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**Xceleration
Volleyball Club**

John B. David, Editor

There's Nothing Better Than Having Home Field Advantage

Xceleration Takes it to the Next Level – Gets a New Home, Welcomes Athletes and Coaches for 2018 Season

In its third year under the ownership group of **Jim Ross, Andy Schroeder,** and **Jeremy Swann,** Xceleration Volleyball Club is striving to make the 2018 season the best ever in club history.

After completing the pre-tryout clinic sessions at Dougherty Valley HS with nearly 300 campers and tryouts with more than 350 participants at the Xceleration Sports Facility, the club can now focus on its 136 athletes and the upcoming 2018 season. Once players, coaches, and staff get back on track after the holidays, this competitive season is expected to create lasting memories, present new opportunities, pave new roads to each player's volleyball journey, exceed expectations, and **TAKE IT TO THE NEXT LEVEL** – for both for the club and its players.

Even with Xceleration's long club volleyball history in the East Bay, the club may have stumbled along the way, but has always learned from them. It has always course-corrected for everyone's benefit, believing that learning from success is important, but learning from failure is vital to succeeding. There will be failures this season for sure, but it is how you deal with it that will determine your success at the next level.

Taking it to the next level means... that we get to call the Xceleration Sports Facility our new home... that we enter tournaments where we believe our players can compete with the best that the field can offer... that we adjust our travel policy by listening to feedback... that we attract and retain a teaching staff that is second to none, which include coaches and advisers with college coaching, professional, or (though not required) Olympic experience... that our players who put in the work with college coaches and the College Development Program get seen at showcases... that our players take advantage of the opportunities presented to them throughout the season, including private/group lessons and strength & conditioning programs to supplement their volleyball training. These are just a few examples of what we will experience this season.

Individually with your teams, or with members of the younger or older age groups, we also hope that you can expand your knowledge of the game and learn life lessons in general by being mentors to one another.

GO XCEL and enjoy the holidays!

J-Ross Speaks

XCELLent News will include messages on behalf of the ownership group in this regular feature of **J-Ross Speaks!**

On behalf of the owners of the Xceleration Volleyball Club, we want to welcome all of you to the 2017-2018 club volleyball season! Obviously we have made some changes for this season and we are very excited to begin work in our new volleyball facility. Having all 12 of our teams under one roof allows us to see our players on a regular basis and interact as coaches and administrators. This will enable us to work as a cohesive unit to better serve our volleyball families.

*Work began on this season back in May of this year. The second season of the Xceleration Beach program was once again a success at the Moraga sand volleyball facility. Led by coaches **Michelle Boydston** and **Melinda Lau** the players received valuable training and instruction. The beach program will be gearing up with registration much earlier this season and you can expect to see details around March of 2018. We are very excited about the future of this program.*

In July and August this past summer, coaches from the 15's – 18's age groups put on a series of summer open gyms and clinics that were well attended. These sessions were offered to give players an opportunity to work on specific parts of their games and to get them ready for their upcoming High School seasons. We know that the players who attended these sessions had the opportunity to get countless repetitions that just are not available to them in other situations. These repetitions do pay off in the long run.

*In late August, Xceleration offered our third season of our Fall Ball program for player's ages 14-and-under! The series of sessions that ran twice a week through the middle of October was an overwhelming success. The turnout was great and the sessions were both instructional and fun for these younger players. Thanks so much to Club Director **Leslie Ray** for once again assuring the huge success of this program. Your hard work and dedication enabled a lot of young girls to be introduced to volleyball, develop critical skills, and start to build a passion for this sport. Many of the attendees are currently on Xceleration team rosters for this season. Another byproduct of the Fall Ball program was that Xceleration now has a 12's team. This is only the second time in the club's history that we have fielded a 12's team and we are extremely excited about it.*

Xceleration once again offered three clinic sessions in October that led up to the club tryout weekend. These clinics are a great way for players to get to know their potential coaches in a more relaxed atmosphere than tryouts and to continue skill development in a more concentrated manner. Attendance at these clinics was fantastic, which gave us a heads up that our tryouts would be large once again and they certainly were. Over 350 players walked through the doors of our new facility over the 2 days of tryouts. Thanks to the preparedness of the Xceleration coaching staff and our wonderful volunteers we were able to make certain that every player was offered a fair evaluation and we thank them all for their efforts. Thanks very much to all the players and their families who put Xceleration on their list of clubs to try out with!

*Speaking of volunteers, we once again cannot start a season without mentioning a few folks who give incredible amounts of time and effort to this club. A HUGE thank you to **John David, Tomas and Normie Pineda, and Leslie Ray**. There are countless hours of time that goes into planning schedules, setting up programs, taking the countless photos that you see on our Facebook, Instagram and Website pages, updating the sites with new and important information for all of you, making air and hotel reservations, billing and accounting, etc., etc., etc... These folks go over and above and*



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 XCELLent News.

Instagram

Xceleration has an Instagram presence where you can view our posts throughout the season:

XCELERATIONVBC



Instagram

Facebook Group Page

Xceleration has a group page! Join our [Facebook](#) fan page and participate in the discussion forum where you'll hear about our athletes and various ongoing events. Search for "Xceleration Volleyball Club" and ask to join. Or scan the QR code with your mobile device.



Find us on:
facebook®



All photos courtesy of Tomas Pineda, unless noted.

J-ROSS SPEAKS

(Continued from the previous page)

as owners we cannot thank them enough for believing and caring in Xceleration. They will be at a lot of the club tournaments, so please take a moment and thank them for what they do.

If you are not yet an Xceleration Facebook or Instagram member, sign up (it's free) and become a member of the Xceleration pages. That is the place that you will see a LOT of photographs and videos of your players. They are a MUST-see for any Xceleration parent. It is also the place that you will get updates on how the Xceleration teams are doing.

It is also imperative that you keep a sharp eye on the Xceleration website. That site is updated constantly during the season and is packed with a lot of schedule updates, lesson and clinic information, tournament updates and schedules, travel plans, pictures, videos, etc...

As owners, we know that the lifeblood of any club is its coaches and we are VERY proud of our club coaching staff. This season we began a series of coaching clinics in September that were designed to familiarize all our coaches with the methods and philosophies of our club. We know how much work and effort they are putting into the coming season and we know that it will benefit our players. We also continued our coaching mentoring program that will assure that our coaching staff is receiving continuing education, support and methods to make the season a productive one for the players. You have excellent teachers of the game for your girls. It is imperative that your girls attend the practices to take full advantage of the preparation the coaches have put in. The coaches are working to develop teams now.

Make sure your player is taking advantage of the trainers that Xceleration has made available to them. The club season is a LONG and arduous one. Staying in good physical and mental shape is imperative to peak performance. To play at your best, you have to work at it.

We also rely heavily on our parents at Xceleration. We rely on them to get their players to the gym for EVERY practice (it's the only way your player will improve on a consistent basis), support their teams and coaches at tournaments, make sure their players are well rested and be a supporter of what we are trying to achieve at Xceleration. We thank you in advance for your efforts and support.

One more big change for Xceleration will occur next summer. The club will be offering a full summer series of volleyball clinics and camps. All events will be held at our new facility and will be offered for all age groups. Details of this event series will be published in the early Spring so you will have time to pick a program that works well for your family. Keep an eye on the website for details that will be forthcoming.

Finally, as owners who are also involved in our programs you will see all of us around this season. **Andy Schroeder** and **Jeremy Swann** will be coaching their 18Blue team (and in Jeremy's case the 12Blue team) and I will be running the College Development program with **Paul Harrison**. If you see any one of the four of us, please stop and introduce yourself. We always want to hear from our members and welcome an input you have that will help us keep Xceleration a place that cares about the development of its girls as volleyball players and as young women.

Our VERY best to all of you for a healthy, happy and safe Holiday season!! It's on to 2018 and GO XCEL!!!

Andy, Jeremy, and Jim



A note to all the new Xceleration Families ... You don't know this yet, but you have just made the best decision! It's been 4 years since my daughter committed to play on the Xcel 18 team coached/ mentored by Andy, Jeremy, Paul and Jim and every day since we have been showered by nothing but positive coaching, kindness and support, straight through into her senior college year. Doesn't matter what age group or if it's the White/Blue team... I promise you, every effort your daughter puts into this season, she will be rewarded times a thousand. Xcel is the best and your daughter is the lucky one!

Dede Nieto

LISTEN TO LESLIE...

XCEL^{lent} NEWS will regularly include topical, pertinent, and other important messages from club director Leslie Ray in this this section called **LISTEN TO LESLIE...**

Hello Xcel Family,

As we begin the new season, I would like to welcome all of our new families and would also like to extend a great welcome back to our returning families! I am extremely thrilled about starting my first season as the club director. I am here to support you all throughout the season and partake in the development of our young athletes within the club.

December practices are off to a great start and this is due to the dedication of the families within the club. I'm excited to see all of our teams participate in tournaments starting in January 2018! I look forward to seeing you all on the court.

I need to take a moment to thank a few people that played an instrumental role in helping me with the transition to serve as the club director and will continue to support the club throughout this season.

I must thank the Xcel owners **Jim, Andy** and **Jeremy** for giving me the opportunity to become a club director. I truly value your guidance and I am extremely grateful for the confidence you have in me. The care you all display for all of our athletes that come through this program is unreal and I am thankful to be a part of it all.

To our previous club director **Shannon** – Thank you for all the assistance you have provided me during the transition this summer. I appreciate the information and advice you have given, as well as the connections you have shared with me. Your expertise and help have been invaluable during this process. You are missed.

To our dedicated team of coaches – We are fortunate to have dedicated and decorated coaches that continue to work hard. I can't thank you enough for the work done prior to your teams being made and the countless hours spent training in the summer for the upcoming season.

To our fabulous team parents – Thank you for taking up the role. It is extremely helpful for the team and a huge support for our coaches. I can't wait to start working with you all. This season wouldn't be the same without your continued support.

To the backbone of the business – **John David, Tomas and Normie Pineda, Paul Harrison, Gayle Swann** and **Ruth Lawanson** – None of this is possible without you all. Your continued support and drive is what keeps Xceleration up and running. Thank you for all you do.

To our fantastic parents and players – I am thankful that you have decided to join us and sincerely appreciate the opportunity to be a part of the development of your daughters as volleyball players. I can't wait to work with you all.

This season will be one in which the girls will be building new friendships, creating memories and celebrating their success as a team. Volleyball has played an instrumental role in my life and has created opportunities that I believed were too far to reach. I just want to let you all know the club is here to support you though your volleyball journey. We wish you all the best of luck throughout the season.

Leslie



LIAISON

12BLUE

Kate Canova

13BLUE

Anna-Lisa Muraoka

13WHITE

tbd

14BLUE

Susan Lem & Jan Spauches

14WHITE

**Jody Ginsburg, Nancy Walker
& Monica Lent**

15BLUE

Lashiem Clark

15WHITE

tbd

16BLUE

Gloria Lamb

16WHITE

**Karen Elliott, Karen McHugh &
Jennifer Wong**

17BLUE

**Catherine Helgeson &
Pia Dominguez**

18BLUE

Lashiem Clark

18WHITE

**Kristina Chamorro &
Jocelyn Greenburg**

HOME FIELD ADVANTAGE... How So?

On November 4, the Xceleration Sports Facility in Martinez opened its doors and welcomed all athletes for tryouts. All practices and lessons will now be held under one roof! After more than a decade scattered throughout the East Bay, Xceleration is proud to call our new facility HOME.

Xceleration is proud to take the next step in its continued and future success at the Xceleration Sports Facility, located at 360 Ferry St. in Martinez.

Formerly serving as a way station for the California Gold Rush and home of naturalist John Muir, the City of Martinez will now host and serve as the new home base for Xceleration headquarters, and the club hopes to add to the city's fabled history by developing player skills in a first-rate facility with a clean, well-lighted place to play.

"With a grand opening on November 4, all teams will hold all practices, lessons, and clinics at the new facilities," said Club Partner **Jim Ross**. "Having all our teams under one roof is a tremendous benefit and solidifies our position as the premier volleyball club in the area." Some of the benefits of the new single facility are as follows:

ONE FACILITY, ONE XCELERATION

Cross - Collaboration Among Coaches

– Gets more coaches' eyes on teams and players of all ages on a regular basis. A single-located facility will also allow Xceleration's new coaching director **Ruth Lawanson** to see ALL teams regularly, visiting all teams multiple times a month all season, and ensuring that practices are run correctly and consistently that benefit both coaches and players. Coaches will continuously share ideas,

evaluate players, and assist each other in one location.

Player Engagement and Mentorship

– Increases engagement between teams and players from all age groups. In the past, teams have always been entities unto themselves and operate in silos. A single facility will now encourage interaction between teams and each player serves as mentors to one another.

SKILL DEVELOPMENT WITH YEAR-LONG PROGRAMS

Program Expansion – With a dedicated facility and open schedule solely for Xceleration's use, the club's suite of skill development programs can expand throughout the year. Xceleration can now offer more lessons and position-specific clinics during the season with its college coaches, and expand its ever-popular Summer Camp and Fall Ball programs.

Flexibility and Future Expansion – Xceleration is now directly in control of its programs, have the flexibility to use the facility as it sees fit, and is no longer constrained by third-party gym schedules. Additionally, the facility is prepared for and built for future expansion.



EASIER ACCESSIBILITY FOR PLAYERS AND COACHES

Central Location – The facility is within a short distance and provides easy access from the Tri-Valley, Lamorinda, Delta, North Bay, and West Bay areas.

Headquarters – The facility will now be Xceleration's home for the college development program and all club meetings.

Club Partner **Andy Schroeder** said, "After more than a decade spread out in Concord, Alameda, and other parts of the East Bay, we're excited to begin a new era for Xceleration. Coaches and players alike will be able to work cohesively in a single and centrally located gym."

"We've been the leader in helping our players realize their volleyball dreams and our dreams as well, of having our very own facility, is finally here. We've been working hard for years for this day to happen," said Club Partner **Jeremy Swann**.





