



CELent NEWS

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**Xceleration
Volleyball Club**

John B. David, Editor

2019 REBOOT, RESTART, REFRESH...

Xceleration under new management – commitment stays the same

“The club is in GREAT hands,” **Jim Ross** said, as he and **Andy Schroeder** move away from the day-to-day operations of the club and cede ownership to **Jeremy Swann**. “Jeremy’s vision for Xceleration has not changed. His desire and passion to keep building the club and making it better every season is as strong as ever. He is the right person to lead this club into the future.”

With that said, the club moves forward to begin another memorable and learning season for 140 new and returning athletes. After completing successful programs during the summer and fall – Beach, Summer Camps, Fall Ball, Beginners’ Club, and Pre-Tryout Clinics – Xceleration is excited to begin the 2019 season. As with every competitive season, we expect to create lasting memories, present new opportunities, pave new roads to each player’s volleyball journey, exceed expectations, and TAKE IT TO THE NEXT LEVEL – for both for the club and its players.

Even with Xceleration’s long club volleyball history in the East Bay, we stumble along the way, but has always learned from them. It has always course-corrected for everyone’s benefit, believing that learning from success is important, but learning from failure is vital to succeeding. There will be failures this season for sure, but it is how we (including players and families) deal with it that will determine our success at the next level.



For those new to Xceleration, we have implemented small changes for improvement, including making adjustments to our travel policy by listening to feedback from our club members, attracting and retaining a teaching staff that is second to none, which include coaches and advisers with college coaching, professional, or (though not required) Olympic experience. Xceleration will continue to do what is best for the club and its members. In return, we ask that our players also put in the work in school and on the courts with fervor and to the best of their ability, taking advantage of the opportunities presented to them throughout the season, including private/group lessons and strength & conditioning programs to supplement their volleyball training. Through hard work, success will follow. And as we move forward each day of the season, remember to hit the SAVE button, embrace these opportunities and time with your teammates. They will last a lifetime.

Listen to Leslie

XCELLent NEWS will regularly include topical, pertinent, and other important messages from club director Leslie Ray in this section called Listen to Leslie...

I would like to welcome all of our new families and would also like to extend a great welcome back to our returning families! I am here to support you all throughout the season and partake in the development of our young athletes within the club. You will see me around during practices and tournaments. I am extremely excited that the season is underway!

Practices are off to a great start and this is due to the dedication of our coaching staff and families. Coaches have spent hours in training and are excited to share what we have learned. As our teams are starting off please note that team bonding and chemistry takes time to develop. As the season progresses your daughter will be creating new friendships, success and memories. I believe that being part of a team allows growth in so many areas physically, mentally and emotionally.

Volleyball continues to play instrumental role in my life and has created opportunities that I believed were too far to reach. I only hope that we can create those same opportunities for our club members.

We look forward to making this experience the very best it can be for our athletes, staff members, and families.

I can't thank the administration and coaching staff enough for all your countless hours of help. This club wouldn't be the same without you. From clinics to tryouts none of this is possible without your support.

I am very excited to see all of our teams competing and growing throughout the season.

If you have any questions or concerns, please do not hesitate to email me. I look forward to seeing you all at Cal Kickoff.

Leslie



Photo Galleries

You can find more photos in the [Galleries](#) and Team Pages of our website. If you would like to share your pictures during the season, please post them on our Facebook group page, and they may work their way into future issues XCELLent News.

Instagram

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

XCELERATIONVBC



Instagram

Facebook Group Page

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



Find us on:
facebook®



All photos courtesy of Tomas Pineda, unless noted.

J-Ross Speaks

XCELlent NEWS will regularly include topical, pertinent, and other important messages regarding the College Development (CD) Program from Jim Ross in this section called **J-Ross Speaks**

As the Directors of the clubs College Development program we wanted to welcome all of you to another season of Xceleration volleyball! The upcoming year promises to be an exciting one on and off the court for all of our players who are actively working on their potential college volleyball recruitment.

We kicked off the season with our annual CD seminar on Saturday, December 8 and it was well attended and, we hope, informative session. Players and families were given an outline that covered the “do’s and don’ts” of recruitment, how to navigate the college recruiting process, information on what the recruiting process entails, and how to create “options” for players that will give them the best opportunities to fulfill their desires to play volleyball at the college level.

