



CELlent NEWS

MARCH 2018

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Xceleration
Volleyball Club

John B. David, Editor

Planes, Trains and Automobiles: 1 Weekend, 3 Tournaments, 3 States!

Xceleration leads the pack at PLQs, then heads out to face the best of the best

Using various modes of transportation, Xceleration competed in different parts of the nation during the Presidents Day weekend in Salt Lake City, Las Vegas, and many parts of the Bay Area. At these locales, Xcel teams faced off against the highest levels of competition at the Triple Crown NIT, the Las Vegas Classic, and the NCVA tournaments and showcases.

When the prestigious Triple Crown Pre-Season NIT organizers again

presented a bid to Xceleration to compete in the widely acclaimed tournament that is considered to be one of the best of the volleyball season, the club gladly accepted without a heartbeat. Triple Crown organizers are proving to the nation that this is the place to be. One has to have the credentials and the ability to compete at a high level to be in this tournament. Xceleration was honored.

(Continued on page 4)



J-Ross Speaks

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

Hi again Xceleration Families,

Since I have last written our teams have competed in our Power League and Premier League Qualifiers, travelled to Salt Lake City for the Triple Crown NIT, to Las Vegas for the Presidents Day Classic, locally in our NCVA Presidents Day tourney and a few teams have had their first few league tournaments. Overall our results have been fantastic! We are seeing steady improvement in the girls play since practices commenced in December and our on court results are ahead of last year's pace. Continued improvement is what we are looking for, individually and as teams. Continue to work hard on your games. The results WILL come.

Also keep in mind that we are heading into a VERY busy section of the season for most teams. Tournaments, travel, long days, etc... Players need to get their rest, hydrate and eat healthy to maintain their edge on the courts. Don't let your guard down. Be diligent.

On my trips to the gym to observe our players, I have noticed many practices where we do not have a full complement of players on the court. I am attributing some of this to the heavy flu season we are in right now. But I will ask all of you to please make an effort to get your players, when healthy, to the assigned practices. It is important to their own individual development as a player and to the teams overall development. We are working with your coaches on their practice preparations and they prepare for, and benefit from, having a complete team in the gym.

I wanted to update all of you on the status of our facility. As you remember at the tryouts and at Signing Night, I told you that we are thrilled to be in our facility but that there would be some growing pains and things we would have to adjust to and work with. There are. You can see that the painting of the court lines was done improperly and they are flaking up in spots. We have met with the facility owner and the court installer and they are working on a new solution. We expect this to happen soon and will be done during a period when we are not in the gym. Our new awning over our entrance door has been installed, and the installer neglected to put our club name on it! Again, they have admitted their error and will be adding our club name shortly.

(Continued on the next page)



Photo Galleries

You can find more photos in the [Galleries](#) page 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.



J-Ross Speaks

Finally, the noise. It is noisy and we know it. We are working with the facility owner and maintenance director on the installation of a sound barrier that should give us some relief. They are working on designs and we should have a solution in place soon. Thank you parents for working with us on this and for keeping the gym floor clear during practices. Overall we are very happy with how this is working out. Having our teams, players and coaches seeing each other and sharing ideas has been beneficial to all and will enable the club to grow in the seasons to come.

Some thoughts on the college recruiting side. Paul and I had the opportunity to talk with over 300 coaches in Salt Lake City and it is becoming even more apparent than in prior years that players **MUST** be reaching out to schools and coaches weeks **BEFORE** heading to a big recruiting tournament. I personally remember talking to a D2 coach who told me that he had over 200 players on his list of players to watch in SLC. With only 2 or 2 ½ days to see these players, he had no time to stop and watch a player who was not on his list. (On a side note, that is why you have us. I was able to get him to watch a player of ours for a few points who was not on his list. But that's the point. We can only do that if we see them "while" you are playing. If we see them on another court there is no way they will come over later unless you are on their list of players to watch!)

Players, you must establish a dialogue with these coaches before we get to tournaments. If you have done that, and if you have let Paul and I both know who you have done this with, we are then in the game. Many times we are in contact with those coaches ourselves prior to tournaments. We e-mail them with updates quite often. Once at the tournaments, Paul and I actively search those coaches out and make sure they plan to watch you. At your matches, one of us will always be at your court to make sure we see those coaches and talk to them.

Players:

- Make your lists
- Send those lists to myself and Paul
- E-mail those coaches and establish a dialogue
- Send those coaches video or a link to your video
- Let them know what upcoming tournaments you are playing in
- Be enthusiastic!

Upcoming we have the Golden State Qualifier (18's only), Colorado Crossroads, and our Power Leagues. Let's get after it!

Go Xcel!!

Jim



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!

FEBRUARY CELEBRANTS

Kylie Brandt
Alicia DiPiero
Sofia Do Nascimento
Caelin Gawiran
Kyra Ginsburg
Jenna Hahn
Meaghan Hohman
Sara Parrish
Cierra Pope
Laura Sakamoto
Brittany Soun
Caitlynn Turner
Natalie Wojnakowski



Because of the club's body of record throughout the years of playing competitively against the top teams club organizers felt that Xceleration should be among the elite pool. In the Triple Crown NIT field, along with Xceleration, and representing Northern California were Absolute, Encore, NCVC, Rage, Red Rock, and Vision. Xceleration's 15-18Blue teams participated and performed well.

At the Mandalay Bay in Las Vegas for the annual SCVA Classic, Xceleration once again sent the 16White and 18White to compete. And locally, the remaining squads headed in different directions in the Bay Area for the NCVA's President's Day Tournament and are more prepared than ever for the start of league play.



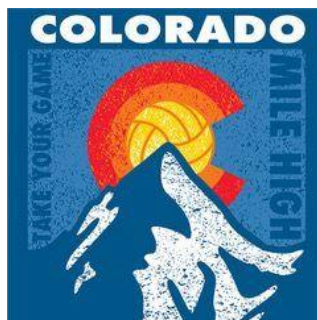
TEAM: the next generation of players – your 12Blue went 3-2 to move UP in league play. Their two losses went to 3 BOTH times to the eventual tournament winner that went 5-0. Great work girlsies!!

Coach Swann and Swann

Coming up...