DOING OUR PART TO HELP THE CITY OF MARTINEZ

With at least 150 families or more descending on the Xceleration Sports Facility on a daily basis for practices, lessons, and clinics throughout the year, Xceleration's presence and affiliation with the Courts at Martinez are expected to provide positive impacts and multiple benefits to the City and surrounding communities. Here are just a few...

- Provides a boost to the local economy, keeping it strong and vibrant by increased consumption spending, and promotes small local businesses, vendors and markets.
- Increases the labor force, keeps locals employed and grows businesses locally – families will

eat, shop, and use services nearby, adding to an improved economic outlook.

- Stimulates opportunities for locals to enjoy higher standards of living with a strong outlook for economic growth.
- Helps promote small businesses who don't necessarily have the means to spend a lot of money on advertising, so they can depend on their loyal customers and new clients to spread the word.
- Puts the City of Martinez on a national stage as Xceleration participates in tournaments across the country, increasing the community's visibility and prominence.



Xceleration wishes all of you a very Happy Birthday! May life lead you to great happiness, success, and hope that all your wishes come true!

DECEMBER CELEBRANTS

Angela Atis
Kate Dendinger
Rhyanna Floor
Ella Gonzales
Devyn Holt
Emilie Johnson
Maddy Kearney
Mara Korzeniowska
Kelsey Lem
Lauren Lineweaver
Emily Maher
Chloe Ortega
Caili Raymond
Mia Short

NOVEMBER CELEBRANTS

Olivia Colloza
Charlotte Hawthorn
Clara Lee
Lindsey Reyes
Dayna Riggio-Kerley
Olivia Wiseman



Photo courtesy of the City of Martinez.

Club Welcomes Highly Talented Coaching Staff & Athletes



2018 Coaching Roster

12BLUE	Gayle Swann Jeremy Swann
13BLUE	Jade Sanford Maddie Borch
13WHITE	Lauren Bates Jones Lindsey Parrott Garret Jones
14BLUE	Mariah Christensen Kayla Coleman
14WHITE	Natasha Gayle Isabel Villalobos
15BLUE	Lucas Abbott Jade Santos
15WHITE	Salomon Leon Taylor Patton
16BLUE	Daniel Pak Brett Leggitt Benny Nguyen
16WHITE	Stephany Vanhorn Aileen Tran
17BLUE	Leslie Ray Jade Sanford Lindsey Ray
18BLUE	Andy Schroeder Jeremy Swann Paul Harrison
18WHITE	Ramond Carreon Christian Carreon Morgan Borch
Technical Advisors/ Lessons Coaches	Ruth Lawanson Kyle Masterson

All of you have already met them personally at our pre-tryout clinics, at tryouts, or at Signing Night. We could not be more excited about the mix of coaches that we have on staff for the coming season. It is comprised of highly talented individuals with a lot of experience, both playing and coaching, that will directly benefit our players and provide the countless opportunities to improve their skills. Our coaches have already held several meetings with the club administration and club Technical Adviser **Ruth Lawanson** to implement drills, practice plans, and skills instruction for the season. We are extremely excited to get on the courts with our returning and new coaches.

As listed in the roster, the coaching staff at Xceleration remains strong and continues the tradition of getting our athletes to the next level in their volleyball careers.

Now... just a little bit about our coaches for the 2018 season.

2018 Executive & Support Staff

Co-Owners	Jim Ross Andy Schroeder Jeremy Swann
Club Director	Leslie Ray
Co-College Development Directors	Jim Ross Paul Harrison
Travel	Normie Pineda
Media	John David Tomas Pineda

Headquarters

Xceleration Sports Facility
360 Ferry Street
Martinez, CA



As seen here before tryouts, the club's administration and coaching advisors, including Ruth Lawanson, will meet regularly with Xceleration coaches throughout the season to emphasize teaching consistency, as our athletes progress throughout their volleyball training with the club.

Team Swann to Lead 12Blue Youngsters



Jeremy & Gayle Swann

Gayle Swann and Jeremy Swann will lead the club's 12Blue team during the 2017-2018 season.

"This young group of volleyball athletes will join the Xceleration fold after a brief hiatus," said Club co-Owner Jim Ross. "We're excited to bring back the 12Blue team after seeing a lot of potential in the girls who joined our Beginners' Club and Winter Workout programs late last year. We think they're ready to take the next step and no one is better equipped to lead this team than Gayle and Jeremy."

Gayle is a Bay Area native that played basketball and ran track at then Cal State Hayward. She worked as an athletic trainer and a teacher in sports medicine at Cal High in San Ramon for 10+ years. Gayle also served two years as Assistant Coach of Cal High's varsity boys' volleyball program and two years as Assistant Coach for Monte Vista High School's varsity girls' volleyball

program in Danville. Last year, Gayle ran Xceleration's first-ever Winter Workout and she has assisted with the program's Beginner's Club for girls 12-and-under.

Jeremy returns for his 10th season at Xceleration and is entering his 14th season of coaching junior girls' volleyball. For the last nine seasons, Jeremy served as co-head coach of Xceleration's 18Blue teams that have consistently earned bids to the annual USAV Junior National Championships. He will continue to lead the 18Blue with co-head coach Andy Schroeder in 2017-2018.

Prior to Xceleration, Jeremy was the Head Coach at Monte Vista High School for two seasons and led his teams to North Coast Section (NCS) appearances each season. Jeremy played volleyball at St. Mary's College in Moraga and soccer at Cal State Hayward.

It's been over 10 years since Gayle and Jeremy have coached together and they are extremely excited to coach their very first 12s team this upcoming season.



12BLUE Roster

- 2 Ellie Armato
- 5 Gracie Armato
- 4 Olivia Canova
- 9 Caelin Gawiran
- Giselle Lau
- Savanna Lau
- 7 Mia Short
- 6 Ainsley Swann
- 1 Samantha Thompson
- 3 Natalie Wojnakowski



12/13



Introducing the Coaching Team of Sanford and Borch for 13Blue



13BLUE Roster

- 10** Hanna Hageboeck
- 13** Charlotte Hawthorn
- 7** Hillary Johnson
- 37** Maddy Kearney
- 1** Mara Korzenioska
- 16** Grayson Muraoka
- 12** Aliya Quadjovie
- 72** Brittany Soun
- 8** Alison Tsai
- 3** Olivia Wiseman



Jade Sanford

“Shepherding the 13Blue this season will be the new coaching pair of Jade and Madison,” said Club Partner Jim Ross. “Both coaches are coming in with plenty of playing and coaching experience.”

Jade Sanford joins Xceleration for her 4th season with the club and first as the head coach of the 13Blue. Jade is also assisting the 17Blue this season. Jade prepped at Skyline HS in Dallas, TX, where she was recruited by and attended South Carolina State University (SCSU). She earned Radford Conference All-Tournament honors in her first season at SCSU. Jade transferred to Cal State East Bay for her sophomore season, where she finished her career. She was a team captain and starting middle blocker her senior season. Jade is currently finishing her Masters degree in Sports Management from Texas A&M-College Station’s distance program.

Madison Borch is entering her first year coaching with Xceleration. She was a four-year varsity letterman at Las Lomas HS in Walnut Creek.

Madison also played club for Xceleration from 2008-2013 before competing for Cabrillo College in Aptos for two seasons. As the starting middle, the team captured a CCCAA State Championship title in 2013 and placed 2nd in 2014. Madison also participated in Cabrillo’s first-ever sand volleyball team, and helped make it to the CCCAA State Championships for sand volleyball.

After Cabrillo, she transferred to Carson-Newman University in Jefferson City, TN, where she contributed to the best overall record in school history (29-8) and participated in the Elite 8 at the NCAA Division II National Championships in 2015.



Maddie Borch

Madison has previously coached 11U-14U at Lamorinda for one season of sand volleyball. Madison’s favorite athlete is her club coach Andy Schroeder. Madison takes pride in helping kids achieve their goals on the court. She enjoys seeing her kids visibly improve while having fun doing it.



Coaching Trio Stays Intact for 13White



Lauren Bates Jones

“We’re excited to bring back a group 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



Lindsey Parrott



13WHITE Roster

- 11 Sofia Do Nascimento**
- 12 Natalie Does**
- 17 Karolina Herold**
- 1 Emma Lorge**
- 2 Sara Parrish**
- 7 Gracie Penman**
- 3 Kennedy Plummer**
- 5 Meilani Sioson**
- 9 Georgia Winkles**



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

Coaching Trio Stays Intact for 13White



in Bayernliga Nord for SpVgg Eschenbach, Germany. He also played two seasons for the USAFE Men's Volleyball team in Nuremberg, Germany. Garret played collegiate soccer as a center-forward for Missouri Southern University. His previous coaching experience has been with Grafenwoehr High School as an assistant coach for an 11s and 12s youth volleyball team and assisting with last season's Xceleration 16Blue team. Garret says, "I just love being a part of this sport and the support that Xceleration has provided me has been awesome! I'm looking forward to another fun season."



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."

Garret is entering his 2nd year as a volunteer coach with Xceleration VBC. Prior to joining Xceleration, Garret spent three seasons playing professional soccer



Former HNU Teammates Join Forces for 14Blue



14BLUE Roster

- 16 Cami Clizbe
- 9 Ella Gonzales
- 15 Kelsey Lem
- 99 Claudia Lindgren
- 13 Caili Raymond
- 10 Alara Rose
- 7 Laura Sakamoto
- 6 Evelyn Storrs
- 28 Caitlynn Turner
- 23 Amira Vontoure
- 5 Lauren Whyte



Mariah Christensen

Former college teammates at Oakland's Holy Names University (HNU) and Xceleration coaching veterans **Mariah Christensen** and **Kayla Coleman** will form the 14Blue team this upcoming season.

Co-owner Jim Ross said, "Mariah and Kayla both started their club coaching careers at Xceleration from Day One and are extremely familiar with the Xceleration system. There's great chemistry between these two young talented team."

Christensen returns for her 7th season as a coach in the program and her 2nd as the head coach for the 14Blue. She previously assisted with the 14White, 15Blue, 16White, and 16Blue programs before becoming the Head Coach at 17Blue two seasons ago.

After being the setter on the 2009 Xceleration 18Blue team that qualified for Junior Nationals in Miami, Mariah was recruited to play at HNU. She was their starting setter for all four seasons and was an

All-League selection in the PacWest conference her junior and senior seasons. Mariah is the all-time career leader in assists at Holy Names. Mariah attended Rodriquez HS in Fairfield, CA where she was an All-League selection and led her team to the San Joaquin Section playoffs in each season at the Varsity level.

Mariah's favorite inspirational quote is, "Don't give up what you want most for what you want now."

Kayla returns for her 8th season with Xceleration, having assisted with the 15Blue, 17White, and 13White teams during the past seven seasons. Kayla graduated from HNU where she was the starting libero for the volleyball team for three seasons. During her career at HNU, Kayla made the All-Conference team twice and was selected Libero of the Year in her senior season. The Turlock native was her league MVP for two years in high school. Kayla received her professional doctorate degree in pharmacy and is a registered pharmacist for Blue Shield.

Bottom photo: Missing a few, but Xceleration 14Blue enjoyed cheering on the Saint Mary's Gaels to a victory!

Courtesy of Mariah Christensen.



Kayla Coleman



New Tandem of Teacher and Student for 14White



Natasha Gayle

Xceleration has selected **Natasha Gayle** and **Isabel Villalobos** to lead the 14White for the upcoming season.

“Natasha and Isabel will be teaming up for the first time to lead the 14White for Xceleration,” said co-owner Jim Ross. “We’re confident that this pair will do well to serve this group.”

Natasha returns for her 10th year with Xceleration after having previously coached at the 15s and 18s levels. This will be her 5th consecutive season leading the 14White team.

As a player, Natasha prepped at Holy Names HS in Oakland, where she was an all-league performer her last two seasons. She played club volleyball for Golden Bear, East Bay Connections, and City Beach. Her City Beach team won the Volleyball Festival in two of her years with the club. She went on to attend the University of Oregon, where she was

a member of their nationally ranked club volleyball team.

In her free time, Natasha spends time with family, reads, and is a HUGE Oregon Ducks fan. Her volleyball philosophy is to teach and work her players hard in skill development in a fun and healthy environment.

This will be Isabel’s first year of coaching with Xceleration. It will be her second year coaching after being a coach at St. Patrick-St. Vincent (SPSV) for the JV Boys team and the Diablo Valley 14s girls team. Isabel went to SPSV high school and played on Varsity all four years, making TCAL All-League for two years and also as the Vallejo Times Herald Athlete of the Week her senior year. She has played all positions on the court but has been a true outside hitter since the beginning of her volleyball career. She played at Xceleration her senior year on the 18 White team as a captain. Isabel is in her sophomore year at Diablo Valley College is captain of the volleyball



14WHITE Roster

- 15 Erin Edora
- 6 Katie Edwards
- 21 Kynidy Ferguson
- 3 Kyra Ginsburg
- 10 Devyn Holt
- 18 Amani Houston
- 4 Mandy Lent
- 5 Macy Liang-Jones
- 8 Katie Malan
- 1 Rochelle Mosley
- 19 Maya Walker
- 11 Allie Wilson

team. Isabel is excited for this season. She truly enjoys coaching because she has passion for volleyball and loves to see every player grow to become a great player, teammate, and family.



Isabel Villalobos

14/15



Photo courtesy of Lucas Abbott.

15Blue Gets Coaching Vets Abbott and Santos



Lucas Abbott

The 15Blue will be led this season by coaching veteran and former professional **Lucas Abbott** and Xceleration alum and former collegiate player **Jade Santos**.

“Lucas and Jade have the personalities to lead this young team that really forms the foundation for volleyball talent to take players to the next level,” said co-owner Jim Ross. “We paired them together for personal development of the players and as coaches as well.”