If you missed the seminar and wish to learn more about this club program that is free of charge to current players, please e-mail us and we will see to it that you are sent the link to the online copy of the College Development Handbook. The handbook will give you the outline we discussed at the seminar as well as forms at the end of the handbook that we need completed by all 15s-18s players that want to use our services. These forms that need to be completed are as follows:

[XCEL Prospective Student-Athlete Questionnaire](#)

[XCEL Player Profile Form](#)

The “Prospective Student-Athlete Questionnaire” will provide us the necessary information to get our college recruiting discussions started, including your potential volleyball contact list. The “Player Profile Form” will enable us to link pertinent information on a player to their name on our online roster. This information is then available to all college coaches and is a great tool to be used in the recruiting process.

Once you have completed all the forms, you are welcome to e-mail us to schedule a meeting where players and their parents can have a one-on-one session with us to personally discuss your individual recruiting needs and wishes. These meetings are often done before or after a practice, but can be scheduled at an agreed upon meeting place as well. The meeting usually last about 30 minutes.

If you want to explore the possibility of playing at the college level, don’t wait! Get this information to us and let’s get going seeing what opportunities exist for you. We are excited to meet with all of you!

Jim Ross (jrosses@aol.com)

and Paul Harrison (pk2hot2handle@sbcglobal.net)



Queens of the Court: All-League of Our Own

Top Bay Area Talents with Xceleration

Xceleration is proud to announce all of its current players who have completed their high school seasons. Congratulations to these athletes were particularly honored by their respective leagues for standout performances during their season, resulting in All-League selections. This marks the sixth consecutive season (since we've tracked all-league selections) that at least 25 players on the club are all-league honorees.

Player/League/Class

High School

Bay Area - BCL

Nicole Chamorro	Bentley
Asha Johnson (MVP)	Head-Royce
Katie Gunderman	Bentley

Diablo - Valley Division

Molly Duane	Benicia
Alexandra Dudziak	Berean Christian
Alaysia Mitchell	Clayton Valley Charter
Nina Umali	Berean Christian
Sadie Woodworth	Berean Christian

Diablo - Foothill Division

Haleigh Brown	Alhambra
Meaghan Hohman	Miramonte
Madi Risch	Acalanes
Erin Thomas	Campolindo

East Bay

Sofia Aguilera	California
Brya Ashley	Dublin
Emma Engstrom	San Ramon Valley
Catherine Helgeson	Carondelet
Payton Lee	California
Ishana Ram	Foothill

Mission Valley

Ruby Santos	James Logan
Fina Tuinauvai	James Logan
Mafa Tuinauvai	James Logan

Monticello Empire

Emily Casner (MVP)	Vanden
Lindsey McLaughlin (Blocker MVP)	Rodriguez
Kayla Somontan	Vacaville
Paige Thrush	Vacaville

Tri-City

Leila Sardinha	Tracy
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Tri-County - Rock Division

Makahla Bolko	St. Pat-St. Vince
Claire Connors	Albany
Chloe Ortega	St. Pat-St. Vince



LIAISON

13BLUE

Kenyetta Morgan

14GRAY

David Frazer

15BLUE

**Melissa Raymond &
Jan Spauschus**

16BLUE

Jo Sette Sayama

16WHITE

Beth Gross & Angie McCalmon

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

Dede Nieto

Highly Talented Coaching Staff Welcomes 140 Athletes for the 2019 Season

Many of you have already met them personally at our pre-tryout clinics, at tryouts, or at Signing Night. We could not be more excited about the mix of coaches that we have on staff for the 2019 season. Our highly talented staff is primarily comprised of individuals with plenty of experience, both playing and coaching, that will directly benefit our 140 players this season and provide the countless opportunities to improve their skills. Our coaches have already held several meetings with the club administration and club Technical Adviser **Rob Browning**, head coach at St. Mary's College, to implement drills, practice plans, and skills instruction for the season. We are extremely excited to get on the courts with our returning and new coaches.