*Golden State
Qualifier, Reno,*

*Colorado
Crossroads,
Denver*



1460

Teams Accepted for 2017

499

College Recruiters

56880

Attendees

200

Playing Courts



Power League Qualifiers

13Blue
Bronze

16Blue
Gold

14Blue
Bronze

16White
Aqua

14White
Evergreen

17Blue
Gold

15Blue
Silver

18Blue
Gold

15White
Silver

18White
Bronze

*Photo courtesy of Tomas Pineda.
[Click here to see more.](#)*

President's Day Fun for 12 Blue

These young athletes are making wonderful memories with new-found friends through volleyball, as bright smiles are always abound with this lively bunch.

The 12Blue is the feel-good team of the season by far. Whether they are winning or on the short end of the stick, they are excited about being on the court and while among each other's company. They always offer support for one another and its contagious.

We will certainly miss the boundless energy from this team as they near the end of their season, and if you haven't seen this team play yet, you're missing out.

The coaches are so proud of how far this team has come. Picking up 2 wins in Premier League and another 2 wins during President's Day weekend was really exciting. With about a month to go, we look forward to the final 2 days of Premier League to cap off the season. Go Xceleration!



Photo courtesy of Tomas Pineda.
[Click here to see more.](#)

13Blue Finishes in the Top Half of Prez Tourney, Starts PL in Bronze



Great weekend guys!! This team will keep getting better!
Very proud of you all and the hard work you are putting in.

Jim Ross



President's Day Tournament

- Started slowly on the first day of the tournament
- Bounced back to topple teams in four consecutive matches
- Finished the competition among the top half of the 69-team bracket with a 4-5 record in 33rd Place

Power League Qualifiers

- Improved eight spots from the starting position after three wins in PLQs
- Placed in 36th, or Bronze Division for PL1
- Defining game which solidified the team's place in the precious metals division came on their last game against Lakas
- 13Blue throttled the South Bay Lakas team with a stirring comeback and a thrilling 18-16 finish to claim the last spot in the Bronze Division

Coming Up...

- March 17 – PL #1

Photo courtesy of Anna-Lisas Muraaka and Tomas Pineda.
[Click here to see more.](#)

13White Ascends 14 Notches at Prez Weekend



President's Day Tournament

- Made tremendous progress during the President's Day tournament with three exciting wins
- In the process, the unit sprung up 14 slots from its opening position
- Finished with a 3-4 record and 45th in the 69-team pool
- This young team will continue to improve as the season moves on. We're amazed at the pace of their development and look forward to seeing more during league play.

13's White had a blast over the President's Day tournament! We rocked through teams on Saturday, finishing 2nd in our pool. Ultimately, the most important achievement for 13's White was drastic improvements on rallying with opponents to earn our points. A big cheers to the girls.

Coach Lauren

Photo courtesy of Tomas Pineda.
[Click here to see more.](#)



14Blue Ends in Top 15% of Pool of Prez Weekend Tourney, Starts PL in Bronze



President's Day Tournament

- Maintained opening seed in the 21st position throughout the President's Day tournament despite a brief slide midway through the tournament
- Final finish in the 135-team division landed the team among the top 15 percent in the pool

Power League Qualifiers

- Among the 117 teams vying for the top spots in PLQs, team catapulted 18 rungs up the ladder to the 34th position
- 3-3 record placed the team in the Bronze division at the start of league play

Coming Up...

- March 10-12 – Colorado Crossroads

Photo courtesy of Tomas Pineda.
[Click here to see more.](#)

Steady Play for 14White, Looks to Move Up in PL



President's Day Tournament

- Finished in the top half of the 135-team pool with a 4-3 record.
- Opened strongly, had a brief hiccup, and then buckled down by winning 2 of last 3 games
- Split two games that went to three sets

Power League Qualifiers

- Maintained its 88th position with 2-4 record
- Will start league play to move up from the Evergreen Division

Coming Up...

- March 10-12 – Colorado Crossroads



Photo courtesy of Tomas Pineda.
[Click here to see more.](#)

15Blue Catapults to Gold in PL, Knocks on Championship Door in SLC



Triple Crown NIT

- Took home some hardware with a 6-3 record and 2nd place finish in the national invitational
- Went on another gear by winning 5 straight matches after dropping 2 of first 3 games to open the tournament
- Best games in bracket play on get-away day, winning 2 games in tough three-setters

Power League Qualifiers / PL #1

- Dropped slightly to 18 from initial 12th spot in the 122-team pool with a 5-2 record
- Started PL #1 play in Silver Division and snagged four straight wins to enter the finals
- 4-1 record garnered a spot in the Gold Division for PL #2
- Outstanding overall 9-3 record in league play

Coming Up...

- March 10-12 – Colorado Crossroads

*Photo courtesy of Lucas Abbott and Tomas Pineda.
[Click here to see more.](#)*



Top Tier Team with 7-1 Record in Prez Tourney, Bronze for 15White in PLs,



President's Day Tournament

- Played in the 16s division and was stellar with a 7-1 record
- All 3 games on opening day went the distance to three sets, with 15White snagging all three for victories
- Single loss in the entire tournament in three sets

Power League Qualifiers

- Posted 5-2 record, jumped from opening 75th seed to 29th, and placed in Bronze Division to start PL #1
- Finished PL #1 and will continue in Bronze Division for PL #2

Coming Up...

- March 17 – PL #1

*Photo courtesy of Angie McCalmon and Tomas Pineda.
[Click here to see more.](#)*





So proud of both 15's teams!!! Great effort. Great support. Great groups. Couldn't have asked for more. Both good teams that will keep working to get better! Stay at it all. The best is yet to come.

Jim Ross



In Utah, 15B represented Xcel very well. Couldn't ask for a better group of athletes and families.

Lots of ups and downs over the weekend but to pick the greatest "up" would be having the players earn medals and to get recognized on a national stage. Worst "down" was seeing one of our players get hurt the last day and need to board the plane in a wheelchair.

Coach Lucas

Photo courtesy of Lucas Abbott and Tomas Pineda.

[Click here to see more.](#)

16Blue Takes Triple Crown and PLQs by Storm Starts in Gold When PL Resumes



Way to rise up girls!!

Battling injuries and knowing how hard it is to hold a 2 seed at PLQ, you all battled and did it!!

Great job.