Lucas returns for his 7th season with Xceleration and has coached or played volleyball for over 20 years. Lucas was a middle blocker and All-League performer at Las Lomas HS in Walnut Creek before heading off to play at Humboldt State University. While at Humboldt, he was the team’s starting middle blocker for four seasons and team captain his last two seasons, while leading the squad to Nationals

twice. His playing career continued until 2013, culminating with a season playing professionally with the PVL/NCVA’s NorCal Premier.

Lucas is currently Girls’ Varsity Head Coach at Berean Christian HS in Walnut Creek where the team in 2017 reached the semi-final game of the Division IV Northern California State Championships. Prior to Berean Christian HS, Lucas was the JV Head Coach at Acalanes HS in Lafayette and at Miramonte HS in Orinda. He has also served as the assistant coach for the PVL/NCVA Men’s NorCal Premier in previous seasons.

Jade returns to Xceleration for her 3rd season. Jade played for the club’s 18Blue team in 2012, when the team qualified for the USAV Junior Nationals and placed 5th in the country. Prior to joining Xceleration, Jade played five years of competitive volleyball for Endline VBC. She excelled at the Opposite and Defensive Specialist (DS) positions at Moreau HS in Hayward, earning 1st Team All-League honors from the Mission Valley Athletic Conference in her junior and senior seasons. Jade was named Moreau’s MVP and team captain in her senior year and was consistently on the Honor Roll.

Jade was recruited from Xceleration to play DS at Dominican University of California in San Rafael before transferring to Orange, CA to set for Chapman University in 2014. Jade is a versatile athlete as she completed her collegiate career as the starting libero for the Panthers, leading the team in digs. Jade received a degree in Psychology from Chapman University in 2015.



15BLUE Roster

- 1 Brya Ashley
- 19 Angela Atis
- 7 Morgan Coolbaugh
- 2 Kate Dendinger
- 9 Sarah Doolittle
- 12 Julia Haggerty
- 5 Olivia Knutson
- 11 Madison Laxamana
- 10 Alissa Sayama
- 3 Erin Thomas
- 4 Taylor Trask
- 6 Isabel Walsh

We are extremely excited to work with this team this season. We are returning some players from last year’s 14s teams and have added some new faces that all together look to be an amazing blend of athletically talented players from very supportive families.

Coach Lucas & Coach Jade



Jade Santos

Newcomers Leon and Patton Will Lead 15White



Salomon Leon

Salomon Leon and **Taylor Patton** has been hired by Xceleration to lead the 15White for the upcoming season.

Co-owner Jim Ross. "Salomon and Taylor are newcomers to Xceleration. We're excited that this new team will be bringing new perspectives and ideas to the coaching staff from their prior experience with other clubs."

Salomon joins Xceleration for his first season. He was a four-year letterman at Ygnacio Valley HS in Concord. At Ygnacio he trained as a setter, outside, and libero. As a player he has earned Bronze at the Boys Junior National Championships and MVP honors. He played club volleyball for PacRim Volleyball Club. Salomon has been coaching club for six years. He has coached at PacRim, Solano, and Core Volleyball Clubs. As a coach he has earned a bronze medal at nationals. Salomon loves to watch his athletes grow. He finds joy in the overall process of player development throughout the season. Salomon has a strong love for the game and wants to share this passion with his future team.

Taylor joins Xceleration for her inaugural year with the club. She has played volleyball for four years at Northgate HS in Walnut Creek, followed by two years while she attended Diablo Valley College (DVC). Taylor has also coached for the Diablo Valley Volleyball Club and helps the DVC girls out at their practices.



Taylor Patton



15WHITE Roster

- 22 Olivia Anderson**
- 17 Jacqueline Artiaga**
- 1 Luca Berg**
- 7 Bridget Brumm**
- 21 Ava Fard**
- 6 Emilie Johnson**
- 8 Clara Lee**
- 18 Sierra McCalmon**
- 12 Lauren Miller**
- 16 Isabella Vance**
- 15 Nicole Wagner**
- 7 Danielle Whisnant**

Taylor has played all front row positions, but considers herself to be a true outside hitter. Taylor coached the 12s girls club team for Diablo and

is big on fundamentals. What Taylor enjoys most is recognizing the potential in each player, bringing it out, and watching them grow. Taylor is passionate, enthusiastic, and devoted to the team.



Photo courtesy of Angie McCalmon.



16BLUE Roster

- 10 Sofia Aguilera
- 4 Isabella Bandy
- 16 Haleigh Brown
- 11 Claire Conners
- 14 Emma Engstrom
- 8 Nikki Lamb
- 12 Julia Martin
- 6 Nina Naffziger
- 1 Chloe Ortega
- 13 Grace Paulson
- 5 Madison Risch
- 15 Ruby Santos

Expectations Run High for Pak, Leggitt and Nguyen



Daniel Pak

Xceleration has appointed **Daniel Pak** and newly-hired **Brett Leggitt** and **Benny Nguyen** as coaches of the 16Blue for the upcoming season.

“We are putting this group together based on their combined coaching and playing experience,” said co-owner Jim Ross. “They will be inheriting a successful 15s team from last year that competed at the national level, and we expect them to continue that success with Daniel, Brett and Benny at the helm.”

Daniel joins Xceleration for his 4th season. As a volleyball standout for De Anza HS in El Sobrante, Daniel was an All-League performer for four years, leading the Dons to their first NCS appearance along the way. Daniel returned to De Anza as the Head Volleyball Coach in 2010 and his arrival signaled an immediate turnaround for the program. Daniel also previously coached as an assistant for the Girls’ Varsity Volleyball team at Las Lomas HS in Walnut Creek. Still an avid NCVA Men’s Gold Division player, Daniel

is excited continue with Xceleration’s program and impart his love and knowledge of the game to his players.

Vacaville native Brett Leggitt enters his first year coaching with Xcel. Brett attended Southwest Texas State University, now known as Texas State. After studying Agriculture Business, Brett later joined the U.S. Air Force and spent four years on active duty, and another six years as an active member of the Reserves. He fell in love with the sport and learned to play while serving in the Air Force. He played middle for his squadron’s team.

Brett joins the Xceleration staff with eight years of coaching experience. One year he served as the Head Coach of the freshman team at Vanden HS in Fairfield, CA. He has coached all levels for club. During the 2016 season, Brett remained actively involved in USA Volleyball. He has spent four years volunteering for the USA Volleyball High Performance National Team Tryouts, both Beach and Indoor. Most



Brett Leggitt



recently he served an assistant coach for the USAV Girls Future Select High Performance Camp held this past summer at the University of Nevada Las Vegas. Brett loves coaching it allows him to be a part of the lives of so many amazing young people. He enjoys seeing athletes succeed both on the court and off as they move on through the different phases of their lives which he finds rewarding.

Benny enters his first year coaching with Xceleration. Benny was a four-year letterman at Mount Diablo HS in Concord, where he was a setter and right side hitter. He is time 3-time 1st Team All-League in the Diablo Foothill Athletic League (DFAL). In 2006, he went to NCS and in 2008 he was named the MVP of the league. He later moved on to play at Long Beach State in 2010. Benny loves to give back to the younger generation and the kids, because "I like teaching and making people smile."



*Top photo: 16Blue teammates **Grace Paulson, Maddie Risch and Chloe Ortega** supporting **Ruby Santos** and her James Logan HS team on their NorCal Div 1 Championship win!*

Photo courtesy of Dee Ortega.



Vanhorn and Tran Will Do Well with 16White



16WHITE Roster

- 13 Arielle Allen
- 5 Alicia DiPiero
- 6 Olivia Elliott
- 15 Lilia Kazarooni
- 18 Jessica Larrick
- 7 Lauren Lineweaver
- 17 Bianca Malaluan
- 12 Karli McHugh
- 20 Dayna Riggio-Kerley
- 4 Allie Vaught
- 23 Dana Wong
- 9 Kylie Wood



Stephany Vanhorn

Xceleration has promoted **Stephany Vanhorn** 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.”

Van Horn is in her 2nd year of coaching at Xceleration. She 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.



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.



**16
-18**



Continuity at 17Blue with Ray, Ray and Sanford

Sisters **Leslie** and **Lindsey Ray** will join efforts with **Jade Sanford** to lead the 17Blue for the 3rd straight season and 4th together overall.

“The work ethic of this outstanding coaching core is second to none, and it translates into stretching their players to new heights,” said co-owner Jim Ross. “Leslie, Lindsey and Jade expect their players to communicate and play at the highest levels day in and day out.”

Leslie returns to Xceleration for her 5th season with the Club. Leslie is also in her 5th season as an assistant coach at Cal State East Bay (CSUEB). Leslie was a starting libero at CSUEB for two seasons before graduating with a degree in Child Development. Prior to CSUEB, she attended Golden West JC and prepped at Long Beach Poly HS, where she was a high school All-American. Leslie played six seasons of club volleyball with the prestigious Mizuno Long Beach VBC. A fierce competitor on the court, Leslie brings a love of the game to her coaching.

She is an excellent student of the game and is able to convey both the skill and passion to her players.

Lindsey is back for her 5th season. Lindsey is currently playing for the CSUEB volleyball team after completing a celebrated high school career in Southern California at powerhouse Long Beach Poly. She capped her prep career in 2012 by being named “Long Beach Century Club Player of the Year” and “Long Beach Press Telegram All-Area Player of the Year” for leading Poly into the 3rd Round of the California Interscholastic Federation (CIF) State Championships. An exceptional talent, she is looking forward to teaching volleyball and working with Xceleration’s players in a sport she loves and is passionate about.

Jade joins Xceleration for her 4th season with the club – all four seasons coaching with Leslie and Lindsey. Jade prepped at Skyline HS in Dallas, TX, where she was recruited by and attended South



17BLUE Roster

- 10 Kinsey Anderson**
- 13 Kylie Brandt**
- 11 Shelby Bryant**
- 15 Catherine Helgeson**
- 6 Kendal Henry**
- 9 Meaghan Hohman**
- 12 Asha Johnson**
- 4 Alaysia Mitchell**
- 5 Nadia Pace**
- 14 Lindsey Reyes**
- 20 Leila Sardinha**
- 8 Catherine Vaccaro**

Carolina State University (SCSU). There she earned Radford Conference All-Tournament honors in her first season. Jade transferred to CSUEB for her sophomore season, where she finished her career. She was a team captain and starting middle blocker her senior season. Jade is currently finishing her Masters degree in Sports Management from Texas A&M-College Station’s distance program.



Leslie Ray



Lindsey Ray



Jade Sanford

Xcel's Coaching Legends for 18Blue



Andy Schroeder

Xcel coaching veterans Andy Schroeder, Jeremy Swann and Paul Harrison will combine efforts to lead the 18Blue this year.

Andy is entering his 11th year with Xceleration and 14th year as a club volleyball Head Coach. Prior to joining Xceleration, Andy spent four seasons coaching at Odyssey VBC and NorCal. As a player, Andy played D-1 volleyball for Cal Poly San Luis Obispo. He was an AA-ranked beach volleyball player and, in 2007 was voted into the Seaside Beach Volleyball Hall of Fame. In 2015, Andy was named a finalist for the PrepVolleyball.com National Club Coach of the Year.

Jeremy returns for his 10th season at Xceleration and is entering his 14th season of coaching junior girls' volleyball. Jeremy will also serve as head coach of the 12Blue team this season with Gayle Swann. Prior to joining Xceleration, Jeremy spent two seasons at Odyssey VBC. Jeremy was the Head Coach at Monte Vista HS in Danville for two seasons and

led his teams to North Coast Section (NCS) appearances each season. Jeremy played volleyball at St. Mary's College in Moraga and soccer at then Cal State Hayward.

Andy and Jeremy have been coaching together for more than 10 years. In the last eight years, they have been coaching Xceleration's 18Blue teams and their teams have consistently qualified for the USA Volleyball (USAV) Junior National Championships, with three teams finishing in the Top 5 in 2010, 2012, and 2013. Over the same time period, more than 110 of their former players have gone on to play collegiately, including 42 former Xceleration athletes who are currently on college volleyball rosters.

Paul returns to the coaching corps with the 18Blue after his involvement with Xceleration's CD Program since 2009, where he prides in the joy of seeing Xceleration players reach their potential and achieve tremendous success throughout the years. His current duties with Xceleration are



Jeremy Swann



18BLUE Roster

- 1 Breyan Ashley**
- 17 Cameron Blakely**
- 31 Chiara Gatto**
- 15 Jenna Hahn**
- 14 Gretta Kirkby**
- 9 Ingrid Lam**
- 11 Tati Luevano**
- 10 Emily Maher**
- 5 Shruti Mangipudi**
- 13 Miranda Marshall**
- 4 Cierra Pope**
- 24 Tuamafa Tuinauvai**



Paul Harrison

ways for Paul to give back to the club that has helped shape the lives of many young volleyball athletes, including his own.



XCELERATION



18





XCELERATION



18



Top photos: During winter break, many Xceleration alumni will work out with the teams. As soon as the wheels touched down at the tarmac of the Oakland Airport, **Delaney McKee's** (Class of 2017) first message to her Mom was, "Just landed!" Her next one was to Coach **Andy Schroeder**, "Will be at workouts tomorrow morning at 8AM!"

18White Gets Coaching Trifecta for 2018

Ramond Carreon, Christian Carreon, and Morgan Borch have joined Xceleration as coaches to lead the 18White for the 2018 season.

Club Partner Jim Ross said, "We're pleased to welcome Ramond, Christian, and former Xceleration alumni and coach Morgan Borch to the coaching staff."

Pittsburg native Ramond Carreon enters his first year of coaching with Xceleration and will serve as head coach of the 18White. Ramond was a four-year letterman at De Anza HS in Richmond where he played opposite, outside and setter. There he earned several awards including 2nd Team and 1st Team All-League selections. Ramond has been playing volleyball in the Bay Area community for over 16 years. Ramond has served as an assistant for the girl's varsity team at Calvary Christian HS, and both as an assistant and head coach for the boy's varsity and junior varsity teams at De Anza. From 2014 through last season, he was a 14s head coach at Club Solano, 18s Premiere head coach at Bay Area VBC, and 16s Premiere assistant also for Bay Area VBC.