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

Now... just a little bit about our coaches for 2019. Much of what makes up our club is the result of our tremendous coaching staff. They are skilled volleyball players and coaches who are trained by the Xceleration staff in the methods that we want them to develop in our players, under the guidance of Coach Browning. In addition, we make sure to only employ coaches that are being good role models on and off the court. We have very high standards for our staff that ensures that your daughters are being taught good life lessons both in and out of competition.

There is more to being a good coach than just an extensive knowledge of the game – you also have to be able to teach the girls how to effectively identify

2019 Coaching Roster

12BLUE	Gayle Swann Jeremy Swann Haley Glass
13BLUE	Ricky Santos Anthony Carlos
14BLUE	Leslie Ray Todd Ajari Taylor Patton
14WHITE	Patrick Samples Makayla Johnson
14GRAY	Nicole Kuhnle Michelle Hector- Branner
15BLUE	Michael Doherty Isabel Villalobos
15WHITE	Ashley Mulshenock TBD
16BLUE	Lucas Abbott Jade Santos
16WHITE	Natasha Gayle Kristen Root
17BLUE	Leslie Ray Jade Sanford Lindsey Ray
18BLUE	Andy Schroeder Brett Leggitt
18WHITE	Salomon Leon Haley Glass

and work towards goals. We make sure to have coaches that not only preach it, they live their own lives by it.

Welcome to the 2019 Season and let's meet your coaches in the pages that follow.



2019 Executive & Support Staff

Owners

Jeremy & Gayle Swann

Club Director

Leslie Ray

Advisors

Jim Browning

Ruth Lawanson

Co-College Development Directors

Paul Harrison

Jim Ross

Travel Coordinator

Normie Pineda

Media/Communications

John David

Media/Photography

Tomas Pineda

Headquarters

Xceleration Sports Facility

360 Ferry Street
Martinez, CA



12BLUE: Jeremy Swann, Gayle Swann and Haley Glass



JEREMY SWANN – ROVING COACH 12BLUE

Jeremy is in his 11th season at Xceleration and is in his 15th season of coaching junior girls' volleyball. Jeremy will also serve as roving coach of the 12Blue team this season with Gayle Swann and Haley Glass. Prior to joining Xceleration, Jeremy spent two seasons at Odyssey VBC. Jeremy was the Head Coach at Monte Vista HS in Danville for two seasons and led his teams to North Coast Section (NCS) appearances each season. Jeremy played volleyball at St. Mary's College in Moraga, CA and soccer at Cal State East Bay in Hayward, CA.

GAYLE SWANN – CO-HEAD COACH 12BLUE

Gayle is a Bay Area native that played basketball and ran track at then Cal State Hayward. She worked as an athletic trainer and a teacher in sports medicine at California HS (Cal High) in San Ramon, CA for 10+

years. Gayle also served two years as Assistant Coach of Cal High's varsity boys' volleyball program and two years as Assistant Coach for Monte Vista high school's varsity girls' volleyball program in Danville, CA. Last year, Gayle ran Xceleration's first-ever Winter Workout and Co-Ed Beginners programs. She also has assisted with the program's Beginner's Club for girls 12-and-under.

HALEY GLASS – CO-HEAD COACH 12BLUE

Xceleration alumnus Haley Glass returns to the club as the 12Blue co-head coach and 18White associate coach after a storied volleyball career as a Defensive Specialist at both Grand Canyon University in Phoenix, AZ and then at Portland State University (PSU) in Oregon where she was a two-time Big Sky Fall All-Academic honoree in 2016 and 2017. She earned her degree from PSU in History in 2018. Prior to her college career, the Las Lomas HS (Walnut Creek, CA) graduate lettered in volleyball three times as a DS/Libero and Outside Hitter. There she was featured by Cal High Sports in its Top 4 Plays of the Year and won the North Coast Section (NCS) Division II Championship in 2012, earned 2nd team All-League in 2013, and 1st team All-League and MVP in 2014. Haley was a college recruit out of Xceleration after her time with the 18Blue team.

Haley said, "It will be nice to be able to experience a different side of the game. I also am looking forward to helping girls learn the tools they need to be successful at a high level." Her favorite sports figure is Olympian and all-around athlete Jim Thorpe.