Jim Ross



Triple Crown NIT

- Started strongly to extend unbeaten string to 9 games (from PLQs), winning 3 matches in straight sets to open the invitational
- Dropped 3 of last 4 matches against teams California, Texas and Colorado, including a nail-biting affair in bracket play
- Finished in 23rd among 80 teams in the Open Division

Power League Qualifiers

- Met expectations as the overall #2 seed (or technically the top seed in Evens)
- At 6-0, flirted with perfection after dropping only two sets in matches and taking both games that went to three sets
- Enters league play (in Yuba City!) in the Gol Division

Coming Up...

- March 10 – PL #1

Photo courtesy of Dee Ortega and Tomas Pineda.
[Click here to see more.](#)

16White in Aqua, Moves Up 15 Spots in Vegas



Las Vegas Classic

- Big mover on Day 1 from 96 to 55
- Improved another 5 spots on Day 2 to 91 before going to a 3-game tear
- Finished the Classic with 5-4 record and 79th in 98-team pool

Power League Qualifiers

- Improved 12 spots from the starting position after three wins in PLQs
- Placed in 42nd, or Aqua Division for PL1
- Three of 6 matches went the distance, with the White dropping two of those matches

Coming Up...

- March 10 – PL #1



Photo courtesy of Tomas Pineda.
[Click here to see more.](#)

17Blue Learns Plenty from NIT Experience, Golden in PLQs



Triple Crown NIT

- Faced many strong teams from around the country and hung tough, winning games in pool and bracket play
- Invitational will serve the team well as it prepares for league play and similar competition in Denver at the Colorado Crossroads
- Finished 2-6 and placed 25th

Power League Qualifiers

- Advanced 8 positions from the start to finish in 8th place with 4-2 record
- Finished in the Gold Division when league play begins.
- Formidable IMUA Elite handled the Blue twice in PLQs and would likely face each other again in league or regional play

Coming Up...

- March 10 – PL #1

Way to go gang. Gold Division!!! Very proud of how hard you're working.

Jim Ross

Photo courtesy of Pia Angela Mitchell and Tomas Pineda.
[Click here to see more.](#)



18Blue Narrowly Misses Top 10 Finish in SLC, Starts League in Gold



Triple Crown NIT

- Started the competition in the Open Division with two wins in pool play and then another pair of victories in the qualifying rounds
- Posted a 4-3 record on the national stage that was attended by more than 300 college coaches
- Finished in 11th place among the 67 Open participants

Power League Qualifiers

- Began quest for a Junior National bid from the 8th position in the 40-team Power League pool
- Starts league in Gold Division after posting a 4-2 record in PLQs.
- Will look to rebound in league play against SSVC Mizuno, which handed the Blue both of its losses in qualifiers

Coming Up...

- March 3-4 – Golden State Qualifiers
- March 10 – PL #1

*Photo courtesy of Tomas Pineda.
[Click here to see more.](#)*



18 White Gambles and Shocks #4 Seed, Begins League in Bronze



Las Vegas Classic

- New Classic venue at Mandalay Bay was the site where the team made the biggest jump in club history
- Vanquished the overall #4 seed, which was a 197 position improvement from its opening spot
- Punctuated third set with a 17-15 thriller to knock out the 4th seeded Goldenwest (Southern California) from its perch
- Ended the Classic in the top half of the 200+ pool with 3-4 record

Power League Qualifiers

- Moved up 8 spots in PLQs despite a slow opening to begin the tournament
- Bounced back to even its record to 3-3 after defeating many of the top teams of other club opponents
- Will begin PL #1 in the Bronze Division

Coming Up...

- March 3-4 – Golden State Qualifiers
- March 10 – PL #1

*Photo courtesy of Tomas Pineda.
[Click here to see more.](#)*





FROSH 59

The 2017 FROSH 59! The Best Varsity- Playing Freshmen in America



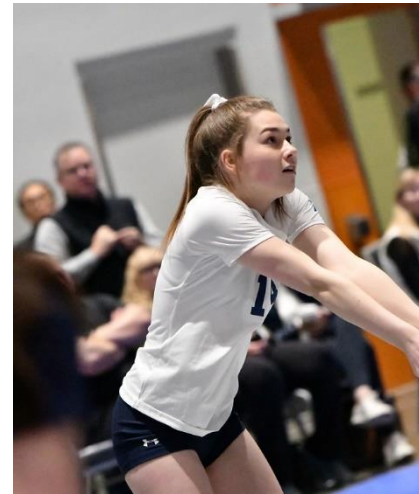
A SUPERNOVA IN THE MAKING...

Congratulations to 16Blue's **Emma Engstrom** for making Prepvolleyball's FROSH 59 Special Mention List. This is a prestigious list of the nation's most outstanding varsity-playing volleyball freshmen for the 2017 fall season.

To be considered for this Frosh 59 list, a freshman needed to be a varsity starter and one of the top talents in her area during the fall season. The Frosh 59 comprises the top varsity achievements, in Prepvolleyball's opinion, of freshmen in 2017, with almost 250 additional freshmen standouts finding homes in the Highest Honorable Mention, Special Mention and Honorable Mention categories.



Emma Engstrom, 5-8 libero, San Ramon Valley (Danville, California) – Engstrom is the only freshman starting libero in the North Coast Section. She is a lockdown serve receive passer and her defensive skill set forces her opponents to devise offensive strategies to limit her touches. Coach Brian Fujinaga speaks of her constant communication with her hitters and marks her as a great teammate. Her dig total for the season, 368, puts her at 14th in the section, but first overall in her grade and 7th highest for her grade in the state of California. She finished the season playing in every set, also recording 41 aces, 89.6% made serve and 66 assists.



facebook



Instagram



Jeremy Swann Go Emma!!



Like · Reply · 1d



Christi Paulson That's because she's a rockstar!!! Congrats Emma. Much deserved.



Like · Reply · 1d



Dee SO Woo hoo! Go Emma!



Like · Reply · 1d



Jaime M Bandy Yesssssss Emma!!!! Way to go!!

Like · Reply · 1d



juliarmartin13 Yayy Emma!! @em.engs

1d Reply



deeso3 Love her! 💕 @em.engs

1d Reply



sofia.aguilera CONGRATS!!! such a stud!! 💕 @em.engs

1d Reply



avafard Emma you're my idol @em.engs

1d Reply



claire.conners yes emma

7h Reply



“ _____

Great job, Emma – you make us all very proud. Keep it going!”