Ramond enjoys seeing the players' skills improve as they become better and more confident volleyball players. He also likes sharing his love for the game and passing on the lessons that he has learned over time.

Christian enters his first year of coaching with Xceleration. Christian was a four-year letterman at De Anza HS. He was a setter and later transitioned to the outside position for the Dons during his prep career where he earned TCAL 1st Team All-League. Christian is actively a participant in local tournaments around the Bay Area and has won multiple local tournaments and awards, including NAGVA All-Star medals. Christian coached three seasons as an assistant at Bay Area VBC. Christian enjoys coaching because he gets an opportunity to be a part of the journey of team development.

Morgan is in her 2nd year of coaching at Xceleration. Morgan's first season was spent as an assistant to 16 Blue. She was a four-year varsity letterman at Las Lomas HS in Walnut Creek where she earned 1st Team All-League honors in her senior year.



18WHITE Roster

Nicole Chamorro
Ali Collins
Olivia Colozza
Rhyanna Floor (Clewes)
Kylie Greenberg
Mackensie Hastings
Rebecca Jones
Rosa Jones
Hayley Miller
Peyton Newell
Nina Umali (Ramos)
Dalilah Wiseman

Morgan played club for Xceleration for three years before spending one season as the starting outside hitter for UC Davis. Morgan is currently working to earn an English degree to become a teacher. Morgan's goal is to bring her positive coaching style to ensure her teams can continue to have a strong love for the game. Morgan is still actively playing on local tournaments and has won multiple local volleyball tournaments, including grass and SF AIM tournaments. Morgan enjoys coaching future athletes.



Ramond Carreon



Morgan Borch



Christian Carreon

Former Olympic Medalist, Pro and College Coach Ruth Lawanson Joins Xceleration



Ruth Lawanson

Xceleration is privileged to have **Ruth Lawanson** on the staff this season. In her role with Xceleration, Ruth will serve as the Club Coaching Technical Advisor, as well as a lessons and clinics coach during the season. Her duties will include, among others:

- Meeting with club management on skill technique and implementation procedures;
- Assisting with the design and implementation of club wide practice plans;
- Assisting with the running a series of "Coaches training clinics" for all Xceleration coaches prior to the start of the season;
- Attending practices for ALL teams at least twice a month for the entire season to assure practice plans and techniques are being followed;
- Communicating with the coaches after tournaments and league play to discuss results and issues, along with changes that may be needed to address any concerns;

- Serving as the primary club lessons coach; and
- Assisting with club clinics and open gyms.

Ruth Lawanson has been involved with volleyball for over 35 years as a player, coach and clinician. She has coached at University of Nevada, US Air Force Academy, Fresno State, Angelo State and Purdue University.

In her career, she has helped coached 25 all-conference players, one all-region selection and an American Volleyball Coaches Association honorable-mention All-American. She has also helped mentor 90 academic all-conference student-athletes.

A setter and hitter during her career she was a member of the 1992 U.S. Olympic team that won the bronze medal in Barcelona. She spent four seasons with the U.S. National Team, playing on the 1991 World Cup squad that earned a bronze medal in Japan and the 1990 World Championships team that won a bronze medal in China. She was also honored with the national team's 1991 Judy Bellomo Players Award and won a gold medal with the 1992 U.S. Olympic Festival West Region team.

Prior to her time on the national squad, Lawanson played with the Dallas Belles and the Minnesota Monarchs of the Major Volleyball League from 1987-89. She was the league MVP in 1988 and earned USVBA All-America honors with the national champion Chrysler Californians club team in 1989. She resumed her professional career in 1992, playing three years in Italy and France.

At the collegiate level, Lawanson was one of the greatest players in Fresno State history, becoming the first Bulldog ever to earn NCAA Division I All-America honors as a senior in 1984. She was a three-time team MVP for the Bulldogs (1982-84) and her names still appears in several categories in the Fresno State record book.

As a senior in 1984, Lawanson guided the Bulldogs to a 26-13 record and a fifth-place finish at the NCAA Tournament. For her efforts she was named NorPac co-Player of the Year, first-team All-NorPac and earned All-Northwest Region honors.

At the conclusion of her stellar Fresno State playing career, Lawanson became the first female athlete in the history of Fresno State to have her jersey retired. She was also the first athlete in a sport other than football and only the fourth athlete overall to receive that honor from Fresno State. Her other Fresno State accolades include the 1984 Rosa Parks award and designation as the 1984-85 Female Athlete of the Year.

A member of the Fresno Athletic Hall of Fame, Clovis Unified Hall of Fame and the Clovis West High School (CA) Wall of Fame, Lawanson was also named one of Fresno State's Top 25 Greatest Athletes and one of the Central Valley's Top 25 Greatest Athletes of the 20th Century.

She has served as a member of the Board of Directors of the American Volleyball Coaches Association and continues to pass on her expertise at a number of volleyball camps and clinics around the country.

Executive, Lessons Coach & Support Staff

Director Emeritus: Jim Ross

Jim enters his 9th year with the Club and his 3rd as a Club Partner, along with 18Blue coaches **Andy Schroeder** and **Jeremy Swann**. He began his involvement with Xceleration as a volleyball parent during his daughters' participation in club volleyball. His initial role was the establishment of the club's College Development Program that helps athletes navigate through the often-daunting world of college athletic recruiting. That program currently has over 400 coaches and programs in its database and is nationally recognized for its role. He picked up the additional role of Xceleration's Club Director in 2009 to handle the day-to-day operations of the club that included planning, administration, and managing the teams and coaching staff. During that time Xceleration doubled in size from 6 to 12 teams. He handed off that role to **Shannon Kussman** in 2015 and current director **Leslie Ray** in 2017.

Club Director: Leslie Ray

See Leslie's bio on page 22.

Co-College Development Director/ Practice Coach: Paul Harrison

See Paul's bio on page 23.

Lessons/Practice Coach: Kyle Masterson

Xceleration welcomes **Kyle Masterson** to the staff as Lessons and Practice Coach. Currently the Assistant Coach for the women's volleyball team at St. Mary's College, Masterson will serve as a floating team coach for Xceleration, where he will assist with multiple teams and provide lessons and clinics

throughout the season. He will also do position-specific work with players, as needed.

"Adding Kyle to Xcel's staff solidifies our coaching roster for the upcoming season," Club co-Owner Jim Ross said. "The club has a tremendous opportunity to learn from Kyle's coaching and administrative experience, both at the club and professional levels."

Prior to joining Xceleration and the St. Mary's coaching staffs, Masterson was Club Director and 18s Boys and 16s Girls Head Coach at Adversity VBC in Chicago – both teams qualified for OPEN for Junior Nationals. He played club at Adversity until 2003 when he graduated from Barrington High School in the northwest suburb of Chicago, where he ended his senior season with over 500 kills. He was named to Volleyball Magazine's "Fab 50 List" in 2003 and received a scholarship to play for Penn State University where he helped the Nittany Lions win the NCAA championship in 2008.

Professionally, Masterson played five years in Sweden, Belgium, Denmark, Israel, and Finland. He was the #1 middle blocker in points in Sweden, Denmark, and Israel. His team in Denmark, BM Marienlyst, won the Danish Cup and Danish League Championship. His team in Finland, Raisio Loimu, played in the CEV and Challenge Cup. Kyle has four medals in USA/PVL National Championship, three silvers and one gold. Masterson also has a silver medal in the USA Men's Open Division. He has the distinct honor of scoring the first point in the PVL league.



Jim Ross



Kyle Masterson



Media & Photography: Tomas Pineda

Tomas came to Xceleration in the 2010 season when his daughter, Dana, began her club volleyball career. During the six seasons that Dana competed for Xceleration, Tomas shared his photography with the club, visiting court-side with teams during tournaments when possible. After Dana graduated in 2015, Tomas stayed on to continue taking photographs for Xceleration. You will see him at tournaments capturing court action while cheering for our teams, documenting other club events, and collaborating with Xcel's Media & Communications Director to produce visual and print media for the club. His digital images of teams and athletes are made available to Xceleration families free of charge.

Travel Coordinator: Normie Pineda

Normie makes team travel arrangements for Xceleration and the wife of Tomas Pineda. She has been part of the Xceleration family since 2010 when their daughter Dana started her club volleyball career.

You will often see Normie cheering for our teams at tournaments and will be keeping our teams organized with respect to tournament travel.

Media & Communications: John David

John has been affiliated with Xceleration since 2011 when his daughter Sam joined the club, playing under the coaching tutelage of Jon Segall, Natasha Gayle, Dave Masdeo, Mariah Christensen, Lucas Abbott, and Kayla Coleman, among others, and ever since the media team was created in 2013, he has become the club's historian, archiving and reporting on highlights and accomplishments of its current and former athletes.

John also provides the club's various communications needs, including content development for and management of its website, presence in social media circles, creation of marketing and digital materials, such as Player Profiles and team information sheets, and publication of the club's newsletter, *Xcellent News*, which currently is in its fifth season.



The PAPA-razzo



pa·pa·raz·zo *noun*

pä-pä-'rät-(,)sō\:

a photographer who follows famous people in order to take their pictures; one who aggressively pursues celebrities for the purpose of taking candid photographs.

Many of you have already met **Tomas Pineda**. He will be roaming the courts throughout the season to take action and team photos for Xceleration's use on its website, newsletters, Instagram, and Facebook page. His photos will also serve as our memories of the 2018 season. Xceleration will assume that it has your permission to use his photos for the purposes noted above. If you do not wish to release any photos of your child, please send [Tomas](#) an email, with your child's name, team, and jersey number to opt-out.

In addition, if you would like to share your team photos or have any scheduled events, please let us know as well, or post them on our Facebook group page.



Tomas Pineda

Normie Pineda

John David

What Coaches Really Teach

By Elizabeth Bernstein, Wall Street Journal, August 1, 2016

There is a special man who's changed my life recently, and he says these things to me:

"You rock!"

"Great job in difficult circumstances."

"You should be really proud of yourself."

He's my scuba instructor.

A great sports instructor or coach builds us up, but also teaches us important lessons of emotional management, such as confidence, perseverance, resilience and how to conquer fear and anxiety. Many times, these lessons have a permanent impact on our mind-set and attitude well beyond the playing field.

These teachings are often long-lasting, sports psychologists say, because sports are a microcosm of the larger world — with goals, competition, a game plan, results and feedback. Most people participate in a sport voluntarily, so they are open to



learning. There is emotional intimacy and trust in a good coach-student relationship. And, perhaps most important, the lessons are simple and immediately reinforced.

"If you have a golf club in your hand, your coach tells you to twist a little to your left to adjust your swing, you do that and it works, that is a very powerful lesson," says Jack J. Lesyk, director of the Ohio Center for Sport Psychology, in Cleveland, and a performance psychologist for the Cleveland Cavaliers.

My high school horseback riding coach, a former U.S. Army cavalry veteran we called "Sarge," who served in both WWII and the Korean War, repeatedly told me: "Look down and you are going to land on the ground. Look where you want to go." That lesson, central to a number of sports, including golf, skiing and surfing, became a life



What Coaches Really Teach (continued)



motto for me, reminding me to always look forward to my goals, to always look up with confidence.

What major lessons have others learned from sports? I asked around and here is what I heard:

Remember your seat.

Amy Starin, 53, took up competitive rowing with the Chicago Rowing Foundation after going through treatment for breast cancer. She learned from her coach to focus on her role within the larger team she supports. Her coach stresses teamwork and individual contribution, she says, and repeatedly tells the rowers: “Every seat has a job that no one else in the boat can fill. Remember your seat.”

Ms. Starin says this advice has helped her understand that her role on any team, whether in a rowing shell, a work meeting or her family, is to do her part as well as possible and focus on her performance and development, not the strengths and weaknesses of others. “The assumption is that if the boat is not doing well there has to be

something I can do better in my seat to contribute to the outcome,” she says.

Fence to fence, not to win.

Jenny Dorsey was a competitive fencer as a teenager, competing in the national circuit, the North American Cups and the Junior Olympics. After she lost an important match 15-14, angrily tore off her gear and was crying on the sideline, her coach, whom she considered “a father figure,” asked: “Were you fencing to fence or were you fencing to win? Because if you’re fencing to win you never will.”

Jenny Dorsey was a fencer and competed in the Junior Olympics as a teen. She learned to focus less on winning and more on personal achievement from her coach.

Ms. Dorsey says she learned that day that passion, growth and accomplishment are the real spoils of victory – and it is impossible to get anywhere without them. “In fencing and in life, if you only drive toward an end result without loving and acknowledging the journey you



What Coaches Really Teach (continued)

will never win,” she says. “Even if you do, that win is only an empty shell because you’ve traded in substance for a trophy.”

Fatigue will not be a factor.

Brandt Johnson played basketball at Williams College in Williamstown, Mass., and later as a member of the Harlem Globetrotters opposition team and professionally in Europe. At Williams, he says, his coach made the players practice sprints over and over, sometimes nonstop for hours, calling out: “Fatigue will not be a factor in our performance.”

“He wanted us to have our bodies and minds conditioned so we were less likely to get tired,” says Mr. Johnson, 50, who co-owns a communication-skills training firm in New York with his wife. “While we may have limitations as an athlete or a person doing what we do, if we’re prepared, these things won’t stop us.”

Mr. Johnson says he used this advice as a young investment banker preparing analysis for his bosses,

when he decided to return to basketball after working in finance, and now when preparing to meet with clients of his business. Recently, while traveling to Florida to meet with 20 corporate executives for a three-hour training seminar he memorized all their names and bios on the plane. “The commitment to doing what has to be done for the task at hand has stayed with me,” he says.

Be proud.

When Mike Seyfer opened the Gazette in Cedar Rapids recently, he was saddened to see the obit of his former high school basketball coach. That got him thinking about a frigid night in February 1964, when he was a sophomore and his team lost an away game in Moline, Ill., after being 15-1 for the year. After the players dejectedly piled onto the bus for the 75-mile ride back home, the coach climbed on, closed the door and shouted: “Get your heads up fellas! You all played a great game and competed to the final buzzer and I could not be more proud of you.”



