



Xcelent NEWS

JUNE 2018

VOL. 5, ISSUE #6

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**Xceleration
Volleyball Club**

John B. David, Editor

Fantastic Finishes

Xceleration Ends the Season in Top Form, 9 of 12 teams end in Gold, Silver or Bronze in League Play

FOLLOW YOUR DREAMS...

FOCUS... WORK HARD...

FINISH STRONG...

These are just some of the themes and phrases we often hear during competition. And most likely so did all of our players throughout the season. The victories in a tightly contested match or a big tournament are wonderful records of our accomplishments to hang our hats on, but these buzzwords are the little (BIG) things that's forever.

As we look back and finish the most recent season-ending JVA West Coast Cup and Bayview Classic tournaments (for most of the teams), we see not the culmination of a volleyball season, but the beginning of something new and exciting. We've improved our skills, learned a thing or two about the game, gained new friendships, and learned a lot about life lessons in a volleyball setting.

As you move forward in life and find new challenges, we hope that your time with Xceleration has laid a solid foundation for you to successfully navigate through the road of life. There will certainly be difficult bumps along the way – they make life interesting – but overcoming them is what makes life meaningful and they often lead to beautiful destinations. Good luck on your journey.





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.



Find us on:
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15Blue and 16Blue Push Nationally Ranked Teams to the Limit at JVA, 13B-14W-15W Earn Medals

Excerpts from Prepvolleyball's report, "Ranked Teams Eliminated on Day 1 of the JVA West Coast Cup."



Creating Havoc! 15Blue tests its mettle against ranked teams...

The other pool that provided a roller-coaster ride was E. While national No. 25 San Gabriel Elite 15 Rosh went 3-0, Vision 15 Gold, **Xceleration Blue 15-1** and Coast 15-2 were locked at 1-2.

Coast narrowly missed upsetting SG, falling 20-25, 25-13, 16-14. Leela Anvekar and Lola Foord teamed on a block, while Foord delivered a kill to help SG hang on.

Xceleration created some of the havoc by upending Coast-2 in three, 18-25, 26-24, 15-11. **Xceleration** had a shot at Vision too, but Vision prevailed, 22-25, 25-20, 15-13. Olivia Knutson's ace had **Xceleration** up 13-10 in Game 3. Vision, though, reeled off five straight to pull through. Emma Spindt put away two swings late to lend a hand in the comeback.

The two met again in the first one-game playoff, with Vision cruising 15-5. Vision then stayed alive by downing Coast-2, 15-10.

Oh so close for 16Blue, but played the spoiler...

There in Pool E of 16 Open were Rage Westside 16 Jen and Tstreet 16 Mike together again.

A month ago the two squared off at the SCVA Qualifier in Las Vegas with a bid on the line. Rage swept, making Tstreet's wait for a bid hours longer. Tstreet eventually joined Rage and it figured their rematch on Day 1 of the JVA West Coast Cup in Long Beach wouldn't be nearly as dramatic.

The two really should have been playing for first and second. We say should, because the pool was thrown in flux from the get go as **Xceleration Blue 16-1** stunned Rage in straight sets, 25-23, 25-22. All of a sudden, it was looking very much like the Rage-Tstreet encounter was going to carry greater implications.

And it did, though still not matching the intensity of having a bid on the line. It was close, however, with Rage in a must-win position to force a three-way tie or get knocked out of contention after barely getting started.

(Continued on the next page)

15B and 16B Get Prepvolleyball Ink

Meanwhile, **Xceleration** was sitting pretty. Best-case scenario, the club would clinch first place based on tiebreakers if Rage won. If Rage lost, **Xceleration** advanced as the second-place team. There wasn't much for the Nor Cal club to do but sit back and enjoy the fun that followed.

There was lots of it.

Rage beating Tstreet in three, 26-28, 25-22, 15-9, was just the start of it. Samantha Strah put Rage up 14-6 in the final set before Emma Sharp capped it off as it led to a one-game playoff between the two.

It might be worth noting the only reason Tstreet was in a one-game playoff was because it survived an **Xceleration** scare, as Tstreet pulled the victory out, 27-29, 25-19, 16-14. **Xceleration** was up 14-12 but Tstreet scored the final four points, with Kelsy Rasmussen playing a key role. She saved the first match point then her ace put Tstreet up 15-14. In between, Piper Naess saved the second match point. **Xceleration** hit long at 15-14 and it was over.

In other JVA West Coast Cup action, the 15 White emerged as the Club Division Silver Champions after persevering through late night competition that closed the house down. See page 14 for photos.



At the Bayview Classic, the 13Blue took home the 13/14 Division 4B Championship title. Equally impressive are the 14White that ended their season as the 13/14 Division 5A Champions. See pages 5 and 10 for photos.

Congratulations to all!

As the retired owner and founder of the club, I would just like to say that I am so proud of the work that Jim, Andy, Jeremy and Leslie have done to improve and build this club. You guys have done an amazing job and I am in awe of what folks have achieved. I am very proud to have been associated with the club, and all that you have done.

Jon Segall



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!

APRIL CELEBRANTS

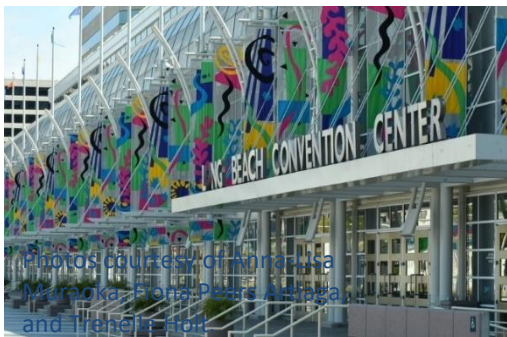
Olivia Anderson
Claire Conners
Natalie Does
Katie Edwards
Amani Houston
Claudia Lindgren
Tati Luevano
Miranda Marshall
Karli McHugh
Alaysia Mitchell
Leila Sardinha
Amira Vontoure
Maya Walker

MAY CELEBRANTS

Sofia Aguilera
Chiara Gatto
Mackensie Hastings
Asha Johnson
Emma Lorge
Julia Martin
Grace Paulson
Meilani Sioson
Nicole Wagner

JUNE CELEBRANTS

Olivia Canova
Hanna Hageboeck
Julia Hagerty
Giselle Lau
Savanna Lau
Madison Laxamana
Sierra McCalmon
Kennedy Plummer



Photos courtesy of Anna Lisa Maranka, Fiona Pears, Arinaga, and Jirehella Rod

Victories are Just Icing on the Cake! Tons of Skill Improvement... Learning... Fun... Friendship, and Fellowship in 2018!