12 BLUE

15	Isis	Brown
13	Olivia	Canova
4	Fabiola	Farias
5	Caelin	Gawiran
6	Gaby	Jensen
3	Katherine	Kracht
12	Madden	McSorley
10	Anna	Motes
1	Ainsley	Swann
20	Katelyn	Walsh
2	Natalie	Wojnakowski



13BLUE: Ricky Santos and Anthony Carlos



13 BLUE

2	Lauren	Anderson
1	Annabelle	Attia
32	Michaela	Branner
5	Leila	Espeleta
15	Camille	Jacala
13	Schelby	James
21	Keyonna	Morgan
6	Madison	Soun
10	Gianna	Stassi
28	Sammie	Thompson
12	Katharine	Wagner



RICKY SANTOS – HEAD COACH 13BLUE

Ricky returns to Xceleration as coach of the 13Blue team after initially leading the club's first-ever 12s team a few years ago. Ricky has over 12 years of club, CYO, and high school coaching experience, with the most recent being at James Logan HS in Union City, CA where the Colts were crowned the Northern California Division I champions in 2017, and he is currently coaching at Tennyson HS in Hayward. Ricky's team has also won two Oakland Diocese CYO championship titles while he coached at Holy Spirit. The Union City, CA resident played as a Setter and Opposite for his high school team in the Philippines. Ricky enjoys coaching volleyball because he loves seeing the girls develop their skills and have fun.



Ricky is the father of 16Blue coach Jade Santos and Xceleration athlete Ruby Santos. His favorite athletes are his daughters (and Tiger Woods).

ANTHONY CARLOS – ASSOCIATE COACH 13BLUE

Anthony joins Xceleration for his 1st season as associate coach of the 13Blue. Anthony attended James Logan HS in Union City, CA where he played point/shooting guard for the Colts basketball team, and then John F. Kennedy HS in Fremont, CA where he currently resides. Anthony describes himself as "a really caring person who wants to help others get better and achieve their goals." Anthony has two years of coaching experience and his favorite athlete is Boston Celtic guard Kyrie Irving.



14BLUE: Leslie Ray, Todd Ajari and Taylor Patton



LESLIE RAY – HEAD COACH 14BLUE

Leslie returns to Xceleration for her 6th season with the Club. Leslie is also in her 6th season as an assistant coach at Cal State East Bay (CSUEB). Leslie was a starting libero at CSUEB for two seasons before graduating with a degree in Child Development. Prior to CSUEB, she attended Golden West JC and prepped at Long Beach Poly HS, where she was a high school All-American. Leslie played six seasons of club volleyball with the prestigious Mizuno Long Beach VBC. A fierce competitor on the court, Leslie brings a love of the game to her coaching. She is an excellent student of the game and is able to convey both the skill and passion to her players.

TODD AJARI – ASSOCIATE COACH 14BLUE

Todd is in his 1st season with Xceleration as associate coach of the 14Blue. Originally from Hawaii, Todd is now a Benicia, CA resident where he has coached at the club, and high school JV and Varsity teams at Benicia HS. As an assistant coach, Todd has taken two of his club teams to Junior Nationals in Minneapolis in 2017 and Detroit in 2018. Todd has also coached fast-pitch softball, baseball, and wrestling.

Todd has overcome many challenges, including struggling academically and being a late starter in the game of volleyball. With determination, focus, hard work and extra effort, he raised his bar hitting the books and sharpened his skills at College Park HS in Pleasant Hill, CA. He also played for Golden Bear VBC his senior year and in high school made the Diablo Valley Athletic League (DVAL) All-League Team as a Setter. After high school, Todd played men's club volleyball and coached at Sport Health for one season before enlisting in and playing for U.S. Air Force team where he also made the All Armed Forces Team in his last year in the military. Todd then continued to play men's club teams until 2007 when he focused on coaching his kids in sports.

Todd said, "I enjoy coaching sports in general because I like the challenge of finding ways to communicate with individual players and teams, so they are able to understand and perform better. I put a lot of effort into volleyball as a player and I like to share my experience to help other players improve and develop passion as an athlete and for volleyball." His favorite athletes are Brandon, Amanda, and Dayna Ajari.