What Coaches Really Teach (continued)



Mike Seyfer says he learned to follow through and complete tasks 100% from his high school basketball coach after a tough game in 1964. The retired investment adviser now coaches young baseball players.

His coach's advice to compete "100% and when the game, task, meeting or project is completed, be proud you gave it your best effort, win, lose or draw" has always stayed with him, he says.

"It's important going forward for your confidence and to be successful," Mr. Seyfer says. "If you always look in the rearview mirror, it will be detrimental for your performance in the future."

I've been scuba diving for three years, taking a number of advanced certification classes. When I was first learning to dive, I had a panic attack on the surface. I jumped off the boat into a big wave and, once underwater, thought the boat was going to slam down on me. Within seconds, I had only two thoughts in my head: "I'm going to drown" and "I'm an idiot."

Luckily, my instructor, James Paddon – always unruffled and positive – was

with me. He calmed me down by looking directly in my eyes and repeatedly telling me that I was OK. We finished the dive, and later discussed what happened and how to prevent a repeat. In midair, I had heard someone on the boat comment that the waves were "really, really big." At that moment, I started to tell myself very bad things.

Here's the lesson I learned from James that day, which I've since used in many other areas in my life, including when I'm on deadline or giving a speech to an intimidating crowd: You need to arrest a negative thought immediately, in midair. Remind yourself that you are competent and know what you're doing. Slow your breath.



Helping our Communities

Let us know if your team has plans to serve the surrounding communities through volunteerism.



Coach Stephany Vanhorn (right) lends her artistic skills building a house for Habitat for Humanity



John David (center) and his colleagues take a break from yard work at the San Francisco Botanical Garden.

2018 Commits To Date

During the season last year and the early signing period that began in early November, five Xceleration athletes have officially committed to continue playing volleyball at the collegiate level. We congratulate and wish them the absolute best as student-athletes, and we look forward to watching their future teams play in the Fall of 2018. More intent-to-play announcements will be coming soon!



Congratulations

Since the club's inception, Xceleration has helped its players fulfill their dreams of continuing to play volleyball in college, and the club currently has 42 former players on active college rosters. We are proud of all our players and our track record of success in sending over 110 Xceleration alumni to play college volleyball.

If you would like to learn more about our College Development Program, read about the key highlights of the college development workshop that was held in early December on the next page.



Breyan Ashley/Dublin HS
St. Mary's College

Late Breaking News: 18Blue newcomers **Cam Blakely** and **Cierra Pope**, prep standouts at Campolindo and Heritage high schools, have committed to San Jose State University and the University of Mary Hardin-Baylor, respectively. Photos coming soon.



Ali Collins/Northgate HS
Chico State University



Jenna Hahn/California HS
Salisbury University



Ingrid Lam/California HS
University of Chicago



Miranda Marshall/Vanden HS
Dixie State University

Do's Don'ts OF COLLEGE RECRUITING

College Development (CD) Program Directors Jim Ross and Paul Harrison hosted the first workshop for players and families interested in hearing about the club's CD Program and the recruiting process. Here are highlights.

Make a list of 15-20 preferred schools... Complete the student-athlete questionnaire and player profile... Do your research on NCAA and NAIA schools... Get on the coaches' list... Keep the communications going... These are just some of the key messages that Xceleration's college development directors – **Jim Ross** and **Paul Harrison** – imparted at the College Development Workshop held in early December.

If you are one of the lucky volleyball players who can touch 10'2", or a setter with incredible hands and size, then the hardest thing you will have in the recruiting process is narrowing down your choices of where to play. Coaches will be talking to your club and high school coaches without any coaxing from you or anyone else. If you are one of those players, you are a select few.

For the remaining 95 percent of girls playing volleyball who wish to try playing in college, getting college coaches to take a look at you takes one of two things: **LUCK** – you happen to be playing and a coach just happens to be walking by, or **EFFORT**. Effort on your part, your parent's part and anyone else who can, or is willing to, help you.

The College Development directors at Xceleration are here to help you, your parents, and your coaches with these efforts. They will give you direction on what you need to do to help yourself get noticed by the schools you want to get noticed by. They will follow through with you and these schools to give you the best chance for this to happen. They will give

you examples of how to do this, meet with you on how to do this, and follow up to see if it is being done.

To young female volleyball players thinking about playing in college, the most important thing (after your physical dedication to the game itself) is the process of giving yourself **OPTIONS**. If you are not sure about playing in college, you owe it to yourself to at least go through the process to give yourself the option of making an informed decision when you get to that point. Don't ever assume that you can't play, but rather understand that with hard work and by following our process, the right "fit" might just materialize for you.



Don't ever assume that you can't play in college, but rather understand that with hard work and by following our process, the right "fit" might just materialize for you.

The cameras are always on and coaches are always watching.

Everything begins with attitude, even during warm-ups.

Do your research and get on the coaches' list.

*Bottom photo: Redshirt graduate student **Jessica Vestal** (Class of 2012) concluded her collegiate volleyball career at Belmont University. She was the debut winner of the Belmont GRIT Award that recognizes strength of character and commitment among Belmont's student-athletes.*



Photo courtesy of Belmont University.

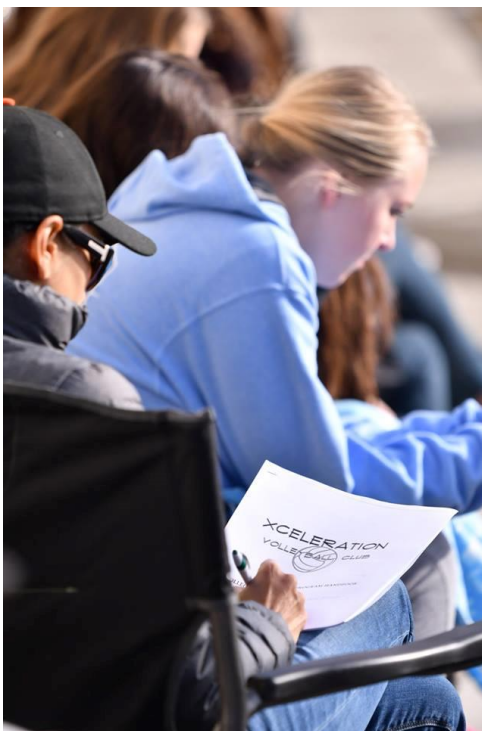
Do's Don'ts OF COLLEGE RECRUITING

(Continued from the previous page)

Our college development team is not here to assure that every girl plays in college. They will be honest with you and your parents about your abilities now, your ability going forward, and what the outlook might be for you. There are more opportunities out there for girls to play college volleyball than you know, if you are willing to explore them.

At the workshop, other useful information included a list of recommended websites to aid in the process, a timeline of activities to follow from your freshman to your senior year in high school, a summary of recruiting rules (do's and don'ts), a checklist of "to do" items, sample college letters, and tips on filming, just to name a few.

If you missed the workshop, send an email to Jim Ross to get a copy of the CD Program handout, or if you have any questions about the program. Xceleration looks forward to working with you in taking your game to the next level.



The minute you walk into the gym – you're on the clock, you're on your game!

Always assume that someone's watching you. It can be at anytime; you're being watched.

Check and control your social media pages. Coaches will look at them!



Left photo: By way of Cabrillo College and now at San Francisco State is **Eden Fukushima** (Class of 2015).

Top photo: **Molly Dalziel** (Class of 2015) dazzles from the outside for the UC San Diego Tritons.





Contact Information:

Jim Ross:

jrosses@aol.com

Paul Harrison:

pk2hot2handle@sbcglobal.net

When it comes to college recruitment, it's hard to find a club with more commitment to the process and more in-depth knowledge and experience with college programs around the country. Jim Ross and Paul Harrison worked endless hours at tournaments bringing the right coaches to the court for scouting opportunities. They know the skills of their players, the college team's needs and made thoughtful, personal connections that proved to be excellent options for consideration.

Stephanie & Rob Doud



Key Points and Action Items

- Complete Xceleration's Prospective Student/Athlete Questionnaire (15s – 18s only) as soon as possible. Click [here](#).
- Complete Xceleration's Player Profile Form (15s – 18s only) by February 10. Click [here](#).
- Set up a "one-on-one" meeting with Jim or Paul.
- Complete "Prospective Student Athletes" questionnaires that are available on school athletic websites.
- Complete player registrations – "NCAA Clearinghouse" and "University Athlete."
- Write brief introductory email to potential coaches – write a "grabber" to get their attention.
- Do your research on universities and colleges, and their volleyball program.
- Create 2-3 minute video of game highlights and post on YouTube, Vimeo, etc.
- Be proactive and write follow-up/thank you emails after coaches come to see you play at tournaments.
- Keep Jim and Paul updated, and correspond with both to ensure that you are making progress.



Recruiting Questions College Coaches Ask

By Jessie Cooper, About Sports.com

For most junior volleyball players, earning an athletic collegiate scholarship is the ultimate prize. There are typically only 12 scholarships available for a squad of 15 to 18 players, so the competition is fierce when it comes to securing a spot on a squad. You must also remember that since the 12 scholarships are spread out over 4 to 5 years (in the case of a red-shirt player) there are usually no more than 3 to 4 scholarships available per school per year.

The best way to make yourself stand out from the crowd is always a tough question for any aspiring collegiate volleyball player. Yet what if the questions were flipped and were to put yourself in a coach's shoes? What are they thinking, what are they looking for? What are the subtle traits or qualities that make a difference in their eyes?

Jennifer Dorr, assistant coach at University of California – Berkeley and former standout setter at the University of Hawaii, weighed in on what she looks for in potential student-athletes. Some of the key questions she asks herself include (in no particular order):

1. DO THEY MAKE THEIR TEAMMATES BETTER?

There are a lot of good players out there, there are fewer excellent ones, and even more rare is the player that can maintain a high level of play while also elevating the game of their teammates. Coaches are not only looking at players who make the key play, but also ones that can keep the energy positive on the court. Understanding how to inspire everyone to play better is a trait that's hard to teach, but incredibly valuable to a coach during matches.

2. DO THEY RAISE THE LEVEL OF THEIR PLAY WHEN THE MATCHES GET TOUGHER?

Volleyball can at times be an emotional roller coaster.... the highs make you feel like you're on top of the world, but the lows can suck the wind out of the whole team. Players who can remain focused throughout those momentum changes are really the ones who become a difference maker on the court. For example, when matches are close or when it is play-off time, what players perform at a high level? Who remains aggressive? Are they encouraging teammates or pouting because they flubbed a play?

3. WHAT IS ELITE ABOUT THEM?

Is it their athleticism? Or maybe it's height? What unique skill set will they bring to the team? Are they a natural leader? Do they lead by example? What type of teammate will they be? Being an "elite athlete" is more than just about a win-loss record or stellar stats of kills, blocks or digs. It's about contributing a specific blend of qualities to a collegiate team, which will complement the existing team chemistry.



Top photo: Setting for the San Jose State Spartans is **Kaitlyn Zdroik** (Class of 2016).



4. DO THEY MEET MY RECRUITING NEEDS?

Recruiting is a fairly cyclical process. Given the graduating class, does this player meet a need I have for a specific position, style of play, or role? Also how are they going to make my current team better? As volleyball is a team sport, coaches need to weigh how every addition they make to the roster will impact the larger dynamics of the current team.

5. ARE THEY INTERESTED IN MY SCHOOL?

Or said another way, can I get them interested in my school? Sometimes there's mutual interest from both the player and coach; however, that's not

always the case. Both sides are weighing their options and a variety of factors can come into play during the decision making process. Is my school academically the right fit? Will this player be able to succeed athletically? Has this player shown the propensity to work hard and train in the off-season? Is the location appealing to the athlete? Will a red-shirt year be necessary? All these factors come into play when making sure there's mutual fit between a player and collegiate program.

Also keep in mind that coaches can't see every match because they have their eyes on a number of players. Maybe they'll only have the chance to watch how you warm-up or it how you take advice during timeouts? So make sure you're always on your A-game because coaches are looking for the total package.



Video in the Recruiting Process: Simple and Significant

By Patty Costlow, Recruiting Coordinator for Munciana Volleyball and a long time JVA member club located in Muncie, Indiana. Reprinted from JVA Blog, May 16, 2017

One of the KEY components in the recruiting process is getting a college coaches' attention. With all of the correspondence college coaches and recruiting coordinators receive on a weekly basis (at all levels) it is mind boggling to figure out how they sort through it all. There is an abundance of talented athletes out there and from a practical standpoint, one must surmise that college coaches need a speedy and effective way to evaluate them. Hence the 'highlight video' or the 'edited match' video. What better way to find out if the athlete that is reaching out to program has what it takes or has the potential to be an athletic fit?

As many different styles of videos that I have seen over the years, from professionally narrated to the dozens that incorporate trendy music and affects, as well as over staged skills videos, I must say that **the most effective videos I have seen are Simple and Significant. Simple in that they showcase the athletes' ability by position and Significant in that they show the range of the players athletic abilities and skill level through highlights and edited match footage.**

Video content, length, reps etc... and what is important to include in terms of technique and range of the athlete are discussions I have on a daily basis and the most asked question by parents at recruiting seminars. Everyone wants to know what the college coaches want...so let's hear from a few.

The question I posed to all of the coaches was the same, *"How important is a highlight video to you at the level you recruit at and could you share the top 3-5 things you look for in a recruiting video?"*

Below are responses that vary by Division/Major and is representative of all of the responses I received.

WHY A HIGHLIGHT VIDEO?

1. A highlight video included in the FIRST email with a DIRECT link is the best thing you can do to get yourself an immediate evaluation with time-strapped coaches. We prefer to see the athleticism and skill on film before we commit resources of time and effort to come see someone live. It also helps the athlete narrow their list and focus on the appropriate level of play for themselves sooner. It may be months before we see you live if we are just checking courts of people who wrote letters, but provided no context (video!). (Submitted by DI – High Major program)

2. If I do get a highlight video (since this is their best of the best) I like to watch how technically sound their game is like, how fast their arm is (since this is their best kills most likely), how technically sound their skills are and also body language. (Submitted by DI low-major program).