Coach Andy Schroeder

“ _____

Well deserved.”

Coach Brett Legitt

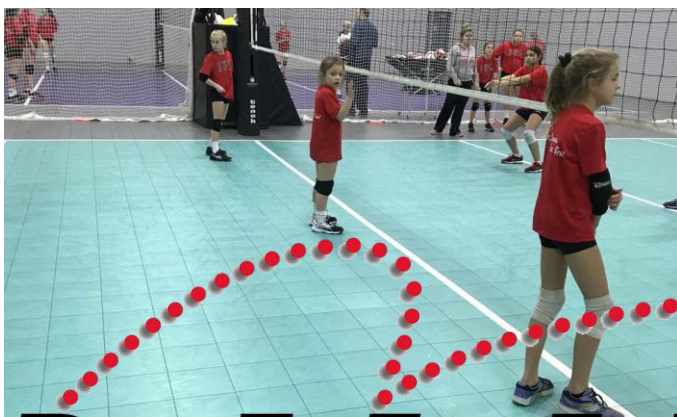


Thanks everyone for the congratulations and support!! Looking forward to continue to work my hardest and keep getting better. I'm having so much fun with the club and my team!

Emma Engstrom

Photos at NCVA California Kickoff (January 2018) and Power League Qualifier (February 2018), courtesy of Tomas Pineda.





PrepVolleyball.com

Perspective

Posted February 8, 2018. Reprinted with permission from Tim O'Connell and John Tawa, Prepvolleyball.com

Some may see a 4 and 1/2 foot middle. Some may say, "That'll never work." Some may think it's cute. Some may say, "Why?"

It's all a matter of perspective.

Perspective gives us several views of the same situation. The middle in this picture may be too short, but has she told herself that? Does she believe she is? Or does she just want to play? What's her perspective?

Truth is, I think we need to look at this game from under the net sometimes. Get the line of sight of this sport that laid the foundation for the college superstars we love to cheer.

In a world that's run by giants, it's good to step back and watch 10-year olds play. Because that's what they do. They play. And it's fun. Too much of our game is strategy, and lineups, and specialty positions, and coaches out coaching other coaches, and bad calls, and quite frankly, all the things that make this not fun. We need perspective. We need these 10-year olds to remind us.

A game is a game. It's to be played.

Sure there are National Championships to be won, and Coach of the Year Awards, but do you think this 10-year old knows or cares about either? No. She cares about her first serve that clears the net. The high fives or chest bumps before the handshakes that start the match. Making a pass that her setter can actually get to. Hitting a ball all the way to the 10-foot line. An ace cheer.

You know, the important stuff.

Stuff that puts our game into perspective.

At your next tournament, take the time to watch the 10- or 11-year olds play. See what kind of reactions they have to a point scored. Notice how they are not so much impressed with themselves, but more so surprised at themselves. It may remind you why you first got involved in this game. Because it was fun. We can't forget that. Capture the fun of volleyball again.

It's all in the perspective.



Together
Everyone
Achieves
More



Right: 15Blue passes the time away before their next match at the Qualifiers.

Courtesy of Lucas Abbott



Right and bottom: 16W holds a team dinner post-match at the Las Vegas Classic.

16White on The Strip during the Presidents Day Weekend at the Las Vegas Classic.

Courtesy of Tony Wong



Top to bottom:

13White at Premier League

15Blue before PL #1 finals

16White carb loading at Two Jays

Courtesy of Ashley Worsham, Lucas Abbott and Frances Risner Vaught.



Left: 18White team bonding and carb loading on our last night in Vegas.

Courtesy of Izavel Umali



Left: 13White chills on the sidelines and celebrates Sophia's birthday during a break.

Courtesy of Raquel Vasconcelos and Lauren Bates Jones



Left and bottom: 13Blue passes the time playing cards... Go Fish?!





Top: 16Blue's obligatory picture with the Big Ball!

Courtesy of Dee Ortega

Left: 18Blue and 16Blue coaches find time to have a snowball fight in Salt Lake City where temps dropped to a "chilly" 42 degrees!

Courtesy of Jenna Hahn

Bottom left: Selfie time on Southwest flight to SLC.

Courtesy of Leslie Ray

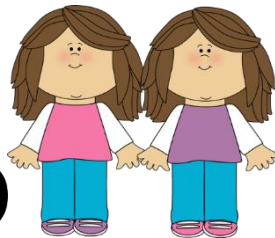


Right: 13White and 13Blue Moms spreading the love. Go Xcel! With Raquel Vasconcelos and Ashley Worsham.

Courtesy of Anna-Lisa Muraoka ❤️🏐



Sister Sister



To learn something more about our Xceleration athletes, in this and in future editions of XCELLent News we feature our players with a common bond, those you would call “different flowers from the same garden.” They are someone who is more than just family, they are forever friends – they are SISTERS! Here we meet 12Blue’s Giselle and Savanna Lau.

Giselle & Savanna Lau: The Sports Enthusiasts

It is said that twins start out their existence as womb mates. With a bond like that it should come as no surprise that they later become playmates, roommates and, in this case, teammates. With a set of twins on Xceleration’s 12Blue, opponents will be seeing double when **Giselle** and **Savanna** take the court.

The identical twins, 11, attend Pleasant Hill Middle School and

are in their first season with the club. You may have seen them, however, in tow with mom **Melinda Lau**, Xceleration’s beach volleyball coach.

“The girls enjoy different kinds of sports. They are very active and extremely competitive,” said Melinda. If they’re not supporting their older brother **Trevor** courtside while he’s competing for Pacific Rim VBC, they are on the basketball court perfecting



*Left: **Giselle** (#8), the older of the two by four minutes, and **Savanna** (#10) are also into basketball, soccer, and gymnastics.*

Photos courtesy of **Melinda Lau** and **Tomas Pineda**.



their killer cross-overs, on the pitch kicking soccer balls, or on the gymnastics mat tumbling for hours at a time. The pair have always been on the same team together and they hope to keep playing side-by-side for as long as they can.