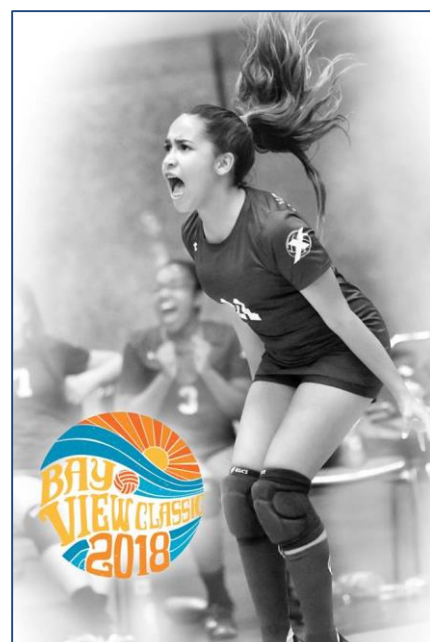
Team	League Record	Final Rank	Final Finish	PL Regionals	Finish	JVA / BVC	Finish
12 White	8-10	13	Silver	NA	NA	NA	NA
13 Blue	7-12	28	Bronze	2-5	23	3-5	29 ¹
13 White	10-9	10	Silver	4-2	9	3-5	44
14 Blue	10-10	24	Silver	2-5	23	4-3	5
14 White	7-12	92	Evergreen	5-3	26	4-4	33 ²
15 Blue	12-8	12	Gold	5-2	4	4-4	19
15 White	9-10	44	Aqua	4-3	21	4-4	9 ³
16 Blue	12-6	5	Gold	3-3	11	3-5	9 ⁴
16 White	7-12	52	Blue	5-3	25	2-5	11
17 Blue	8-11	16	Silver	3-4	12	4-5	23
18 Blue	9-6-1	4	Gold	NA	NA	2-5	21
18 White	9-9-1	21	Silver	4-3	13	2-5	13

¹ Bay View Classic Division 4B champions

² Bay View Classic Division 5A champions

³ JVA West Coast Cup Club Division Silver champions

⁴ JVA West Coast Cup Open Division Silver semifinalists



13s – The Journey Has Just Begun



Bay View Classic Tournament 14/13 4b CHAMPS!



“The journey of a thousand miles begins with a single step.” – Lao Tzu

Photos courtesy of Anna-Lisa Muraoka, Leslie Ray and Tomas Pineda.

[Click here to see more.](#)



Fantastic way to end the season girls!!! So happy with how you progressed this season. That's all because of your hard work. Looking forward to seeing you soon!

Jim Ross

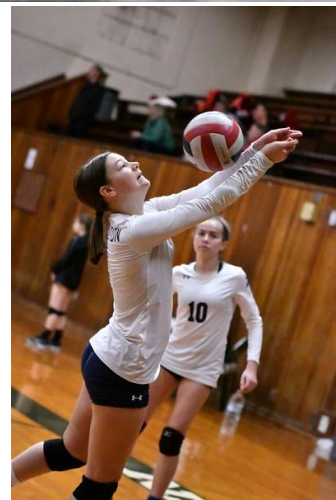


Congrats!

Coach Jade
on your engagement!



"It won't be easy, but it will be worth it."
– Unknown





13White Finds a New Love – Volleyball!



This season has been a blast with 13 White! Week after week, we saw dramatic improvements from our athletes throughout the entire year. After our first premier tournament rolled around, we finished 2nd and we knew we had a team with chemistry; that mysterious element that can't be taught but is a bond developed between teammates. Throughout our journey together this season, the girls had a special connection; shared through their love of the sport, each other, and the coaching staff as well. This season was really special for the coaching staff, because 13W reminded us of what it's like to truly have love for a sport. Sometimes adults can lose sight of why we play the sport, but this team reminded us of the simple joy we've all experienced on the volleyball court. It was a pleasure and honor to coach this team, and we hope to see them next season!

Sincerely, Coach Lauren,
Garret, & Lindsey

Photos courtesy of Jamie Does, Raquel Vasconcelos, and Tomas Pineda. [Click here to see more.](#)

14s – Getting What They Want, Finishing Strong



Proud of 14-Blue for staying late to win the tie-breaker match to put us in the Gold division for tomorrow's bracket play.

Coach Mariah



**THE HARDER THE
STRUGGLE, THE
MORE GLORIOUS
THE TRIUMPH.**

“Ask for what you want in life, take risks, don't be afraid of failure, you will never get what you want if you never try, so just do it!”

– Unknown



"Don't give up what you want most for what you want now." – Richard G. Scott



"A winner is a dreamer who never gives up."

– Nelson Mandela

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

14White – “What a Way to End the Season with a Bang Ladies!” – Coach Natasha



What a season 14W!
Congrats on finishing so strong. Hard work and dedication paid off for sure - it was so awesome watching you all grow as athletes - each and every one of you improved so much! It was so fun watching it all connect! Keep working hard and having fun. You'll all continue to do great things!
:)

Coach Natasha

Bay View Classic Tournament 14/13 5a CHAMPS!

*“Regardless of what came before or what has yet to come, what matters most right now is how I choose to respond to the challenge before me. Will I lie down or will I fight? The choice is mine and I choose to **FINISH STRONG.**”*

– Dan Green





"Where you start is not nearly as important as where you finish."
 – Zig Ziglar



15s – Dreaming Big!



15B had a pretty good showing in Long Beach. Lots of college coaches seeing our amazing team compete at a high level. We won some and those that we lost, we were extremely close to winning. So proud of how far they have come this season and can't wait for Orlando! Such great players and families!!!

Coach Lucas

“Follow your dreams. Figure out where you’d like to be, what you would like to be doing, and then figure out what you need to do to get there.”

– Kennon M. Sheldon

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



*"The biggest adventure you can take
is to live the life of your dreams." –
Oprah Winfrey*



"If you can dream it, you can do it."

"Laughter is timeless, imagination has no age and dreams are forever." – Walt Disney



Love the look of that hardware around your necks!! Great job girls. A great tourney against good competition. Be proud of yourselves. Thanks for your effort this weekend and all season!

Jim Ross



Photos courtesy of Fiona Peers Artiaga and Tomas Pineda.

[Click here to see more.](#)





*"Stay focused, go after your dreams
and keep moving toward your goals."
– LL Cool J*



16Blue – “We are humbled that you allow us to be a part of the lives of these fantastic young women.” – Coach Brett



We are so proud of these girls for their hard work, and how they have dealt with adversity over the last month. We put them in some tough situations out of necessity. No matter what they found a way to support each other, and prevail.

Thank you to the families who have supported this team at every turn. We are humbled that you allow us to be a part of the lives of these fantastic young women.

Coach Brett Leggitt



Photos courtesy of Dee Ortega.

Congrats 16Blue on earning the American bid to Junior Nationals! Be very proud of your finish and the work it takes to finish this high in our tough region.

In keeping with club policy we have declined the bid and will elect to compete in the AAU Nationals in the OPEN division. Enjoy your accomplishment. Then let's get ready to take on some of the best teams in the country at JVA West Coast Cup and AAU's.

Congrats again to the players, coaches and parents! A great job and thanks for all the hard work.