Top right photos: UC San Diego's Molly Dalziel (Class of 2015) and family with Normie Pineda.



Video in the Recruiting Process: Simple and Significant (continued)

3. Highlight videos are exactly that. It allows my staff and me to evaluate the highest level that the kid is playing at, currently. We use highlights to generate lists of who we need to evaluate in person or request more film. Raw film clips allow us to evaluate the kid in a more realistic evaluation. (Submitted by DII program)

4. Highlight videos are absolutely essential at the DIII level. Sometimes our budgets do not allow us to travel far and/or often. Therefore, any amount of communication and “seeing an athlete play” via internet/phone/youtube/email only helps the perspective student-athlete’s case.

A 3-5 minute highlight video is imperative. It is the best way to make a quick, first impression and convince me to follow up with you. If the first few clips of a highlight video are impressive, I will gladly send an email and begin requesting more film and the athlete’s playing schedule in hopes that I will be able to see them in person. If any recruit is looking at a college far from home, film/highlights are essential to continued recruitment. Show me what you got and make me want to know you better! (Submitted by DIII programs).

5. Highlight videos are somewhat important for us at our level. We use them mainly just to gauge the talent of the athlete, but we also recognize that they are a highlight video and the recruit is going to pick their best performances. We use the highlight video to determine whether or not we are interested in that recruit. If we are, then we will want to watch them

play in person or ask for an unedited game film if we are not able to watch them play. We look for a few things in the video- technique, athleticism, do they see the block (if they are hitter), defensive movement and team interaction is key for us. We would absolutely prefer a highlight video over a skills video. (Submitted by NAIA program)

6. Highlights from matches – NOT practice drills. While practice videos give college coaches a glimpse into your work ethic...highlights from controlled drills do not give them a good sense of your overall athletic ability, decision making and reactions to errors that can only be seen in match film.

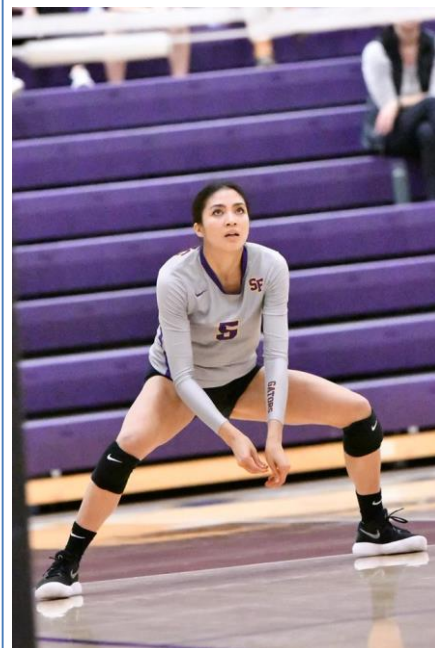
WHAT WOULD YOU LIKE TO SEE IN A HIGHLIGHT VIDEO?

1) A short highlight video – average is 3-5 minutes.

2) Show a few seconds before and after - I want to see your body language, communication with teammates and reactions to plays, points earned and lost.

3) Clips of you doing your positional skills well.

- Middles: hit, block, handle a free-ball pass, serve.
- Outsides: hit, block, PASS, serve & dig.
- Setters: setting in system and out of system (all sets, including entry footwork), dig, serve, block.
- DS/Ls: PASS, PASS, dig, serve & set.



Top photos: **Eden Fukushima**
(Class of 2015) at San Francisco State University.

Video in the Recruiting Process: Simple and Significant (continued)

WHAT DO COLLEGE COACHES WANT TO SEE BY POSITION?

Attackers

- Arm Speed & Athleticism
 - How smooth do they move?
 - How fast do they move from an explosiveness standpoint?
 - How high do they reach while blocking and attacking?
- Defensive and S/R Range
- Attacking Range (shots/location/etc.)
- Foot speed
- Pass to Attack

Passers

- Vision
- Defensive and S/R Range
- Platform
- Serving ability
- More Serve Receive

Setters

- Hand mechanics
- Foot speed
- Serving ability
- Defensive Range and mechanics
- Verbal cues

UNEDITED MATCH FILM

Numerous coaches responded with the preference of 'unedited film' or will request it if the highlight video sparks their interest. Here are some responses that were reflective of the general consensus in regards to unedited match film.

1) What I look for: it doesn't have to be a highlight reel. The recruit does not need to cut up the film and edit out certain plays, etc. A few highlights along with any amount of rotational play will suffice. I look for overall athletic ability: can the recruit move quickly to the ball defensively and offensively; can the recruit jump; what does the recruits' arm swing and shot selection look like; decision making for setters.

2) Highlight videos are good to see, but I also prefer unedited game film. It is great to see a potential athlete at their best, but I also like to see how they respond to mistakes/errors/etc.

3) Raw film clips allow us to evaluate the kid in a more realistic evaluation.

4) I definitely want a video but I would also prefer match footage. For example, if you were an OH. I would rather see you pass to transition, hit shots against a block and/or defense, and block or dig a transition back. This would be more preferred than just hitting on the outside on an open net with no block and/or defense. I also feel transition needs to be seen. So, I would like multiple things happening in a match footage. For example, dig, transition to hit, block, transition to hit or dig back to block, etc. Also, I want to see everything they are good at. So, if they play backrow show that with serving, only front row then highlight multiple hitting opportunities.

5. A complete set, edited only for timeouts.



*Left photo: Wearing her Lancers shirt, **Halle Webster** (Class of 2016) and her family celebrated post-match as Cal Baptist University defeated Holy Names to continue its unbeaten streak.*



Video in the Recruiting Process: Simple and Significant (continued)

COLLEGE COACHES' INPUT ON THE DONT'S OF VIDEO

- DON'T send an intro email with a "please let me know if you'd like to see a video" is useless. If you have the video, send it. If you don't, get one before contacting us. A smartphone or YouTube video is the easiest thing for coaches to access.
- DON'T include special effects, slo-mo or giant arrows / circles, just show us who you are once, we can figure it out.
- DON'T send video that require sign-ins. There are many platforms that house athlete's information and film that DO NOT require authorized sign-ins. Make it easy for coaches to view your video.
- DON'T send full game footage where they are touching the ball infrequently, there is a good chance the coach will not reply.

We learn from asking but most importantly, LISTENING. College coaches are the individuals whose attention you want to garner with the initial goal of getting them to be interested in your athletic ability and getting them to your court. They are the ones who watch endless of hours of video each day...potentially numbering into the thousands on an annual basis. LISTENING to their feedback is crucial and taking action to formulate your video and communication based upon what they have to say is bound to bring results.

In closing, if you are involved in the recruiting process at any level, you know that the utilization of video currently is a KEY component. With

the technology at hand in regards to cell phones, countless editing resources and emerging video production companies that can film and produce high quality highlight and match films, providing college coaches with a video that represents who you are on the court along with your email is essential in kick-starting their interest.

Summing up the feedback, it is safe to say that a well thought out highlight video is:

- KEY at all levels.
- IMPERATIVE to include with your FIRST correspondence to coaches.
- ESSENTIAL to 'getting you noticed' and getting coaches to your court.

My take on the 'highlight' video is that it is 'PART' of the process and an effective tool to get you noticed. But, who you are as a prospective student-athlete (work ethic, academics, drive, teammate, athletic ability, competitiveness etc.) seals the deal!



*Top to bottom: Former 18Blue teammates from the Class of 2015 are Portland State's **Haley Glass** and Santa Clara University's **Hailey Lindberg**.*

*Left: Class of 2016 alums **Emma Johnson** (Loyola Marymount), **Samantha McGrath** (San Diego State) and **Emma Doud** (LMU Beach).*

5

Tips to Balance School and Volleyball this Season

By Liz Noelcke, Reprinted from SparkPeople, Inc.

It's that time of year again! Season has started and school is about to start kicking into high gear. It's an exciting part of the year, if not the most exciting, but with all the excitement also comes the stress of balancing everything that needs to get done in 24 hours. From practice to games, classes to homework, we all could use a few helpful tips to stay on top of school and volleyball this season! Christa Dietzen, Women's National Team Middle Blocker, sat down with us and shed some light into her top five ways of staying on top of things. Christa graduated from Penn State with a degree in Elementary Education after student teaching abroad at Yapton Elementary School in southern England her senior year.

1. MAKE TIME FOR SLEEP.

Sleeping recharges your body and mind, and it is essential for keeping up with the busy athlete schedule.



2. STAY IN THE MOMENT.

Focus is very important because you want to be able to perform your best on the task at hand. When in the moment, you can't let your mind wander about things that you still need to do, or things you should have been studying for the test you're currently taking. Being able to time manage and keep on task will well help you stay focused on the right things at the right times.

3. TAKE A BREAK.

Sometimes the outdoors and a good book are calling your name. When you've finally finished a big project or just got done with a long tournament, your body and mind need a break. Whether you like reading the latest best seller, catching up on Netflix or sitting on the couch and not moving for 12 hours, do something to let yourself recover.



4. DON'T SETTLE FOR JUST BEING GOOD.

"Whatever level you're at in volleyball or school, one thing is always certain: the next level is going to be more challenging. When you understand that, you also understand you're not really competing against other people as much as you are competing with yourself."

5. USE ALERTS.

When you have 14 things going on in one day, it is easy to forget at exactly what times you need to be where or that you have something to do at all. With alerts, you can set them an hour before the task, that way you have time to get ready and don't miss an obligation.



This article was first published in SPIKE. SPIKE is available at iTunes App Store, but first you need to download the VolleyballUSA digital app – it's free – then you can get SPIKE.



5 TIPS TO BALANCE VOLLEYBALL AND SCHOOL

1. Make time for sleep

"Shirking on sleep can negatively impact your play and your studies. Even though we all think we can run on three hours of sleep after pulling an all-nighter, that's simply not the case."

2. Stay in the moment

"Once the volleyball game begins, your full attention should be on what's happening in the practice or match, not about your five-page paper you have due the next day."

3. Take a break

"It's easy to get stressed with everything you have going on, but volleyball is meant to be fun, not stressful."

4. Don't settle for just being good

"Whatever level you're at in volleyball or school, one thing is always certain: the next level is going to be more challenging. When you understand that, you also understand you're not really competing against other people as much as you are competing with yourself."

5. Use alerts

"Set alerts on your phone for every meeting, practice, class, weights, traveling and matches. It will help you make sure you're on the right task and don't forget about anything."



Nutrition & Fitness: Fueling for Success

by Jill Daniels, MS, RD, CSSD

your body to digest, make sure to allow time for that. Depending on your schedule, you may choose to eat four hours before practice, one hour before, or somewhere in between.

The closer you get to your practice time, the less food you want to eat. This way, food isn't sitting in your stomach weighing you down as you're training.

Every athlete's body is unique, and each athlete has individual goals and challenges. Customize these suggestions and portion sizes so that you're not hungry during practice, but you're also not too full with food jostling around in your stomach while training.

On competition day, stick with the foods, portions, and meal timing that you're familiar with. Once you've found something that works for you on training days, implement that for day you compete. Avoid trying new foods on these days since you don't know how your body will react. You don't want to risk being sidelined for stomach distress.

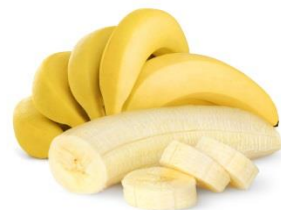
Eat well, play hard, and have fun!

Jill Daniels, MS, RD, CSSD is a Registered Dietician in the Bay Area who specializes in sports nutrition and weight management. She works with people of all ages. Visit the web at JillDanielsRD.com

Reprinted from *SportsStars Magazine*, August 2015.



**Nutrition habits before
practice just as vital as
before a game**

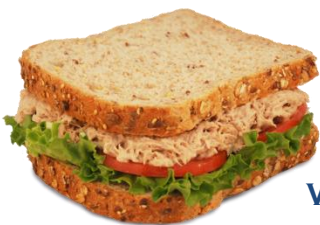


Eating well before practice is just as important as eating well before competition. If you are well fueled, you'll be better able to train hard, which mean that you'll have an edge over the competition. Many athletes show up to practice without appropriate fuel on board, which results in muscle fatigue, inability to focus, lack of energy and difficulty working at higher intensities.

Fueling properly before practice can provide these benefits:

- **INCREASED ENERGY**
- **IMPROVED MENTAL FOCUS**
- **GREATER ENDURANCE AND STRENGTH**
- **HUNGER PREVENTION**
- **IMPROVED MOOD AND ATTITUDE**
- **DECREASED RISK OF INJURY**

One key component is to eat carbohydrates before you train. Carbohydrates are your body's main energy source and preferred fuel, especially for working at higher intensities. Protein and fat are also important, but since they take longer for



WHEN TO EAT WHAT

Hours Before Activity	Calories	Examples
1	100-200	Banana or smoothie
2	200-400	Yogurt & graham crackers
3	400-600	Tuna sandwich & pretzels
4	600-800	Chicken with pasta & veggies





Road Trip

**HERE WE GO...
LAS, SLC, DEN,
LGB!**



SCVA
SOUTHERN CALIFORNIA
VOLLEYBALL ASSOCIATION

LAS VEGAS CLASSIC

February 16-19

18White and 16White

**New York New York Hotel and Casino
3790 S Las Vegas Blvd, Las Vegas, NV**

Check-in: Friday, Feb 16 for 3 nights
Price: Friday, \$115 (plus 13.4% tax +\$35 resort fee), Saturday \$205 (13.4% tax +\$35 resort fee), Sunday \$115 (13.4% tax +\$35 resort fee)

Total 27 rooms reserved for 2 teams and coaches/staff. Room configuration is 2 Queen beds. If all players stay with a parent, we have 3 rooms remaining for coaches and staff. Link for individuals to make a room reservation coming soon.