Giselle and Savanna started playing volleyball since they were 9, and because both their parents **Melinda** and **Luke** played volleyball in college and still play some beach, the girls naturally got into it.



	Savanna #10	Giselle #8
Favorite Home-Cooked Meal		
Favorite athlete to play against		
Reality show you'd want to be on		
Favorite place to go on vacation		
Dream job		
Must see entertainment or movie		



"We want them to give volleyball a try and see if they like it," said Luke.

"The team gets along with each other," said Savanna, who is working to improve her hitting this season. Giselle also believes the 12Blue is a great team with great coaches. Her goal this season is to focus on serving and ball control.

Xceleration hopes they become impassioned with the sport and that the club is in their future plans. They'll partner up for years to come and, as fans, we are also intrigued. We often wonder if they can anticipate one another's moves. Though it is only natural to see if they are in sync with each other on the court and wonder if they communicate with some sort of secret twin telepathy, we won't have much luck on that front. Giselle and Savanna are as different as anyone else and have very little in common other than liking the same sports and have the same friends.

Melinda said, "They are both amazing individuals. Together they are awesome. We are blessed to have them. They are thoughtful, kind and athletic." She followed, "Savanna



likes to create plays, more of a setter mentality. Giselle likes to end the play, more of a hitter mentality. As I mentioned, both are very competitive in nature. Everything is a competition in our house! They also enjoy having friends over and making stuff (slime, cakes, art projects)."

Savanna said, "I always have a built-in best friend." To which Giselle replied, "I'll always have a playmate!"





Helpful Tips

RECRUITING: How Do You Want to Set Yourself Apart from the Hundreds of E-Mails?

Transcript from The Art of Coaching Volleyball

WHICH EMAILS GET NOTICED?

We posed that question to seven college coaches of which emails get noticed, and they offered a lot of helpful tips.

One good one came from Gonzaga assistant coach **Diane Nelson**, who talked about the importance of including all the essential facts - height, position, club, etc. College coaches are busy. If you want their attention, get to the point.

Others offering tips here are Michigan's **Erin Virtue**, Purdue's **Dave Shondell**, **Laura Kuhn** - known as "Bird" - from Kansas, Regis' **Joel List**, Colorado Mesa's **Dave Fleming** and Colorado School of Mines' **Heather Roberts**.

Nelson: I would say the best emails that I get are very pointed, they are directed to me, so my name is on them or the head coach's name is on them. The name of the club, the city the club is in, the position that the player plays, their height. Jump touch is something that we look for but we always like confirm when we see them live.

Fleming: You've got to accentuate the positive right away, that's No. 1. If you tell me you're a 5-3 middle, I'm probably not going to be very interested, especially in your first sentence. I might be interested if you tell me if you have a 46 inch vertical and then you're a 5-3 middle, but don't tell me you're a 5-3 middle.

Nelson: We like to see grade point average and maybe Honors classes that are being taken.

Fleming: I want to know why you're interested in my school.

Shondell: I think it's important who your references are that I can call to find out if you can really play right away. Give me some names and some contact information.

Virtue: I think one of the best ways to get recruited is to do a really good job at the program you're in. If you're doing a great job in your high school or your club, then those coaches, similar to getting a job, they're going to put a great reference forward.

Fleming: And then, a short video of what you can do... YouTube video that we can go to and so right away I can look at it and I can tell in 20 seconds, can she play at Purdue?

Nelson: Really not too long. It saves us lot of time to be succinct and get right to the point of where you'll be and when you'll be there, and we'll do our best to come see you play.

Fleming: And that's why it's also nice if you could list your schedule. What's left on your schedule?

List: I got a phone call from a recruit, and now I'm going to go watch her play.

(Continued on the next page)



SAY WHAT?!

The best emails... are very pointed, they are directed to me, so my name is on them or the head coach's name is on them.

...We like to see grade point average and maybe Honors classes that are being taken.

– **Diane Nelson**
Gonzaga University

You've got to accentuate the positives right away, that's No. 1.

– **Dave Fleming**
Colorado Mesa University

I think it's important who your references are that I can call to find out if you can really play right away. Give me some names and some contact information.

– **Dave Shondell**
Purdue University

Call the coaches. I always tell them, "You're not annoying." Just because you missed us, don't give up. Just keep calling because we can't return your phone calls, respond to emails right away.

– **Laura Kuhn**
Kansas University

If you're doing a great job in your high school or your club, then those coaches, similar to getting a job, they're going to put a great reference forward.

– **Erin Virtue**
University of Michigan

WHICH E-MAILS GET NOTICED? (CONTINUED)

Kuhn: Call the coaches. I always tell them, "You're not annoying." Just because you missed us, don't give up. Just keep calling because we can't return your phone calls, respond to emails right away.

Roberts: Depending on the year, you never know. If that coach, when you're in 18s and it's March, still needs a player. It happens all the time. SO, if you want to actually be

recruited – again, get educated, and keep talking to those coaches, via email, via phone... "Hey, I'm still available. I like your school, here's why, come see me." They'll tell you if they're full or not. And other coaches may say, "Hey, I just have another roster spot open up."

Nelson: Remember, we don't always find you without these emails, so it's a really good way to let a coach know that you're interested.



THINGS TO DO IN DENVER... [Click here.](#)



COLORADO CROSSROADS
NIGHTS WITH THE DENVER NUGGETS!



 Sacramento Kings Sunday March 11 th 2018 3:00pm Pepsi Center TICKETS START AT \$28 <small>NO ADDITIONAL TAXES OR FEES. Subject to change.</small>	 Detroit Pistons Thursday March 15 th 2018 7:00pm Pepsi Center TICKETS START AT \$23 <small>NO ADDITIONAL TAXES OR FEES. Subject to change.</small>
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Order tickets online at:

www.nuggetstix.com/coloradocrossroads18

For more information, call Lexie Urrutia at 303.405.1138 or email Lexie.Urrutia@TeamKSE.com



Colorado Crossroads
Games with the Colorado Avalanche

Colorado Avalanche vs.