14 BLUE

9	Dayna	Ajari
30	Lauren	Atis
22	Siera	Bandy
33	Brianna	Biniak
2	Maria	Bodor
8	Briana	Davisson
12	Anna	Dendinger
11	Natalie	Does
10	Hanah	Hageboeck
72	Brittany	Soun
20	Giselle	Torres
3	Olivia	Wiseman

TAYLOR PATTON – ASSOCIATE COACH 14BLUE

Taylor joins Xceleration for her 2nd year with the club. She has played volleyball for four years at Northgate HS in Walnut Creek, CA followed by two years while she attended Diablo Valley College (DVC) in Pleasant Hill, CA. Taylor has also coached for the Diablo Valley VBC and helps the DVC girls out at their practices. Taylor has played all front row positions, but considers herself to be a true Outside Hitter. Taylor coached the 12s girls club team for Diablo Valley VBC and is big on fundamentals. What Taylor enjoys most is recognizing the potential in each player, bringing it out, and watching them grow. Taylor is passionate, enthusiastic, and devoted to the team.

14WHITE: Patrick Samples and Makayla Johnson



14 White

8	Charlotte	Hawthorn
7	Hillary	Johnson
24	Ava	Legaspi
1	Emma	Lorge
86	Isabella	Montero
15	Sofia	Obnial
77	Gracie	Penman
3	Parker	Reiner
5	Meilani	Sioson
13	Alison	Tsai
11	Lyanne	Wang
9	Georgia	Winkles



PATRICK SAMPLES – HEAD COACH 14WHITE

Patrick is in his 1st season with the club as head coach of the 14White. A former Setter and Outside Hitter, Patrick has over eight years of coaching experience at the club and high school levels for both girls and boys. Patrick attended Vacaville HS and later earned an Associate Degree in Medical Assisting. He enjoys teaching and watching players progress. Patrick's favorite athlete is tennis great Roger Federer.

MAKAYLA JOHNSON – ASSOCIATE COACH 14WHITE

Makayla is in her 1st year with Xceleration. She has been playing volleyball for 11 years, two of which were at Solano Junior College where she also coached various clinics and was an Honorable Mention. She earned her Liberal Studies degree from Solano JC and currently is a student at Sacramento State

University pursuing a BS in Kinesiology. The Stockton native attended American Canyon HS where she played Outside and Right Side while also playing at Club Solano 18-1. Makayla enjoys coaching "to see players grow and learn, especially at an impressionable age where their minds are able to absorb information. I also enjoy learning from other coaches because this is a job profession I hope to pursue once I've completed by studies." Makayla keeps a busy schedule; she is currently an assistant to Coach Darla Williams at Solano College. Her favorite athlete is Penn State alum Simone Lee who is currently on the USA volleyball team.

14GRAY: Nicole Kuhnle and Michelle Hector Branner



NICOLE KUHNLE – HEAD COACH 14GRAY

Nicole is in her inaugural year at Xceleration with both indoor and beach volleyball coaching experience. Hailing from a town called Esparto in Yolo County, Nicole grew up in 22-acre farm to care for and farm animals. She played for Club Woodland, Esparto HS, and Los Medanos College volleyball teams as an OH and DS, and has coached for Bay Area VBC. Describing her coaching philosophy, Nicole said, “I love watching people grow and learn new things which bring joy and happiness into their lives. I really enjoy helping athletes reach their goals and become better people on and off the court. It’s a pretty amazing feeling when you can teach someone something, whatever it may be. Volleyball and fitness are so important to me and a big part of my life, being able to



help athletes in those specific areas brings so much warmth to my heart. It’s very rewarding and I’m a very passionate person, so seeing someone else find and grow within their own passion is priceless.”

Nicole has a degree in dental assisting. She is also an athlete who loves to play beach volleyball and coach indoor/outdoor. Her favorite athlete is nutrition and fitness guru Natacha Oceane, so naturally she’s big into fitness and health and will be taking her personal training exam in less than a month. Some of her favorite things to do besides volleyball are to hiking, lifting heavy things, training and singing.

MICHELLE HECTOR BRANNER – ASSOCIATE COACH 14GRAY

Michelle is in her first year with Xceleration and in her second at the club and middle school levels.