Jim Ross



"The greatest accomplishment is not in never falling, but in rising again after you fall." – Vince Lombardi



16White – *“At first they will ask why you’re doing it. Later they’ll ask how you did it.” – Unknown*



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

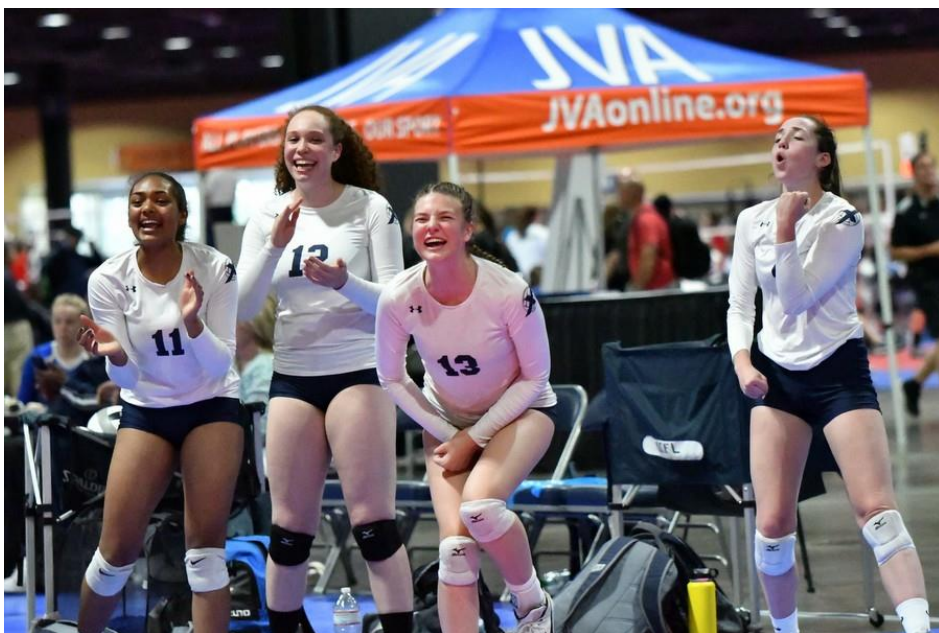


“Put your heart, mind, and soul into even your smallest acts. This is the secret of success.” – Swami Sivananda



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

17s – “Our hope for each of you is to remain aware of how amazing you truly are.” – Leslie, Lindsey and Jade



Photos courtesy of Kathleen Gillis Henry and Tomas Pineda.
[Click here to see more.](#)



Each of you has taught us something valuable about the game, and about life. Each one of you has not only made us a better coach staff but better people. One thing is certain that everyone on this team have played an important role. Our hope for each of you is to remain aware of how amazing you truly are. You have all made this coaching staff proud. You may not realize it right now, but this season you have all grown so much. We were extremely impressed with the effort displayed in Long Beach. Tough matches were played but you competed as a team. The last day in Long Beach showed passion and fight. Each of you talented young women wouldn't go down without a fight. You all left it out on the court and never gave up on each other. My last piece of coaching advice for you is to continue to play as long as you love the game. We appreciate the commitment this season. We also want to thank the parents for making this season successful. Thank you for the rewarding season.

thank you,
 Leslie Ray
 Jade Sanford
 Lindsey Ray



"Continue to play as long as you love the game." – Leslie, Lindsey and Jade



18s – “The Process, the Fight, the Execution was Excellent” – Coach Andy

18 BLUE LETS GOOOOOO!!!

SO PROUD – THE PROCESS – THE FIGHT – THE EXECUTION WAS EXCELLENT...

We did it!! We really played the game the right way-everyone played a great role and played really well.

I literally had a blast coaching this team.

All of you are ready to go to the next level! College awaits, I think we figured it out-----how hard it can be and what great effort it takes both individually and as a group to win points, games and matches. Must bring your best all the time!!

The practices and preparation were excellent leading up to this tournament. All of you - did so much for each other - to try and win these games and matches. It's all Paul and I could ask for.

If any of you need anything from me in the form of reference for a job, a promotion, please don't hesitate to use me - it's the very least I could do for all of you.

We love all of you! We greatly appreciate the hard work that was put in. It was an honor and privilege to coach this group. I won't forget you.

To our Junior (2019) Mafa, you were truly amazing. Great things coming for you next year!!

Thanks again to everyone from the bottom of my heart!!

BTW, Wave, the team we lost to in our last match at Nationals (that we said was an Open team and a very good team) won Long Beach!

Also and most important... Enjoy your Graduation celebration!! Big step in your young lives. Great line in George Strait's song "Breathless."

"But life's not the breath you take, the breathing in and out That gets you through the day, ain't what it's all about You just might miss the point trying to win the race. Life's not the breaths you take but the moments that take your breath away."

ANDY SCHROEDER
JEREMY SWANN
PAUL D HARRISON



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



"Life's not the breaths you take but the moments that take your breath away."
– George Strait





"Live each day as if your life has just begun." – Johann Von Goethe



Thank You, Parents and Friends!
Your Love and Support are Greatly Appreciated!



Thank You!



thank you!

For all the **special** things
you do.

thank you!

For **your part** in our
journey.

thank you!

We are **touched** beyond
words.



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

Shining Stars



Emma Engstrom named as San Ramon Valley High's Freshman Student of the Year! Prepvolleyball (PV) Defensive Dandies Honorable Mention

Chloe Ortega voted as St. Patrick-St. Vincent High's Sophomore Student of the Year!

Kylie Greenberg stands out at JVA Showcase!

Madi Risch spotted by PV Star Search on JVA Day 1!

Claire Conners shines for PV Star Search on JVA Day 2!

Emma was named SRV Student of the Year, awarded to one boy and one girl in the freshmen class. This recognition was nominated by and voted on by teachers and administrative staff for her academic performance.

Proud of @chloedortega for being voted by the SPSV ASB for her Sophomore class as "Bruin of the Year"! Requirements include: student must exhibit Bruin pride, follow SPSV guidelines, strive to achieve integrated school-wide outcomes and have made a contribution in their own right to their class, school and/or community. Keep it up Bubba! #classof2020 #spsvbruins #studentathletelife



CLUB NEWS

Long Beach Showcase Standouts



By Chris Tobolski

Posted on May 25, 2018



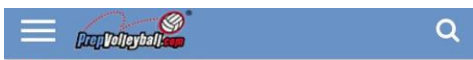
Counterclockwise from left: Emma Engstrom, Chloe Ortega, and Kylie Greenberg.



*Top to bottom: Madi Risch
and Claire Conners.*

Clockwise from top: Madi Risch, Chloe Ortega, and Claire Conners.

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



DEFENSIVE DANDIES

2018 Defensive Dandies Part II: Gym Dandies



By John Tawa

Posted on May 31, 2018



HONORABLE MENTION

Congratulations to 16Blue's **Emma Engstrom** for being named Honorable Mention in PrepVolleyball.com's 2018 "Gym Dandies," the nation's top full-time defensive players, both high school and club. The list is presented in a dozen "teams" of 13, followed by about 125 more in the HM category.



Emma Engstrom, Fr., 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.



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

College Development Program Thrives Under the Watchful Eyes (and Ears) of Jim Ross & Paul Harrison



Xceleration is proud of its record of helping its athletes realize their volleyball dreams by connecting them with colleges coaches throughout the country. Since 2008, 120 Xceleration alums have been recruited to play collegiately and in part through the tireless efforts of **Jim Ross and Paul Harrison**. They are valuable resources available to our members through the College Development Program. Contact Jim or Paul to learn more.