 Arizona Coyotes Saturday March 10 th 2018 1:00PM Pepsi Center TICKETS START AT \$20 <small>NO ADDITIONAL TAXES OR FEES. Subject to change.</small>	 Nashville Predators Friday March 16 th 2018 7:00PM Pepsi Center TICKETS START AT \$20 <small>NO ADDITIONAL TAXES OR FEES. Subject to change.</small>	 Detroit Red Wings Sunday March 18 th 2018 1:00PM Pepsi Center TICKETS START AT \$21 <small>NO ADDITIONAL TAXES OR FEES. Subject to change.</small>
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FIND TICKETS:

avalanche.teamkse.com/coloradocrossroads18

For questions please contact Jackie Van Watermeulen with the Colorado Avalanche: 303.405.6197 | Jackie.VanWatermeulen@TeamKSE.com





Player Profiles for College Coaches Now Posted!



ALUMNINEWS

Left: 18Blue's **Jenna Hahn**, a Salisbury State (MD) commit has a little bit of fun taking her profile picture (before her actual shot) used for our website and Player Profiles. Just a reminder that the last updates to the Profiles will be done in early May.



This is Xcel "heart". ❤️

A program needs people who care enough to want to share with the younger ones and show them what is needed. You are a great leader **Dana Pineda** and a wonderful representation of that spirit.



Congratulations to Paul & Karen Harrison and their daughter, Heidi (Xcel Class of 2012), who completed Commissioned Officer Training with the greatest Air Force in the world. Maxwell Air Force Base, Alabama.



ALL-ACADEMIC TEAM



UC Davis women's volleyball put six on the Big West Conference honor roll, including repeat honoree **Malia Bolko** (Xcel Class of 2015). A total of 39 volleyball players from around the conference found their names on the Academic All-Conference list, including **Rachel Nieto** (Xcel Class of 2013) at Long Beach State.



Nutrition & Fitness

Xceleration provides a few pointers on proper nutrition and fitness before the teams head out to the Rockies for the Colorado Crossroads. The high altitude in Denver will have different effects on the body that most of us may not be accustomed to. Treating your body right with proper meals and preparation will lead to high performance on the courts.



Marcus Maxwell has accumulated years of practical application of all areas of strength and performance, specifically: starting strength; power and maximum velocity mechanics; core strength; prehabilitation; mobility; and multiplanar exercises, along with sports-specific conditioning.

Since Marcus's departure from the University of Oregon in 2005 and National Football League (NFL) in 2012, he has studied amongst the best sports performance coaches who have assisted Marcus in successfully helping his athletes unlock their innate human performance potential through cognitive and physical preparation.

"For an athlete to rise above my mistakes and transcend past my individual accolades is the most rewarding part of my job." This is why Maxwell Performance is a company of visionaries with our sights set on surrounding our athletes with a professional approach through sports, as well as life!

We build competitors to compete at the highest level on and off the court!

Where we stand:

At **Maxwell Performance** we challenge our athletes and coaches to provide a fun and safe educational training environment to help athletes learn as they develop.

HIGH-ALTITUDE PERFORMANCE

The more you run, exercise, or compete at high altitudes, the lower the concentration of oxygen per breath, which means that your heart and lungs have to work much harder to deliver the oxygen to the working muscles.

In addition to eating a clean and balanced diet during the season to aid in recovery and performance, it is vital to boost your hydration and carbohydrate intake at high altitudes to avoid developing fatigue, dehydration, and altitude sickness. Because the body is working harder at high altitudes, it requires more fuel for the effort. It is also wise to avoid caffeine (and alcohol) up high as they can contribute to more stress on an already stressed body. In general,

A high carbohydrate, low salt diet allows for better adaptation and less risk of "mountain sickness."

Fluids - Because mountain air is cool and dry you can lose a lot of water so be sure to maintain adequate hydration.

When athletes train more than once per day and sessions are close together, speedy recovery of the muscle carbohydrate stores is essential.

Consuming carbohydrate-rich foods and drinks soon after the session helps with rapid refueling, since the muscle can't store glycogen effectively in the absence of carbohydrate intake.

When rapid refueling is needed after a session or competition, target a carbohydrate intake of about 1 g per kg of body mass per hour for the first hour. Athletes should make choices based on convenience, palatability, cost, and the contribution these foods can make to other nutritional goals.

When it isn't possible to meet these carbohydrate targets during the early hours of recovery, the presence of protein in recovery snacks is likely to promote higher rates of glycogen storage than carbohydrate alone.

(Continued on the next page)

THE ENERGY BALANCE

Your body is a highly efficient machine that's at work 24/7 taking the energy, or calories, you provide from the foods you eat and turning it into energy that can be used by your body to keep you going strong. **Energy balance** is the relationship between the energy you take in and the energy you put out. So, when you consume the same amount of energy as you use, your energy is balanced and your body weight stays the same.



Nutrition & Fitness (continued)

This is useful since post-workout protein intake addresses other goals of recovery eating. During longer recovery periods (24 hours), the pattern and timing of carbohydrate-rich meals and snacks does not appear to be critical, and can be organized according to what is practical and comfortable for each athlete. There is no difference in glycogen synthesis when carbohydrate is consumed in liquid form or as solid foods. It is valuable to choose nutrient-rich.

CARBO-LOADING

Carbohydrates are the main source for energy, found mostly in fruits, vegetables and grains, and are broken down to the simple sugar we know as glucose. Simple carbs are small chains of sugar that break down quickly (high glycemic), while complex carbs such as starch or fiber are long chains of sugar that take more time to break down. Carbs should make up about 40-60% of daily calorie intake.

During and after exercise is the one time that sugar and high-glycemic carbs are healthy because they will supply energy for working muscle, increase insulin and assist in the breakdown of fats for fuel.

During rest or the normal day it's best to avoid the insulin boosting sugars and high-glycemic carbs since that will promote unhealthy storage of fat.

THE MENU BEFORE THE COMPETITION

Morning Competition: If you have a morning event, your dinner the night before becomes your most important meal! You want to eat a high carbohydrate dinner the night before competition and a light breakfast the morning of.

Here is an example of what this looks like:

Dinner: Chicken + roasted potatoes + spinach salad with vegetables + whole grain bread

Breakfast: Oatmeal + banana + orange juice



Afternoon Competition: If you have an afternoon event, it is still important to have a high carbohydrate dinner the night before. This is to ensure that your body is fueled with enough energy to compete. Breakfast should also be high in carbohydrates. Lunch will follow with a lighter-portioned meal.