**TRIPLE
CROWN
SPORTS**

TRIPLE CROWN NIT

February 16-19

15Blue, 16Blue, 17Blue and 18Blue

FLIGHT (DELTA AIRLINES)

Feb 16 #738 11:43AM OAK
2:24 PM SLC (non-stop)

Feb 19 #1132 10:00 PM SLC
11:00 PM OAK (non-stop)

Price: \$560.00 per person inclusive of taxes and fees

Total 71 seats reserved (after accounting for all players, coaches and staff, there are 3 seats per team for parents to book)

**Doubletree Suites by Hilton Salt Lake City Downtown
110 West 600 South
Salt Lake City, UT 84101**

Check-in: Friday, Feb 16 for 3 nights
Price: \$189 (plus 12.6% tax) per room per night.

We have reserved 55 rooms total for all 4 teams and coaches/staff. Room configuration is Deluxe King with sofabed sleeper. If we have every player stay with a parent, we have 7 rooms remaining for coaches and staff. Per the contract, we need to send the hotel a rooming list in by cut-off date of January 5, 2018.



**COLORADO CROSSROADS
March 9-12, 2018 (14s – 15s)**

FLIGHT (SOUTHWEST)

Mar 9 #1952 8:15AM OAK
1:05 PM DEN

Mar 12 #1592 8:55 PM DEN
10:30 PM OAK (non-stop)

Price: approx. \$271 per person
Total 80 seats reserved (after accounting for all players, coaches and staff, there are 5 seats per team for parents on this flight).

HOTEL

Each team will need to fill 15 rooms per night per the Platinum Loyalty Level for downtown hotels.
Check-in: Friday, Mar 9 for 3 nights.

Hyatt Regency Denver at Colorado CC
650 15th Street
Denver, CO 80202
\$171 per room/per night (14.8% tax)

**JVA WEST COAST CUP
March 9-12, 2018 (14s – 15s)**

Best Western Plus Convention Center

\$219 per room per night (15.3% tax)
29 double bed rooms
We need to verify parking as it is not in the contract. Complimentary breakfast.

Hilton Long Beach

\$189 per room/per night (15.4% tax)
29 double bed rooms
Complimentary self-park. Pay breakfast starting at 6:30am in the restaurant.

Hyatt Regency Long Beach

\$215 per room per night (15% tax rate)
20 double bed rooms
17 king bed rooms
Self-park at \$27 per car per day (in out privileges). Pay breakfast starting at 6:30 am in the restaurant

Reservation is made through a booking link for each hotel with an access code. Coming soon and will be provided to coaches and team liaisons.

Travel Questions?

If you have any questions, please feel free to contact [Normie Pineda](#).

alumni news

In the most recent collegiate volleyball season, our Xceleration athletes shined for their respective teams – reaching personal bests and career highs, setting school records, getting on All-Tournament teams, Player of the Week or MVPs. Below are just some of their accolades this season.

MALIA BOLKO SETS UC DAVIS RECORD

Returning to the Libero position, **Malia Bolko** (Class of 2015) recorded a personal best 31 digs for UC Davis in a victory against Fullerton State; her 31 digs represent the most by any Big West player in a four-set match this season. [Read more.](#)



2017 was a big year for Aggie junior **Malia Bolko**. She set the single season school record with 536 digs, is now fourth on the all-time list with 1,414, and is 417 shy of the Cal Aggie of 1,831 digs set in 2009. Bolko also earned three Big West Defensive Player of the Week awards this season and now has six in her career. She was named on the UC Davis Invitational all-tournament squad and a conference Honorable Mention.



Photo courtesy of New York University.



ROOKIE OF THE WEEK HONORS FOR JACKIE KUPELI

New York University's freshman libero **Jackeline Kupeli** (Class of 2017) helped lead the Violets to a pair of victories in three matches against New Jersey Athletic Conference teams. The freshman totaled double-digit digs in all three matches, averaging 3.33 digs per set in 12 sets played this week. The rookie's best match of the week came in a four-set victory over Rowan University when she recorded 19 digs and served up a pair of aces.

JESSICA VESTAL, FIRST-EVER GRIT AWARD WINNER

Jessica Vestal (Class of 2012) was honored by the Belmont University Student-Athlete Advisory Committee (SAAC) as the recipient of the first Belmont GRIT Award! She is the debut winner of the award that recognizes strength of character and commitment among Belmont's student-athletes. [Read more](#) about Jess and her TRUE GRIT:

Photo courtesy of Belmont University.



alumni news



THE EMBODIMENT OF PERSEVERANCE

Against the best in the nation #7 Kansas, #9 Creighton and #17 Purdue, graduate student **Jessica Vestal** (Class of 2012) had a breakthrough performance leading the Belmont Bruins at the Kansas Invitational... [Video](#).

MVP! MVP! MVP!

Kelley Wirth (Class of 2015) was named the Yale Invitational MVP after hitting .389 with a team-best 34 kills (3.40 per set average) and five blocks in three matches in the tournament. [Read more](#).

WIRTH NAMED ON PENN STATE CLASSIC ALL-TOURNAMENT TEAM

Yale won both matches on Saturday in University Park, PA – defeating Ohio and Wake Forest – without losing a set. **Kelley Wirth** was named to the Penn State Classic All-Tournament Team. [Read more](#).

WIRTH EARNS ALL-IVY TEAM HONORABLE MENTION

The Ivy League announced its post-season awards that included **Kelley Wirth** on the Honorable Mention list.



SEALS NAMED LANDMARK CONFERENCE PLAYER OF THE WEEK

Class of 2014 alum **Michelle Seals** was named Athlete of the Week by the Landmark Conference after leading her Washington, D.C., school – Catholic University of America – to three victories. Michelle had at least 30 assists in each of the matches, including 37 twice. In a sweep of Washington College, she recorded 32 assists and 10 digs. For the season, Michelle averages 9.83 assists per set. [Read more](#).

Seals Selected as Landmark Volleyball Athlete of the Week



Photo courtesy of Catholic University of America.



Photo courtesy of Yale University.

alumni news



PARKER JONES WINS SECOND IVY LEAGUE ROOKIE OF THE WEEK

With the help of the Quaker freshman, Penn went 2-1 defeating Robert Morris and Middle Tennessee State to close out the Robert Morris Invitational tournament.

Parker Jones hit a team-high 38 kills and accounted for 45.5 of her team's points. In the second match against Robert Morris, Jones hit 16 kills in what was a closely contested five-set win over the Colonials, coming up with kills in big time moments. She followed that up by hitting 13 kills against Middle Tennessee State with a hit percentage of .312. The freshman from Lafayette, California finished the Invitational with back-to-back double-doubles, making it five in her last six games. Known for her offensive skills, Jones also played strong defensively as she had 40 digs throughout the weekend. Read more [here](#) and [here](#).



PAIR OF XCELERATION ALUMS NAMED IVY LEAGUE PLAYER OF THE WEEK AND ROOKIE OF THE WEEK!

After leading their teams to winning marks in their season-opening tournaments, Yale junior **Kelley Wirth** (Class of 2015) and Penn freshman **Parker Jones** (Class of 2017) were selected as the Player and Rookie of the Week, respectively. Yale opened the 2017 campaign 3-0 to win the Yale Invitational, while Penn went 2-1 at the George Mason Invitational. [Read more.](#)



eastbaytimes.com

EAST BAY TIMES

Kelley Wirth, Yale volleyball: The former Campolindo star was named MVP at the Yale Invitational and the Ivy League's player of the week after she hit .389 with a team-high 34 kills and 36.5 points to lead Yale past Delaware (3-0), Rhode Island (3-1) and Clemson (3-0).

EAST BAY TIMES

Parker Jones, University of Pennsylvania volleyball: For the second time this season, the freshman from Acalanes High was named the Ivy League's rookie of the week after she helped Penn win two of its three matches at the Robert Morris Invitational. Jones had 38 kills and 40 digs in the three matches.

alumni news

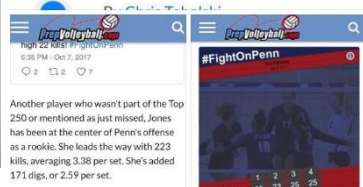


JONES WINS 3RD ROOKIE OF THE WEEK AWARD



COLLEGE NEWS

College: Rookie Report (Oct. 17)



Another player who wasn't part of the Top 250 or mentioned as just missed, Jones has been at the center of Penn's offense as a rookie. She leads the way with 223 kills, averaging 3.36 per set. She's added 171 digs, or 2.59 per set.

3X IVY LEAGUE ROOKIE OF THE WEEK

PARKER JONES



LAFAYETTE, CALIF. JACALANES

#FIGHTONPENN



Parker Jones Wins Ivy League Rookie of the Week for Third Time Women's Volleyball

Posted: November 06, 2017

PHILADELPHIA - For the third time in the 2017 season, University of Pennsylvania volleyball (12-9, 7-5 Ivy) freshman, *Parker Jones*, has won Ivy League Rookie of the week. It's the first time since September that Jones has won the award.

The freshman from Lafayette, California has put in a remarkable rookie campaign. The Ivy League honor comes off of a weekend in which she hit 34 kills, 19 of which came in the team's five-set win over Columbia. Against the Lions, Jones had a .341 attack percentage which is the most she has had when she's hit more than 15 kills.

Jones' weekend totals ended with 34 kills with a .287 hitting percentage. She accumulated 12 digs in both matches to give her 11 double-doubles on the season which leads the team. The freshman was also responsible for 35 points throughout the two matches.

The now three-time Ivy League rookie of the week winner has been putting up great numbers all season. Jones leads the team in kills with 293 and double-doubles with 11. Her 293 kills currently rank third all-time for freshmen in Penn Volleyball history. Lauren Martin currently holds the record with 332 in her 2009 season while Julia Swanson also has a slim lead over Jones with 298.

JONES ON 2ND TEAM ALL-IVY

With three Rookie of the Week honors during the season, **Parker Jones** capped her freshman year with a 2nd Team All-Ivy selection. [Read more.](#)



CAREER PERFORMANCE FOR MOLLY DALZIEL

Molly Dalziel (Class of 2015) had a career night in UC San Diego's win over Concordia (OR) at the West Region Volleyball Showcase in Central Washington. [Read more.](#)



Photo by: Andy Wilhelm
Molly Dalziel set new career-highs with 11.5 points and 10 kills Thursday night.

DAIANA TAKASHIMA STARTS FOR WILLIAMS

Daiana Takashima (Class of 2016) has recorded double-digits in digs in William College's six of its first seven games, including a team-high 23 scoops against the host team of the Union Invitational.



Photos courtesy of University of Pennsylvania, UC San Diego, and Williams College.

alumni news

20/20: KUPELI AND TAKASHIMA GO HEAD-TO-HEAD!

At the Tri-Meet Invitational hosted by Ramapo College in Mahwah, NJ, #24 **Jackie Kupeli** (Class of 2017) posted a career-high 24 digs for NYU but #11 (Class of 2016) **[Daiana Takashima](#)**'s 20 digs for Williams College helped the Ephs top the Violets in four sets.



Ephs



Photo courtesy Cal State East Bay.



HAILEY LINDBERG AND SANTA CLARA BRONCOS UPEND #9 KANSAS IN HOME TOURNAMENT

With 9 kills and a .500 clip against top-ranked Kansas, **Hailey Lindberg** (Class of 2015) and the Santa Clara Broncos took down the #9 team in the nation on Opening Day of the Santa Clara/San Jose State Volleyball Invitational. [Read more.](#)



COACH LINDSEY RAY NABS ATHLETE OF THE WEEK AT CSU EAST BAY

17Blue assistant coach **Lindsey Ray** turned in a tremendously clutch performance at Cal State Monterey Bay. On the brink of defeat trailing 13-9, East Bay proceeded to rattle off a remarkable 6-0 scoring run to win the set 15-13. Ray tallied seven of her team-high 17 kills in that fifth frame and scored four of the team's final five points during that game-winning 6-0 run, including the clinching kill. [Read more.](#)

CAL STATE EAST BAY
PIONEERS

ATHLETES OF THE WEEK



MEGAN SATTERFIELD
Cross Country



LINDSEY RAY
Volleyball

alumni news

MADDIE DOUD (#5) NAMED ON THE ALL-SOUTHLAND CONFERENCE PRE-SEASON TEAM

Maddie Doud (Class of 2014) of Texas A&M-Corpus Christi landed on the All-Southland Conference Pre-Season Squad! [Read more.](#)



SOUTHLAND ALL-CONFERENCE



HALEY GLASS, STUDENT-ATHLETE, EARNS ACADEMIC ALL-BIG SKY

During the pre-season, **Haley Glass** (Class of 2015) was part of an outstanding fall term academically for Portland State Viking sports. PSU had a 3.20 team grade point average. [Read more.](#)



Photos courtesy of Texas A&M-Corpus Christi, LaSalle University and Paul Harrison.



BRYANNA DAVIS AND LASALLE EXPLORERS CAPTURE AKRON INVITATIONAL TITLE, HAVE THE SMARTS, TOO!

The La Salle volleyball team captured a pair of wins on day two of the Akron Invitational. La Salle topped Loyola Maryland to take the first match of the day with a final score of 3-2 before defeating Akron 3-1. After the undefeated weekend, La Salle was named the Akron Invitational champions, with **Bryanna Davis** posting 18 kills. [Read more.](#)

The La Salle volleyball team was tabbed with the American Volleyball Coaches Association (ACVA) Team Academic Squad honors. The Explorers were one of 145 Division I teams to receive the honors for their efforts in the classroom in the award's 25th year. [Read more.](#)



SITA WONG XCELS IN THE CLASSROOM

By way of Occidental College and UCSF, congrats to **Sita Wong** (Xcel Class of 2011) on getting the white coat.

alumni news



BIG WEST DEFENSIVE PLAYER OF THE WEEK HONORS FOR RACHEL NIETO

Redshirt senior **Rachel Nieto** (Class of 2013) was named the Big West Defensive Player of the Week, coming off a pair of career best 22 digs in Long Beach State's win over UC Riverside. She again recorded 22 digs in a sweep for the Beach against Cal-State Fullerton. Nieto recorded an impressive 11 digs in the third set alone, averaging an impressive 7.33 digs per set for the match. Primarily a beach volleyball player at Long Beach State, Rachel returned to the indoor program late last season, and has appeared in every match in 2017. [Read more.](#)

This is the second consecutive Defensive Player of the Week award for Xceleration, following the same honor that garnered the recognition for the Big West for **Malia Bolko** at UC Davis.