**KEEP
CALM**

I AM

**ON DUTY
THIS WEEKEND**



**I WANT YOU
TO SIGN WITH
_____ UNIVERSITY**

Sisters



With Bry and Brey

To learn something more about our Xceleration athletes, 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!

Today we meet 15Blue’s Brya Ashley and 18Blue’s Breyan Ashley through a Q&A and a Rapid Fire round of questions. Here we go!

Before joining Xceleration, did you play other sports, and when and how did you get started playing volleyball?

Breyan: I used to play basketball from the time I was able to dribble the ball at age 2, until I officially quit in 8th grade. I left the game, but I loved playing a sport. I was really close with all of my P.E. teachers because I was a die-hard athlete so they recommended playing volleyball. I was tall and athletic. I tried out for the sport and fell in love with it immediately.

Bry: I used to play basketball also but now volleyball is my one true love. I got into volleyball because of my sister mainly teaching me how to play in the front yard and our endless games. It would end going inside with one of us crying because the other cheated (usually me). I just remember falling in love with the sport right away.

Why did you choose to play with Xceleration?

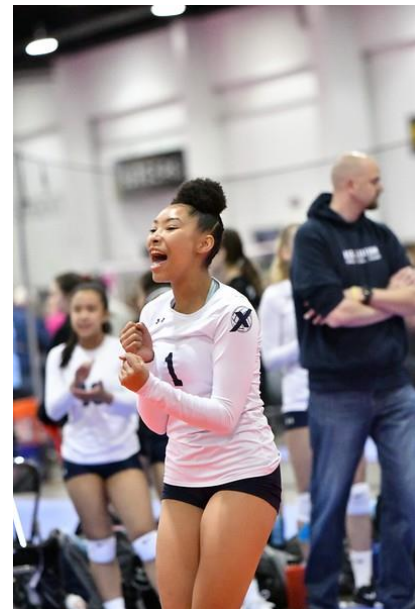
Breyan: This is the only club that I know that has such a close-knit family feeling. Everything that everyone does here is because they genuinely love and care for each other. The moment I walked into this

club I felt such a warm welcome. I’ve never felt so accepted.

Bry: I instantly felt connections with each and every coach that I met since the start; it’s like a second family to me. Xceleration just has so much to offer.

What’s the best thing about the sport? What excites you about being on the court or with Xceleration, any memorable moments or accomplishments that you are most proud of?

Breyan: My favorite part of playing volleyball is the relationships and connections that you make while playing the sport. A lot of my best friends are people who I’ve met



Top: #1 Brey and #1 Bry in their favorite jerseys.



With Bry and Brey

playing volleyball over the past four years. Volleyball is such a team sport that it forces you to be there for your teammates on the court, which ultimately teaches you to be a better person, both on and off of the court. My most memorable experience playing with the club was on my team last year, coached by Leslie and Lindsey Ray, and Jade Sanford; we went undefeated in one of our first tournaments that we played in Sacramento. It was so much fun to be doing so well with such a great group of girls. And we all did well together, nobody outshined the other. We “Xcelled” together.

Bry: The best part of the sport; I would have to say the high that you get after making an amazing play. The accomplishment that I’m most proud of is making varsity as a freshman this year at Dublin High, and gaining the opportunity to play a year with my sister, which is by far the best volleyball experience I’ve had yet.

This is the second season for both of you with Xceleration, take us back before the start of this season and tell us what was going through your mind as you entered another year with the club, what did you want to get out of it?

Breyan: What I was looking forward to most this season is enjoying the high level of play that I am so blessed to be able to experience, and using this last club season to form these lifelong connections and relationships before my life as an adult really begins.

Bry: I was excited and really looked forward to getting to know my teammates and get to experience fun memories. The ones we have already with Xceleration are priceless, so I’m super excited to make more. This season, I really hope to improve my vertical; my main focus is jumping and using arms to catch more air so I can become a better hitter.

If we had a crystal ball, what do we see you doing five years from now?

Breyan: In the next five years I see myself just finishing collegiate volleyball and then possibly considering playing overseas, or something along those lines. In the





With Bry and Brey

near-term, my plan after I graduate from Dublin High is to play D1 volleyball at Saint Mary's College in Moraga on a full ride scholarship for the next four years of my life. I am super excited! I don't think I have any professional career plans just yet; I'm the type of person to not plan too far ahead and see where the Lord takes me.

Bry: I definitely see myself playing in five years, hopefully D1 in college.

Aside from volleyball, do you have anything in common?

Breyan: When I'm not playing volleyball I am most likely singing or playing video games with my family, most likely my little sister. Video games are how we bond. If I wasn't playing volleyball I would be striving to do my best in school and maybe become a doctor or a pediatrician which I would love to do eventually

Bry: Playing Call of Duty WWII on the PS4! Outside of volleyball (this is going to sound nerdy hahaha) I actually enjoy playing video games on PS4.

RAPID Fire

OK, enough about volleyball, let's begin the Rapid Fire round to get to know you outside of volleyball. What's the first thing that comes to mind when asked these questions. Are you ready?

Breyan: Ready!

Bry: Fire away!

How would you best describe your sister?

Breyan: Brya would probably have to be the most fun loving, crazy, annoying, dorky, smart, drop dead gorgeous, dangerously talented, and of course, the best little sister anybody could ever ask for in the entire world, if not the universe! Brya is my best friend, we do everything together, and nobody even comes close to scratching the surface of how much love I have for her. Nobody ever will.

Bry: Awww, thanks, Sis. I would best describe Breyan as a goofy stupid head... she's such a caring and loving person that will always make you laugh no matter the situation – whether it's intentional or not.





With Bry and Brey

Besides that, nobody else can take my sister's spot. She's my sister, my best friend, and somebody I can always talk to for advice. I know we'll always be there for each other no matter what happens. I literally can't live without my best friend.

Wow! That was truly touching. Let's keep in mind this is the lightning fast round. A genie wants to grant you one wish, what would it be?

Breyan: "Make the world a better place" is such a cliché thing to ask for; instead I would ask for the people of the world to be way more understanding of each other. For people not to continuously judge each other for being themselves.

Bry: Give my older sister Brianna her basketball career back. I don't know why but it would just be interesting to see how far she would've gotten and to see where she would be at right now because I know she would've made it far. [Brianna's collegiate basketball career ended with an injury.]

Favorite, least or most bizarre food you've eaten?

Breyan: Least favorite is any type of vegetable because Mr. Veggie and I do not get along! My favorite would have to be anything that had to do with potatoes – French fries, mashed potatoes with gravy, baked potatoes, hash browns, all of that.

Bry: If it looks nasty I'm not touching it!! My favorite food is fried rice, it's just soooo good.



Most faraway place you've visited, or would like to visit?

Breyan: Florida. I would also like to visit the Bahamas because it's so pretty there. I would love to experience that island life.

Bry: Hawaii and it was absolutely beautttttiiiffuuulllll.

You just won a million dollars, now what?

Breyan: Use it to help the kids in need, in less fortunate countries – whether it would be medicine, housing or clothing.