Here is another example of what this may look like:

Dinner: Whole grain pasta with chicken and marinara sauce + roasted vegetables + parmesan cheese + milk

Breakfast: Two-egg breakfast burrito with peppers and onions + apple and peanut butter

Lunch: 3 slices of deli meat + fruit/vegetables + crackers and hummus



Evening Competition: For an evening event, follow the same routine with a high carbohydrate breakfast and lunch, followed by a light dinner meal.

Breakfast: Whole wheat pancakes + strawberries + peanut butter + milk

Lunch: Turkey sandwich with lettuce, tomato, cheese + crackers and hummus + apples and peanut butter

Dinner: Chicken + ½ baked potato + water

(Continued on the next page)



A Tip When Flying

Stiff legs, a creaky back, and a generally grumpy attitude often accompany a long trip on an airplane. Yes, the drudgery of hauling a suitcase through an airport and standing in a security line may have an effect, and there is a real physical impact from a long flight that can hamper your ability to perform at your best following a big trip.

A group of super-fit soccer players were measured for their mood and 30-second sprint ability after a long flight. This may not come as a surprise to any veteran traveler, but their mood and sprint power both dropped for two days following the flight. For any athlete traveling to a competition or simply looking to have a great workout during a business trip, this drop in performance and attitude makes a big difference.

Compression apparel can play a role in preventing serious medical issues that may occur when sitting for a long time, such as during a flight. In addition to promoting recovery, compressive lower body clothing also helps improve blood circulation during a long stay in a cozy coach-class seat. A group of scientists reviewed nine different studies to determine if compression socks reduced the chance of blood clotting – deep vein thrombosis – during air travel. Their findings were clear – wearing compression socks improved the chances of avoiding a clot.

Cardiologist and triathlete, Dr. Alice Perlowski, agrees that the effects of compression can benefit an athlete while traveling. “Blood
(Continued on the next page)

Nutrition & Fitness (continued)

Don't have a competition coming up but want to stay fueled for your practices? Below are some lists of foods that will maximize your energy levels before you exercise, sustain it throughout your workout, and decrease your body's recovery time once you are finished!

Pre-Exercise Meal Foods:

Complex carbs + small amount of lean protein

- Whole grain pasta
- Whole wheat breads
- Fruits
- Vegetables
- Eggs
- Lean meats: Chicken, Turkey, Fish

30 Minutes Before Workout/During Exercise Foods: Simple carbs

- Granola bar
- Sports drink
- Fruit
- Vegetables

Post Workout Food: Complex carbs + moderate amount of protein (Within 2 hours)

- Whole grain pasta
- Whole grain pizza
- Brown rice
- Quinoa
- Fruits: Apples, Bananas, Oranges, Kiwi, Grapes, Berries
- Vegetables: spinach, asparagus, bell peppers, broccoli, kale, carrots, avocado
- Cheese
- Milk
- Chocolate Milk
- Protein: Beef, Chicken, Fish, Pork
- Potatoes: Sweet potatoes, yams, red potatoes, russet potatoes

Fueling your body with the right types of food will ensure your body is able to compete at its highest potential. Eating high fat, simple carbohydrate foods before competition makes it difficult to

function at maximum efficiency. Choosing foods from the lists above and getting adequate hydration will give you the best opportunity for success on the court. Good luck and eat smart!

Here are some examples of foods with high vitamin and mineral content provided by the American College of Sports Medicine!

- Minerals + B Vitamins
- Beef (lean)
- Pork (lean)
- Chicken (skinless)
- Tuna (in water)
- Kidney beans
- Milk (skim)
- Yogurt (Greek)
- Vitamins A, C, and E
- Carrots
- Milk (skim)
- Peanuts
- Orange juice
- Broccoli
- Spinach
- Strawberries

Here are two important minerals for a young athlete according to KidsHealth:

Calcium: helps build strong bones to resist breaking and stress fractures –

- Milk
- Cheese
- Yogurt
- Leafy green vegetables: Broccoli, spinach, Brussels sprouts

Iron: helps carry oxygen to all parts of the body –

- Chicken
- Tuna
- Salmon
- Eggs
- Dried fruits
- Leafy green vegetables
- Fortified whole grains



A Tip When Flying (continued)

is pooling because you're not walking around on the plane," she told *Competitor's* sister publication, *Women's Running*. The right set of medical-grade compression apparel can help reduce pooling.

Another study helps to explain the effect compression socks have on a frequent flyer. This 2011 study from the peer-reviewed scientific journal *Advances in Therapy* found that graduated compression socks "enhance venous blood flow" in the lower body when sitting for a long time, such as while traveling to an event. Wearing compression helped cycle blood through the body and reduced ankle and foot swelling.

Before going to the airport, make sure to slip on a pair of graduated compression socks. Your legs will thank you.

Reprinted from Competitor.com



Nutrition & Fitness (continued)

Preparing for High-Altitude Competition

DID YOU KNOW?

1. High Altitude = Less Oxygen

The underlying problem with high altitude (Denver, CO, 5,280 ft. above sea level) is that there is less oxygen and while this may not be that threatening to individuals at rest it does pose a challenge to athletes.

2. Takes Longer to Adapt in Higher Altitude

In general the higher the altitude the longer it takes to adapt. The first thing that happens is your respiratory rate and heart rates speed up. This occurs both at rest and during sub-max. exercise.

3. Hydrate!

Because mountain air is cool and dry you can lose a lot of water so be sure to maintain adequate hydration. So this means hydration begins this weekend.

4. High-Carb, Low-Salt Diet

Because the body is working harder at altitude, it requires more fuel for the effort. Diet – A high carbohydrate, low salt diet allows for better adaptation and less risk of "mountain sickness". Some people experience significant decline in appetite and the resulting loss of muscle mass may hinder performance.

5. Workout Intensity

This will necessarily be lower until adaptation can occur. Pushing your workouts too hard may increase your risk of overtraining or injury. Additionally some people just do not adapt as well as others. Upon arrival a day or two before competition be sure to test your cardio with very light to medium work

6. Recirculation and Recovery

Compression apparel can play a role in preventing serious medical issues that may occur when sitting for a long time, such as during a flight. In addition to promoting recovery, compressive lower body clothing also helps improve blood circulation during a long stay in a cozy coach-class seat.

