  
Martinez, CA 94520**

**To read more about Xceleration Volleyball Club, please  
visit our website at [www.xcelerationvbc.com](http://www.xcelerationvbc.com).**

**You may also visit our Facebook group page for more  
information and to stay current with Xceleration VBC  
news!**

**Send us an e-mail if you have any questions, click  
[CONTACT US](#)**

**Save the Dates!**  
**2018-2019 Club Season Tryouts**  
**November 3-4, 2018**