Bry: Share it... probably!

Pet peeves?

Breyan: When people buy nice shoes to ruin them by stepping in dirt or dragging their feet because I have OCD [Obsessive-Compulsive Disorder] when it comes to my kicks. All of my shoes – no matter what they are – stay squeaky clean.

Bry: When people smack when they chew!



Photos courtesy of Lashiem Clark and Tomas Pineda. [Click here to see more.](#)



With Bry and Brey

Bry: Eminem because through all of his struggles he still remained humble. He speaks the truth.

Favorite movie or show?

Breyan: Of all time ever in my entire life would definitely, without a doubt, have to be *The Lion King*. I know all of the lines and I could've directed the movie or something.

Bry: The 100. I don't know whyyyy, I have serious issues I CAN'T STOP WATCHING!

School subject?

Breyan: Math and science. I love a challenge.

Bry: Math and science. Sometimes they're easy and sometimes they're hard – a happy medium.



Hidden talents?

Breyan: Singing. I'm very shy when it comes to that so very few people know that I can sing.

Bry: I used to scare my sister when I was double jointed in my shoulders but I can't anymore.... sadly.

Favorite Book?

Breyan: *The Kite Runner*. It was such a shockingly real story; it was so eye-opening.

Bry: *Bud Not Buddy*. It's so real I can connect with the story that's told.

You're going to spend a few days on deserted island, what three things would you bring?

Breyan: Volleyball, food, and a computer for Netflix!

Bry: C'mon sis, it's a deserted island. Computer for Netflix? There's no wifi! I would take food, food and food!

OK, that was fun, don't you think? Let's wrap up. What advice would you like to give to, or have gotten from your sister before we close this chat?

Breyan: My advice to Brya would be for her to give her ALL plus more, her 110% in every single practice because how you practice is how you play. You should always remember that you never get these moments back, so live all of them to your fullest potential. Only worry about what is going on, on your side of the net, never get sucked into anything anybody says through the net, it's irrelevant. My biggest piece of advice would have to be to walk onto the court or into the gym like you are the best player ever to touch volleyball, but ALWAYS remain humble.

Bry: The best advice my sister has ever given me by far is to remain humble and stay true to myself.



How to Deal with Setbacks: Bounce Back from Life's Hurdles

By Liz Noelcke, Reprinted from SparkPeople, Inc.

Helpful
Tips

We've all hit that bump in the road, the setback, the problem. What sets people apart is how they react to that bump. Are you one to spin out of control, in despair? Or do you grab a hold of that wheel and steer yourself straight? Whether it's a school assignment, a work project, or a volunteer mission, we all encounter things that slow us down. You just have to keep in mind that a setback is only temporary and greater things lay ahead.

It is easy just to quit, give up and ignore the hard work you have put into something. But at SparkPeople, we believe in the "two steps forward, one step back" philosophy. So what if something bad happens? Keep moving forward, developing what you have. You've already built a solid foundation on which you can rely. Hard work can't be overlooked.

So how can you react when something doesn't turn out as you've expected? First, be objective. Step back and look at the situation. Take responsibility where it is due, but don't place blame on others. Is your setback really that significant, or will it just require a little extra exertion on your part? Come to terms with it and then start planning your next move. Ask for help. Don't be afraid or ashamed to do this. Oftentimes, people are more than willing to give you support and advice, maybe even after being in a similar situation. You don't have to be perfect; after all, nobody else is.

Bounce back. Reevaluate the goals you should have set for yourself at the beginning and retool them as necessary. Goals should be realistic and specific, but that doesn't mean they can't be flexible and are allowed for minor impediments. Instead of looking at your project as a disaster or failure, view it with success.

Concentrate on how great it will feel after it is finally done, after you have put your all into it. Instead of focusing on a possible unsatisfactory performance one single time, take a moment to sit back and reward yourself for all that you have accomplished.

Above all, don't live with regrets. Approach life with perseverance and dedication to the things that matter most to you. Success is never easy. It remains up to you whether you will give up, or fight through the tough battles to earn whatever it is you want.

A fragment of a poem by Ralph Waldo Emerson is telling:

"Finish each day
And be done with it.
You have done what you could.
Some blunders and
Absurdities have crept in.
Forget them as soon as you can."

Move on with your life. Keep reaching for your goals and you will achieve them. One minor setback is nothing if you really want something and are willing to work for it.



We have just experienced exceptional play from all of our teams and the competition. Sometimes the ball just didn't bounce in our favor and that is to be expected. We will deal with many ups and downs during the season and this short essay is good to keep in mind as we reach the peaks and valleys that we'll encounter throughout the season and through the game of life.

**Setbacks
will only
make me
STRONGER.**

- Daily Affirmation -
POSITIVEMOTIVATION.NET

"A setback
is a setup for
a comeback"
- T.D. Jakes



An Open Letter to the Volleyball Player I Used to Be

By Alexa Nicole DeClue, at Missouri State University and reprinted from OdysseyOnline.com

The thing is volleyball, you taught me so much about who I am today.

First of all, I kind miss you. Like, a lot. It has been so long that I even miss the floor burns I had in the most random places but also hurt so bad. But I will never miss setting the net up and taking it down because I still strongly believe that all nets should be the ones that can come down from the ceiling with a turn of the key. There was a time that you were my everything and in a blink of an eye we are no longer together and sometimes I feel kinda lost.

I can still remember the thrill of winning match point after the longest rally. Everyone on the team had made a spectacular play and you could never catch your breath. But that was okay because you were still screaming at the top of your lungs because you freaking did it, you won. I can also remember being on the other side of that net, hanging my head in defeat. Sometimes the Sport Court that you were on was surrounded and all eyes were on you.

I can still remember opening up my bag after a three-day tournament weekend and swearing to myself because I forgot to wash my kneepads. Because it always became obvious that next practice after the tournament in the huddle who had and hadn't washed their kneepads and you would get called out. And who could forget the love/hate relationship I had with my ankle braces because they took so much time to take on and off. And then the battle of making

sure they were comfortable the entire time they were on.

I miss that sore, but rewarding, feeling I got after good practices. The kind of practice that pushed your boundaries or where you finally got that deep corner ball up. Or the practice that you finally fixed your swing and hit the most epic line shot.

The thing is volleyball, you taught me so much about who I am today. I learned how to deal with time management and loyalty. If I could go back I would give it my all at every practice, even if it had been a long day that I just wanted to be over already. I miss the sting of getting an up from a brutal down ball. I miss traveling the country with some of my best friends and building relationships that still last today. I miss putting on my uniform and feeling a sense of pride and determination.

Volleyball, you gave me more than I ever thought imaginable. You gave me self-confidence, a coach that ended up being my biggest supporter, a healthier lifestyle, a fire to succeed, and memories that will last a lifetime.

I miss you every day volleyball and that is never going to change. Thank you for unforgettable experiences and people along the way. It's been a journey and I hope you continue to give other people the same joy you have brought me.

*Love,
Alexa*



Volleyball, you gave me more than I ever thought imaginable. You gave me self-confidence, a coach that ended up being my biggest supporter, a healthier lifestyle, a fire to succeed, and memories that will last a lifetime.