A group of scientists reviewed nine different studies to determine if compression socks reduced the chance of blood clotting—deep vein thrombosis—during air travel. Their findings were clear—wearing compression socks improved the chances of avoiding a clot. Cardiologist and triathlete, Dr. Alice Perlowski, agrees that the effects of compression can benefit a runner while traveling. "Blood is pooling because you're not walking around on the plane," she told Competitor's sister publication, Women's Running. The right set of medical-grade compression apparel can help reduce pooling.



Altitude Acclimatization

- ▶ Compete within 24 hours of arrival at destination altitude
- OR
- ▶ Train at high altitude for at least 2 weeks prior to competition
- OR
- ▶ Spend high % of training in endurance – raises athlete's VO2max, allows lower relative intensity at altitude without significant loss to overall performance



Helpful Tips

PARENTS & ATHLETES: Help Your Child Be The Best Backup Player As Possible

By Janis Meredith, Reprinted from The Art of Coaching Volleyball

In the upper levels of youth sports, it's very clear that there are starters and there are backups. My son learned this hard lesson when he was a backup QB his junior year in high school. After being a shining starter in freshman and junior varsity football, he was moved up to varsity to stand and watch. He spent a few minutes in the game and a lot of time on the sideline thinking.

I reminded him of how important his role really was. "You never know," I'd say. "You're one play from getting in."

Once in a while, he *did* get in. When the first QB suffered a tweaked ankle, a cramp, a hard hit, my son took the field for a few plays until the starter was ready to return.

When young athletes are in a backup role, whether it's 2nd, 3rd or 4th string, it's easy for them to get lazy because they may think they will NEVER get an opportunity to play. Here are 3 things you can say to encourage them:

STAY TUNED INTO THE GAME

Pay attention. If you're called on to play, you want to know what you'll be facing.

KEEP UP THE HARD WORK IN PRACTICE

At some point, chances are good that you'll get your chance. When you do, you'll be glad you didn't slough off in practice.



**WHEN YOU GET IN, GIVE
IT ALL YOU'VE GOT**

Athletes should always "leave it all on the field (or court)." That lets them feel good about the fact that they have done their very best, no matter the outcome.

In 21 years of sports parenting and 28 years of being a coach's wife, I've seen many games where backup players have played crucial roles in the team's success. When your children are in that position, help them stay focused and be ready to do their part for the team.

Teaching young athletes to embrace their role allows them to focus on what matters most – bettering themselves to better the team.

- Stay tuned into the game
- Keep up the hard work in practice
- When you get in, give it all you've got





Lawnmower Parents: You're Ruining Sports!

By Amanda Goodman

Dear Lawnmower parents,

Stop. Just stop. Let your kids breathe. Stop trying to control everything. Stop trying to fight every battle. Stop trying to clear the path for everything. Stop holding another kid's head under water so your kid can stay afloat. Stop slamming other people's kids so yours can look better. Stop worrying about what travel team your neighbor is on. Stop concerning yourself with who made the final cut of the team. Stop texting and calling all of the parents on your child's team to try and manipulate things. Stop emailing your child's coach at all hours demanding to know why your child didn't play. Please stop. You are ruining youth sports.

Look, I get it...youth sports are expensive...you're paying a lot of money every month...especially if your child is playing year-round. I guess you want a return on your investment. But guess what? Everyone on the team is paying the same you are. Maybe the neighbor kid is just better than yours? I know, I know...it's tough to swallow. You may have gotten too used to the "equal" playing time thing or the huge participation trophies every season. You aren't used to seeing your child on the bench.

This is the thing: if every kid is special, then no kid is special.

It may sound harsh...but let it marinate. It's true.

We can't keep saying things like "this entitlement generation is lazy," if we are the ones who continue to fuel the bad behavior. If your child gets more playing time because you're pulling the strings...then your child will lose in the end...they will fail later in life. Trust me, I've seen it.

Our kids need to learn this: Life is unfair at times...hard work ISN'T always rewarded...you don't always get what you want...nobody owes you anything.

How about we put the lawnmowers away and teach our kids to show up...work hard...have fun...and be a good teammate no matter what. And how about we sit proudly in the bleachers...and be a spectator. That's it.

Our kids won't be able to stand on their own later in life if we don't let them experience the fall.



Things to Say After a Volleyball Tournament

By Ed Kerns, Ed.D

- I love you.
- I am proud of you.
- What are three things your team did well today?
- What is one team aspect you would like to improve upon? (No names, team)
- What will you continue doing in practice that helped your team be successful today?
- What will you do differently in practice to help the team perform better?
- What are two things you are proud of today?
- I love you.
- I am proud of you.



Why Do You Pay So Much Money For Your Kids to Do All Their Sports?

One of my friends asked “**Why do you pay so much money for your kids to do all their sports**”? Well I have a confession to make; I don't pay for my kids to do sports. Personally, I couldn't care less about what sport they do.

So, if I am not paying for sports what am I paying for?

- I pay for those moments when my kids become so tired they want to quit but don't.
- I pay for those days when my kids come home from school and are "too tired" to go to their training but they go anyway.
- I pay for my kids to learn to be disciplined, focused and dedicated.
- I pay for my kids to learn to take care of their body and equipment.
- I pay for my kids to learn to work with others and to be good team mates, gracious in defeat and humble in success.
- I pay for my kids to learn to deal with disappointment, when they don't get that placing or title they'd hoped for, but still they go back week after week giving it their best shot.
- I pay for my kids to learn to make and accomplish goals.
- I pay for my kids to respect, not only themselves, but other athletes, officials, and coaches.
- I pay for my kids to learn that it takes hours and hours, years and years of hard work and practice to create a champion and that success does not happen overnight.



- I pay for my kids to be proud of small achievements, and to work towards long term goals.
- I pay for the opportunity my kids have and will have to make life-long friendships, create lifelong memories, to be as proud of their achievements as I am.
- I pay so that my kids can be out on the field or in the gym instead of in front of a screen...

...I could go on but, to be short, I don't pay for sports; I pay for the opportunities that sports provides my kids with to develop attributes that will serve them well throughout their lives and give them the opportunity to bless the lives of others. From what I have seen so far I think it is a great investment!

~Unknown