ALEX NICKERSON BECOMES THE FIRST-EVER XCEL ALUM TO PLAY FOR THE #1 TEAM IN THE COUNTRY!

Alexandra Nickerson (Class of 2017) helped the Division III Colorado College Cougars to its No. 1 ACVA rating in the country and headed into the NCAA DIII tournament with a gaudy 31-2 record before falling to eventual champions Claremont-Mudd-Scripps in the semifinals. CC was ranked No. 1 in the AVCA Division III Coaches Poll for the first time in program history and also became the first SCAC program to hold the nation's top ranking.



Photos courtesy of Loyola Marymount, Colorado College and Long Beach State.

OREGON CLASSIC INCLUDES EMMA JOHNSON ON ALL-TOURNEY TEAM



In addition to her solid blocking numbers, Johnson (#4) also found herself with double-digit kills, notching 11 on 18 swings while hitting .556. The native of Moraga, CA finished the three matches with 34 kills (2.62 per set) on 56 attacks with just five errors to record a solid .518 hitting percentage. She also added three block solos and 13 block assists to contribute 43.5 total points. [Read more.](#)

alumni news

YESSS! BIG WEST CONFERENCE HM

As the three-time Defensive Player of the Week awardee in 2017 (and 6th in her career) from the Big West, UC Davis junior libero **Malia Bolko** (Class of 2015) earned Honorable Mention from the conference. Bolko closed out the 2017 season with 536 digs and set the single-season school record, surpassing the previous mark of 526, while her career total of 1,414 digs puts her fourth on the all-time list and 417 away from the



Cal Aggie record of 1,831 digs set by Avreetta Singh in 2009. Bolko has averaged 471 digs in her three-year career at UC Davis.

Additionally, Bolko this season recorded a match-high 23 digs and was subsequently named to the all-tournament squad in the UC Davis Invitational, thanks to her 66 total digs in the 12 sets.

NO. 1 IN THE NATION!

In the NCAA Division II, **Halle Webster** (Class of 2016) the Cal Baptist University (CBU) Lancers volleyball team ended 2017 with an undefeated record towards its way to a #1 ranking in the country to end the regular season. It set a new program records for best win streak and best start to the season, along with a PacWest Championship and first-ever No. 1 ranking to finish at 29-1.



Photo courtesy of Paul Harrison.



Choosing a Strength and Conditioning Program

One of the key components for peak performance is to supplement volleyball training with a strength and conditioning program. Xceleration has endorsed the following personal trainers who will be available for its athletes throughout the season. Please contact any of these coaches directly for additional information and consultation to set up a training regimen.

MICHELLE BOYDSTUN – ELITE PERSONAL TRAINER

B.S. Exercise Physiology, UC Davis
Minor Nutrition, UC Davis
NASM Certified Personal Trainer
Pilates Reformer and Mat Certified

Michelle played both indoor, as a setter at UC Davis, and beach, ranked in the top 10 CA Beach Volleyball players from 2009-2016. Michelle has a background in physical therapy, and focuses on increasing athletic potential while staying strong and healthy. Michelle has created an amazing on-line training program that is very interactive with her clients. She is able to send you personalized workouts daily, with short video clips on how to correctly perform exercises. The program allows nutritional guidance as well if you are interested in that. Call, text or email anytime to set up a free consultation to get started!

Michelle Boydston
925-818-1820
michelleboydstun9@gmail.com

MIKE CAMPBELL - STRENGTH & CONDITIONING TRAINER

9+ years strength training experiences, 6 years volleyball coaching, 3 of those years at the collegiate level with training and sports injury rehab...have worked with elite/professional athletes in volleyball, dance, swimming, triathlon, mountain biking, D1 and D2 college volleyball players and D1, D2, D3-bound athletes preparing for the rigors of college strength training and sports.

Hold certifications in CPT (personal training), PES (performance enhancement specialist), CES (corrective exercise specialist), FMS (functional movement screening), SFMA (selective functional movement assessment), ART (active release techniques) full body certified, ART Active palpation specialization, ART long nerve entrapment specialization, CMT (certified massage therapist).

Interests: Biomechanics of sports movements, taking and developing physical potential from a theory into a reality for those who are willing to put in the work to achieve it.

Quote: Hard work only pays off if you add intelligence to the mix, training must be done with a specific purpose and the understanding of how the body/mind works to maximize its effects.

Mike Campbell
Core Motion Athletics, 925-330-8855
www.coremotionathletics.com



Michelle Boydston



Mike Campbell



Marcus Maxwell



2017-2018 Lessons Schedule (continued)

March 3: 10 AM - 6 PM
 March 10: 8 AM - 11 AM
 March 17: 8 AM - 12 PM
 March 24: 10 AM - 6 PM
 March 31: 10 AM - 6 PM

April 7: 8 AM - 2 PM
 April 14: 10 AM - 6 PM
 April 21: 10 AM - 2 PM
 April 28: 8 AM - 6 PM

May 5: 10 AM - 6 PM
 May 12: 10 AM - 6 PM
 May 19: 10 AM - 6 PM



Choosing a Strength and Conditioning Program

MARCUS MAXWELL – PERFORMANCE TRAINING COACH

Hello parents of Xcel Volleyball Club, my name is Marcus Maxwell and I am a Bay Area native and a 2001 graduate of Pinole Valley High School (“PVHS”) in Pinole, California. While at PVHS, I played football, basketball, and baseball and participated in the strength and conditioning programs for these respective sports. The athletic strength and conditioning training I received at PVHS, along with the spirit of ethics developed while there, form the basis for the person and coach I am today. After graduating from PVHS, I was awarded an athletic scholarship to play football at the University of Oregon (“Oregon”) in 2003.

In 2005, as a senior while enrolled at Oregon, I was honored with the opportunity to compete for a job as a wide receiver in the National Football League (“NFL”) after I was selected by the San Francisco 49ers as the 223rd athlete chosen in the NFL Draft. I humbly accepted the challenge and elected to take a leave of absence from the University of Oregon to pursue my dreams of competing in the NFL. As a result of being drafted, my degree completion and graduation date was postponed.

Over my seven-year athletic playing career, I used my experience as a stepping-stone to propel my athletic coaching development outside of football. From 2005 to the present, I have spent countless hours working with a number of industry professionals to assist with sharpening my skills and building my knowledge on how to maximize athletic

performance through strength and conditioning. I have also learned how to effectively communicate with and teach young athletes. In addition to my hands-on experience, I have since returned to school in continuation for a higher education.

Thank you for taking the time to review my story; and gain insight into my past, present and future endeavors. [Read more.](#)

Marcus Maxwell
 Maxwell Performance, 510-685-3458
marcusjamesmaxwell@gmail.com

Private/Group Lessons

Several of our coaches are available for lessons! Lessons cannot be with your current coach.

Please contact [Leslie Ray](#) if you'd like to schedule a lesson. All scheduled lessons are subject to a 48-hour cancellation policy, credit cards will be charged for the amount of your lesson if cancelled late.

Payment Structure: (Payment can be paid to the lesson coach directly, all checks should be made out to the lesson coach, NOT Xceleration).

1 Player: \$75 per player/hour
2 Players: \$40 per player/hour
3 Players: \$30 per player/hour
4-6 Players: \$25 per player/hour

2017-2018 Lessons Schedule:

December 2: 10 AM - 6 PM
 December 9: 12 PM - 6 PM
 December 16: 10 AM - 6 PM
 December 23: 10 AM - 6 PM

January 6: 10 AM - 6 PM
 January 20: 10 AM - 6 PM
 January 27: 10 AM - 6 PM

February 3: 8 AM - 12 PM

XCELERATION

V O L L E Y B A L L

California Kickoff – Preliminary Wave Assignments

		Saturday AM	Saturday PM	Sunday AM	Sunday PM	Monday AM
12Blue	12 Club	SCCC			SMEC	
13Blue	13 Club			SMEC		SMEC
13White	13 Club			SMEC		SMEC
14Blue	14 Open		SCCC		SCCC & SMEC	
14White	14 Club			SCCC		SCCC & SMEC
15Blue	15 Open	SJCC		SCCC & NB		
15White	15 Club			SJCC		SJCC
16Blue	16 Open	SJCC			SJCC	
16White	16 Club			SJCC		SJCC
17Blue	17 Open		SJCC		SJCC	
18Blue	18 Open		SJCC		SJCC	

SCCC = Santa Clara Convention Center

SMEC = San Mateo Event Center

SJCC = San Jose Convention Center

NB = NB Courts, Livermore

NEW for 2018!

The NCVA will now require **GUEST REGISTRATION FEES** to enter the courts at the California Kickoff. Please **note deadlines to purchase tickets (i.e., wristbands) online**. Click [here](#) to purchase tickets and updated tournament information.

COMPLETE YOUR REGISTRATION ONLINE; PICK UP YOUR WRISTBANDS AT THE WILL CALL WINDOW.

All family, [friends](#), and fans of all teams must register; no one may enter the playing area without a Guest Wristband. **Guests may pick up Guest Wristbands purchased online at the WILL CALL booth at the main entrance.**

Weekend Pass:

\$16.00 if purchased online by 11:59 PM on January 12, 2018

\$20.00 if purchased online starting at 12:01 AM on January 13, 2018 or on-site.

One-day Pass:

\$8.00 if purchased online by 11:59 PM on January 12, 2018

\$10.00 if purchased online starting at 12:01 AM on January 13, 2018 or on-site.

Discounted Wristbands:

Children, 12 and under: Free

Seniors (65 and over), Military, Police, Fire: \$5.00 per day

College Coaches: Free

Attendees must present applicable identification for above discounts, when picking up wristbands.

THERE ARE NO REFUNDS for Entry Wristbands. REPLACEMENT for lost, stolen, or forgotten wristbands for Guests, Players, or Coaches requires payment of a fee for a new Entry Wristband at the currently available price.

XCELERATION

V O L L E Y B A L L

2018 Tournaments

Events (excluding travel days)	Dates	12B	13B	13W	14B	14W	15B	15W	16B	16W	17B	18B	18W
NCVA California Kickoff	Jan 13-15	x	x	x	x	x	x	x	x	x	x	x	x
Power League Qualifiers Premier League Qualifiers (12B/13W)	Jan 20	x											
	Jan 21			x									
	Feb 3-4		x		x	x			x	x	x	x	x
	Feb 10-11						x	x					
PL #1	Jan 27	x											
	Jan 28			x									
	Feb 25						x	x					
	Mar 10								x	x	x	x	x
	Mar 17		x		x	x							
NCVA Presidents Day	Feb 17-19	x	x	x	x	x		x					
SCVA Las Vegas Classic (Las Vegas)	Feb 17-19									x			x
Triple Crown NIT (Salt Lake City)	Feb 17-19						x		x		x	x	
NCAV Golden State Qualifier (Reno)	Mar 2-4											x	x
Colorado Crossroads (Denver)	Mar 10-12				x	x	x	x					
	Mar 16-18								x	x	x	x	x
PL #2	Feb 24	x											
	Feb 25			x									
	Mar 18						x	x					
	Mar 24				x	x							
	Mar 25		x										
	Apr 7										x	x	x
	Apr 8								x	x			
PL #3	Mar 18	x		x									
	Apr 7		x		x	x							
	Apr 8						x	x					
	Apr 14								x	x			
	Apr 15										x	x	x
NCVA Far Westerns (Reno)	Apr 21-23		x	x	x	x							
	Apr 27-29						x	x	x	x	x		
USAV 18U Spring Junior Nationals (Anaheim)	Apr 27-29											TBD	TBD
PL #4 (13W)	May 5			x									
PL Region Championships	May 5-6		x		x	x							
	May 19-20			x									
	May 12-13						x	x	x	x	x	x	x
NCVA Bay View Classic	May 26-28		x	x		x							
JVA West Coast Cup (Long Beach)	May 26-28				x		x	x	x	x	x	x	x
AAU Nationals (Orlando)	Jun 19-26						TBD		TBD		TBD	TBD	TBD
USAV Junior Nationals (Detroit) – Open/National	Jun 25-Jul 4		TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD		

AAU Junior Nationals:

[ESPN Wide World of Sports](#), 700 S Victory Way, Kissimmee, FL 34747; [Orange County Convention Center](#), 9899 International Dr., Orlando, FL 32819

Colorado Crossroads: [Colorado Convention Center](#), 700 14th St., Denver, CO

JVA West Coast Cup: [Long Beach Convention & Entertainment Center](#), 300 East Ocean Boulevard, Long Beach, CA 90802

NCVA California Kickoff: San Jose Convention Center, San Mateo Event Center, Santa Clara Convention Center.

NCVA Presidents' Day: San Jose Convention Center, San Mateo Event Center.

NCAV Bay View Classic: San Mateo Event Center, The Foundry.

NCVA Golden State Qualifier: [Reno Sparks Convention Center](#), 4590 S. Virginia St., Reno, NV

NCVA Far Westerns: [Reno Sparks Convention Center](#), 4590 S. Virginia St., Reno, NV; [Reno Events Center](#), 400 N. Center St., Reno, NV

SCVA Las Vegas Classic:

[Mandalay Bay Event Center](#), 3950 S Las Vegas Blvd., Las Vegas, NV 89119,

Triple Crown NIT: [Salt Palace Convention Center](#), 100 SW Temple, Salt Lake City, UT 84101

USAV 18U Spring Juniors Nationals: [Anaheim Convention Center & Arena](#), 800 W Katella Ave, Anaheim, CA 92802

USAV Junior Nationals: [Cobo Center](#), 1 Washington Blvd, Detroit, MI 48226