Alexa Nicole DeClue,



What is the Role of the Coach?

By Matt Sonnichsen, Director of Volleyball and National Speaker for NCSA Athletic Recruiting. Matt has over 20 years of experience coaching volleyball at the collegiate level.

In my NCSA Recruiting Education talks with club volleyball programs, I often get asked by families, what is the role of the coach?

Today's club volleyball world has grown to proportions which are staggering. Who knew 25 years ago that there would be clubs sponsoring 75+ teams, entire convention centers packed wall to wall with courts and hundreds of college coaches descending upon these events to recruit?

With the professionalism of club volleyball and the amount of money families pay to participate, there can be certain spoken or unspoken expectations of the coach's role. Some club programs are large, well organized, with staff members focused on expanding the recruiting reach of the club, while other clubs are just trying to make sure they have a gym next week to practice in.



I encourage families to reduce the coach's role to the simplest, yet arguably, most important: To Coach.

Below are some points to better explain:

The role of the coach is to enhance a player's volleyball IQ and volleyball skill. Period. The player's ability will determine his/her opportunity. The role of the player, is to listen and apply what the coach is teaching to become a better player.

For instance, when a coach tells a player to "hit line", the coach is instructing the player to become better. When an outside hitter can attack the ball down the line it can be a very effective attack leading to kills. Plus, it puts less stress on the shoulder and the ability of an outside to attack line is something that college coaches value. So, if the player listens to the coach and applies the instruction, he/she will become a better outside hitter, and thus, more recruitable to college coaches.

The coach, on the other hand, is not the recruiting coordinator for each player on the team, ultimately the players and families need to take on this role. In some cases, the family has the assistance of the club's Recruiting Coordinator, who is also trying to help several other families in addition to other duties with the club and/or a full-time job.

The coach is a volleyball professional who's job description is to improve the level of the team and all the individual players that comprise the team. That will ultimately be the best

(Continued on the next page)



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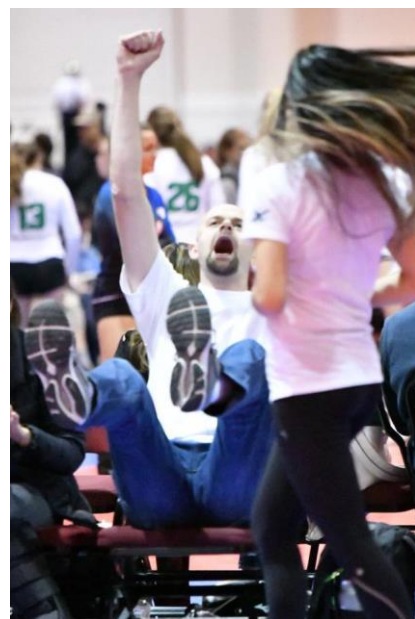
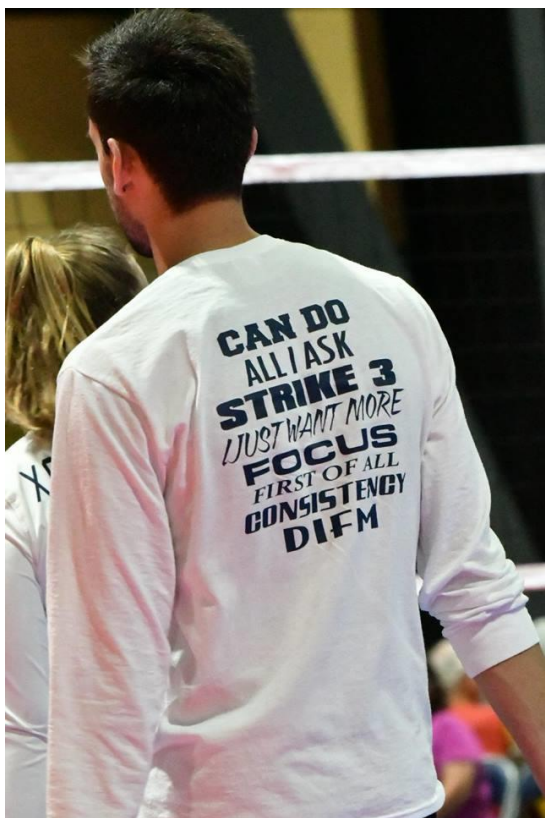
Matt Sonnichsen



What is the Role of the Coach? (continued)

way the coach will help a player realize her goals of playing collegiate volleyball. If the coach is emailing, calling me, and tweeting a college coach every day promoting a player but she cannot hit line, then the coach will not recruit her.

When deciding which club(s) to tryout for, it is important that parents and players understand what the club's role and the coach's role will be in the player's recruiting process. Many times it is assumed that the coach will act as a recruiting coordinator for each player when that is not the case. If you have not read the post about having realistic expectations in the recruiting process, definitely have a read. The more active the player's role in the recruiting process is, the better the chance that he/she will enjoy the junior volleyball season, and find the right fit for college.



Photos courtesy of Tomas Pineda.

[Click here to see more.](#)

Recruiting Dish: The (Secret) World of Warm Ups

By Prepvolleyball, Chris Tobolski
Posted on May 24, 2018

The question was a simple one. How important, on a scale of 1-10, is it for you to watch a player go through warm ups/hitting lines? 1 not at all/10 a total must? We then polled a few college coaches to get a feeling.

One responded immediately with, “10! Especially if you are trying to watch MBs. They hardly get set in games. Lots of coaches film hitting lines.”

In the world of recruiting, how players spend the 10 minutes warming up before a match can mean everything. It sounds as cliché as clichés get, but sometimes all it takes is that one swing. Just ask new **Indiana** assistant Dan Gwitt.

“I was walking by this girl’s court and I saw her dancing, literally dancing,” he said. “Then I see her throw her water bottle down. She turns around, the setter puts up a ball and she goes up and jacks the ball down the line. I could see she was that dynamic and that athletic off that one ball. I had to stay and watch her play.”

That’s a current Big Ten coach recruiting a player off of one swing.

Now, that’s not a typical case but one that clearly shows the impact warm ups can play in the recruiting process. College coaches don’t have unlimited time to watch everyone. The quickest and easiest way for college coaches to see which players meet certain marks or not is catching them in warm ups.

“Big Ten and Pac-12 coaches are not going to spend 30 minutes on every court,” Gwitt said. “In warm ups they are going to identify really quickly who checks those boxes. You can see if setters have nice hands. You can see the hitters that can hit high and hit with range. If you are a right side, hit a ball on the left so we can see that. If you’re a middle and you can hit more than a one, show it all.”

Those are among the easily identifiable factors but it goes beyond setters and hitters.

A Pac-12 coach we spoke with said warm-ups are important for everyone involved, noting that you can see platforms from passers and speeds/movement of servers as well. Just as important is the energy and effort being demonstrated.

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During the beginning of each season, Xceleration underscores the importance of warmups, and this recent article by Prepvolleyball emphasizes how critical this short period before the game begins really is.



Recruiting Dish: The (Secret) World of Warm Ups

If a college coach's first look at a player is during warm ups and that player isn't going hard, what is there to gather? A club coach we spoke with for perspective shared that a college coach approached them during a tournament this season and told them they were concerned about a girl because it appeared she wasn't going hard during warm ups.

"I typically stand between four courts warming up at 7:50 am and I'm looking court to court to court to court to try and see each kid do something once or twice," Gwitt said. "Anything I like, I instantly note and will go and watch that kid further. Watching them warming up what you typically see right away is the energy and effort. Is it there?"

At the same time, don't be discouraged by a terrible warmup.

In fact, be encouraged by it! It presents the perfect opportunity to show a college coach what you are made of. If a college coach is interested enough, a poor warmup can actually help them evaluate you in a different light.

"We watch for players who have bad warm ups but are able to turn it around in the game," said Gwitt because it can reveal a positive clue to their character.

Writing about the importance of warm ups and the potential impact it can have on recruiting takes me back



to interviewing current USA Women's coach Karch Kiraly for the Orange County Register when he coached his sons, Kristian and Kory, at St. Margaret's High.

Kiraly was co-coach with Jeremy Dailey and before Kiraly came aboard, St. Margaret's lost every set of every match the year before. Four years later, St. Margaret's was a CIF champion in boys volleyball. How did the turnaround happen? By not wasting a single touch.

"I wanted to come in and make as many times as they touch the ball in any given practice to be the most mindful and most productive touches they can be," Kiraly said at the time. "I wanted them to never waste a contact in the gym. You need to make all of them count." Bingo!

"For the kids or parents reading the article, it's the time to turn it all the way up," Gwitt said. "There's no choice but to give it max energy and effort warming up. You have to assume someone is watching you. That effort and energy is the one thing you can control. We've all been there on Day 3 and for whatever the case you're tired. But all you need is that one swing, that one set, that one serve, where someone will stop and watch you. It's the most cliché thing I can say, except that it's happened to me. I've recruited a kid from one swing."



"There's no choice but to give it max energy and effort warming up. You have to assume someone is watching you. That effort and energy is the one thing you can control. We've all been there on Day 3 and for whatever the case you're tired. But all you need is that one swing, that one set, that one serve, where someone will stop and watch you. It's the most cliché thing I can say, except that it's happened to me. I've recruited a kid from one swing."





Summer Camps | Jul 16 – Aug 16

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

Mondays / Wednesdays / Saturdays (5th-8th Graders)

Mon/Wed 6:15 pm – 7:45 pm (All Skills Camp)

Sat 12:00 pm – 1:45 pm (All Skills Camp)

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

Mon/Wed 7:45 pm – 9:15 pm (Setters / DS)

Sat 2:00 pm – 3:45 pm (All Skills Camp)

Tuesdays / Thursdays / Saturdays (15s-16s)

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

Sat 4:00 pm – 5:45 pm (All Skills Camp)

Tue/Thu (II) 7:45 pm – 9:15 pm (**College Drop Ins**)

Sat 2:00 pm – 3:45 pm (**College Drop Ins**)

Summer Schedule

Week 1: July 9 - July 14th

Week 2: July 16 - July 21

Week 3: July 23 - July 28

Week 4: July 30 - August 4

Week 5: August 6 - August 11

Week 6: August 13 - August 16 (weekdays only)

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

Cost: \$175 for 3 sessions per week; Week 6 for only \$120.

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

Registration:

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



A Whole Different (Same) Ballgame!

A Chat with Coach Rob Browning

The size and surface of the court... the elements of wind, cold and heat... the number of players on both sides of the net... a lineup that allows you to be on the court 100% of the time... And in the end, the ball and rules are fairly the same. These are just a few of the differences and similarities between indoor and sand volleyball that we often hear about and more so lately.

To supplement this discussion, **Rob Browning**, Saint Mary's College head coach of the women's indoor and beach teams, and now Xceleration's newly-appointed Beach Director and technical coaching consultant, recently met with an enthusiastic crowd of players, parents and staff at the Xceleration Sports Facility to generate support for the club's beach program, which is launching its second season. Here are some of the key takeaways from the Meet-and-Greet with Coach Browning:



More Court Time and You Cannot Hide

Beach volleyball improves your overall indoor game because a player is on the court all the time and must be able to perform every skill — setting, passing, hitting, serving and defending. Unlike indoor for example, middles are typically subbed out of the rotation in place of a defensive specialist and, therefore, their time on the court is limited. To be successful at beach volleyball a player must be able excel in all these skills and it forces the players to develop their weaker skills. It also requires players to cover more of the



court on serve receive and on defense and this teaches players to read the hitter and control the ball.

Improves overall agility, strength, speed, and balance

Athletes who want to excel on their normal court can benefit from shifting their work out onto a sand court. Sand shifts under your feet and challenges your muscles to do more to maintain stability. Sand training has long been used as a low-impact method of strength training. Because the surface is constantly slightly shifting, players always have to re-calibrate their balance, improving overall body control and stability. Sand volleyball is also great for training to improve speed, agility, and building explosive strength because all the muscles utilized require a greater





workload to run, jump, accelerate, and change direction. It makes you quicker on defense because you're under constant resistance in the sand.

The benefits of sand volleyball aren't just physical; the game's also a great way to improve hand-eye coordination and boost mental agility. Volleyball is all about the timing. Swing too soon or too late and the ball goes on an unexpected flight path. In order to excel at the sport, you have to watch the ball all the way down to your hands so you know exactly when to swing. Combine this level of precision with the typical contortions and acrobatics, and you can expect your coordination to improve.

Real-time Problem Solving/Learning by Coaching

When you play beach volleyball, you won't have a coach telling where you need to position yourself or where to hit. This can be a really great thing because it forces you to coach and problem-solve yourself and work with your teammate. By not having a coach, you could actually be more motivated, efficient, and active due to lowered inhibitions and an increased sense of purpose.

Developing Your Complete Game on the Beach

Related to learning by coaching above, players develop strategies against opponents by recognizing which player to capitalize on. Which



one, for example, is the weakest setter? If one player can't set their partner very well, it might be best to serve forcing the bad setter to set. These are examples of learning to play volleyball with a game plan. Having a plan is going to give you confidence and make the game much easier to play. When you transition back to playing indoor volleyball, your team will benefit from your new found confidence and ability to scheme.

Different Scenery

With indoor volleyball almost being a year-round sport these days, beach volleyball is a great way to get away and relax playing the sport you love. Playing on the beach can be a nice break from indoor. You're out in the sun, playing volleyball with your friends.

Flexibility in Xcel's Beach Program

Realizing that several collegiate skills camps, transportation to practices, vacation plans, and other summertime activities make it challenging for players to join the off-season program, Xcel is flexible in working out options and arrangements with players. Drop-ins (if roster size is within the cap) or pro-rata fees may be accommodated.



Register Today – Practices Start June 18

Beach volleyball is an emerging sport, at the collegiate level included. Many new players each year are starting to play beach volleyball and Xceleration is taking advantage of this opportunity to transfer players' improvements into the indoor game. It provides continuity to volleyball training in a fun and relaxing atmosphere. If you're interested in joining the program, or have any questions, please contact Leslie Ray at lesrayxcelvbc@yahoo.com. If you are ready to make the jump to beach during the off-season, click [here](#) to register online.



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



It's Time to Hit the Beach!

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

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

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

Dates

June 18 – August 1: Mondays/Wednesdays

No practice on July 4.

Practices

Ages 13s-14s 10:00 am – 11:30 am

Ages 15s-18s 11:30 am – 1:00 pm

Please contact Leslie Ray @ lesrayxcelvbc@yahoo.com if anyone under the age of 13 is interested in playing beach.

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

Beach Staff: Rob Browning (Director), Michelle Boydstun and Melinda Lau – Click [here](#) for bios.

Cost: \$675 per player

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

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



Photos courtesy of Tomas Pineda.

[Click here to see more.](#)

Sand Volleyball – What's Not to Love?

By Briana Schunzel, JVA Marketing & Membership Coordinator

Reprinted from May 2017

This past weekend Jenny Hahn, JVA Executive Director, and I traveled down to beautiful Gulf Shores, Alabama for the ACVA Collegiate Sand Championship. Neither of us had ever been to Gulf Shores and it was our first trip to the national championships. It didn't take us long to realize what an awesome event it is, and something every volleyball fan, player and coach should witness.

The atmosphere could not be more different from indoor. Seating is wherever you find a spot - it is a free for all - no tickets, no assign seating. Just pick a spot in the sand, bring your own beach chair and umbrella and enjoy some volleyball... in the sun. Hopefully you do not run into some rainy weather, however, as there was some rain late afternoon on the first day of competition, Jenny and I simply made our way into the restaurant right across the street (less than 50 feet away) and grabbed a bite to eat while still being able to watch the main court. Poor us!

Besides the fact that there are only 2 players on the court, the player/coach interaction is much different than indoor. Coaches manage their time among the 5 teams they have competing so many times a team does not have their coach their and have to find a way to win. Plus, during play, coaches are not supposed to get up and coach their team. They can coach them during timeouts and during side changes while they walk along side the court to the other "bench" area. It is really refreshing to watch players trust their teammate and communicate

mostly with their teammate, rather than look over at the bench toward their coach. Players need to learn how to face adversity, get a side-out and score points by relying on their teammate.

As I mentioned, each college team had 5 pairs of teams competing against the other college team's 5 pairs. So 5 courts were simultaneously competing and the college team that won 3 out of the 5 matches was the overall winner. This means that every match counts, regardless of what seed or ranking your individual pairs team is. So when the score was 2-2, everyone made their way to the remaining court still in play and before you knew it, the court was surrounded by cheering fans. It was awesome!

We witnessed the development of volleyball maturity and volleyball IQ by watching the juniors sand tournament taking place during the collegiate championships. Over 200 teams signed up to play in age divisions 12-18. Parents sat along side the courts and looked surprisingly relaxed while their kids competed. Parents... relaxed? YES! After all, you are outside, on a beach, ocean view, watching your child play a sport she loves. There were no arguments about the score, a reffing call, the other team's coach; it was all about the enjoyment of the sport and the experience.

This game is on the rise and spiking a fever. Sand volleyball... What's not to love?



Helpful Tips

Exercise Harder on the Beach

By Jen Murphy, Reprinted from the Wall Street Journal, Health & Wellness, May 17, 2016.

Relocating your workout to the sand can improve strength, balance and endurance. “Sand makes the action of running a lot more difficult,” says Even North, director and head coach of Revolution Running, a multi-sport training club in Louisville, CO. “When your feet sink into the sand, it requires more effort to push off and keep your momentum going.”

Mr. North says sand stimulates muscles on the insides and outside of the ankles and calves and helps develop improved proprioception, which is the ability to sense the orientation of the body in our environment. Small muscles and tendons in the feet are working, which helps improve overall stability and foot strength.

Most people who exercise at the beach do so with bare feet. As with new activity, it’s important to start slowly to adapt, says Chris Vlaun, co-founder of Miami-based V-Art of Wellness, which specializes in beach workouts. “No matter how fit you are.”

Mr. Vlaun has clients do warm-up exercises. “jumping jacks get the feet flexing, and a simple reverse lunge works



on balance and ankle stability,” he says. “Twisting pogo hops, where you tuck your knees to your chest as you jump and twist your torso to one side will get your calves and feet screaming, as will high knee lifts.”

He says these exercises alone might be enough to tire out your feet before you event start to run or sprint.

Great to see Rachel at JVA!
Thanks so much for coming
out to support your old club.
We are VERY proud of you.

Jim Ross



Top: Xcel Class of 2013 and 2017 AVCA All-American **Rachel Nieto** at Long Beach State.

Left, top to bottom: Teammates from Xcel’s Class of 2015 **Dora Beilin** at Cal Poly SLO and **Hailey Lindberg** at Santa Clara.

Class of 2016 teammates **Kaitlyn Zdroik** and **Emma Doud** at San Jose State and Loyola Marymount, respectively.

Photos courtesy of **Paul Harrison**.

alumni news

Rachel Nieto and Hailey Lindberg Continue to Make Headlines!

Congratulations to Xceleration alum and All-American **Rachel Nieto** (Xcel 2013)!! Rachel just became the All Time wins leader at Long Beach State. Recently, she was named to the All Big West Conference 1st team for the 2nd year in a row.

And to **Hailey Lindberg** (Xcel 2015), on receiving all-academic honorable mention for the second straight season. Hailey received West Coast Conference (WCC) All-Academic Honorable Mention recognition as part of the conference honors.

Lindberg, a junior marketing major with a 3.31 GPA, receives an all-academic honorable mention for the second straight season. She teamed up with Mead for the season-finales dual win over the Pilots. To be considered for the league academic honors, a student-athlete must maintain at least a 3.20 cumulative grade point average, while also being a significant contributor to her team.



Photos courtesy of **Paul Harrison** and athletic offices of Santa Clara University and Long Beach State.

@SCUBRONCOS
#STAMPEDETOGETHER



KIRSTEN
MEAD



ALLISON
KANTOR



HAILEY
LINDBERG



TAYLOR
ODOM



ERIN
REINKING

SANTA CLARA
BEACH VOLLEYBALL

WCC
ALL-ACADEMIC
SELECTIONS



alumni news

Where are they now?



Love when our alumni come back!! Thanks girls for caring, giving and being who you are!!

Jim Ross



Top, left to right: Jenna Hahn (Salisbury University), Nikki Jensen (Wellesley College), Samantha McGrath (San Diego State), Daiana Takashima (Williams College), Parker Jones (Penn), and Delaney McKee (New Hampshire). Not pictured: Tati Leuvano (University of Redlands).



Photos courtesy of **Tomas Pineda** and **Paul Harrison**.

it's Party time



We have such great groups. They showed me such heart all season long and are examples of how we want our teams to compete in practice and in matches. Thank You so much for being a part of Xceleration. Very proud of all of you.

Jim Ross



Photos courtesy of Lucas Abbott, Stephanie Colozza, Anna-Lisa Muraoka, Ashley Worhsam, and Izavel Umali.