14 GRAY

13	Kaia	Doyle
7	Rebeca	Freitas
3	Avery	Jackson
9	Jasmine	Latimer
22	Mya	Mathew-Frazer
10	Ellie	Oliveira
4	Monique	Plummer
23	Madison	Preciado
16	Alyssa	Unalp

The Oakland resident played high school volleyball at George Washington HS in San Francisco where she was an All-City Middle Hitter. Most recently, her 12U team won its regional championship while at Club Kalani. Michelle said, “Leadership and motivating people to be their best self is what I do. Fun is a necessity to life and I love the outdoors.” She followed, “I enjoy coaching, to assist girls in becoming the best player they can be. Teaching girls the true meaning of team. We win together, we lose together. Success is what you make it.”

In addition to volleyball, her favorite sports are water and snow skiing. Michelle has a BA in Psychology and an MBA, and is currently working on a doctorate in Organizational Leadership. Her favorite athletes are Serena Williams and Klay Thompson.

15BLUE: Michael Doherty and Isabel Villalobos



MICHAEL DOHERTY – HEAD COACH 15BLUE

With more than nine years of volleyball coaching experience, Michael joins Xceleration for his 1st year as the head coach of the 15Blue. Hailing from Walnut Creek, CA the De La Salle (Concord) setter, and now a coach at his alma mater played for and coached at various club volleyball teams in the East Bay and Northern Nevada. With respect to his coaching, Michael said, “I’ve been fortunate to have the opportunity to work for four prominent programs (and now my 5th) in the NCVA. I also have had the privilege to coach kids at every level of this game, from a kid who’s 10 years old with no prior experience to college athletes. Along the way, I have kept an open mind which has allowed me to gain an extensive amount of information about the game which I use in my coaching.”

Michael also proclaims to be a “pretty big volleyball nerd and can (will) talk your ear off about the history and philosophy of the game.”



Michael said, “I started playing when I was 12 and coaching when I was 15, so this early exposure led me to cultivate a passion, as well as a skill for developing kids into better players, leaders, and friends.” He continued, “I can give kids tools that can positively impact their experience with the game. Whether that is a competitive advantage to making a team, being part of a community they can call home, or the opportunity to play the game at a higher level. It’s a real cool feeling watching kids grow up to be successful and thinking I might have made a difference.”

Outside of volleyball Michael is an outdoors enthusiast, “I try to backpack any weekend I have free. Other than that, my life is all volleyball. When I am not coaching or being a student, I am actively seeking out more opportunities to play!” And if he isn’t busy enough, Michael is currently pursuing an Economics degree from Saint Mary’s College in Moraga, CA.



15 BLUE

11	Audrey	Baumer
16	Cami	Clizbe
19	Isbaella	de Leon
8	Jenna	Foster
10	Paris	Haraguchi
14	Hannah	Johnson
99	Claudia	Lindgren
13	Caili	Raymond
7	Laura	Sakamoto
23	Amira	Vontoure
31	Madison	White
5	Lauren	Whyte

ISABEL VILLABOS – ASSOCIATE COACH 15BLUE

This will be Isabel’s 2nd year of coaching with Xceleration. Isabel had also coached at St. Patrick-St. Vincent (SPSV) in Vallejo, CA for the JV Boys team and the Diablo Valley 14s girls team. Isabel went to SPSV HS and played on the Varsity volleyball team all four years, making Tri-Counties Athletic League (TCAL) All-League for two years and also as the Vallejo Times Herald Athlete of the Week her senior year. She has played all positions on the court but has been a true outside hitter since the beginning of her volleyball career. She played at Xceleration her senior year on the 18White team as a captain. Isabel played two seasons at Diablo Valley College where she was captain of the volleyball team. Isabel is excited for this season. She truly enjoys coaching because she has a passion for volleyball and loves to see every player grow to become a great player, teammate, and family.

15WHITE: Ashley Mulshenock and Michaela Gardner



15 WHITE

32	Genesis	Branner
3	Mahealani	DeMello
17	Camella	Drucker
2	Alyssa	Dudley
15	Erin	Edora
12	Devyn	Holt
5	Chloe	Mansour
6	Kenna	Moran
1	Rochelle	Mosley
10	Alara	Rose
4	Gianna	Szyrko
9	Sydney	Williams



ASHLEY MULSHENOCK – CO-HEAD COACH 15WHITE

Ashley returns for her another season as coach of the 16White. She enjoys being able to bring the gift of volleyball to other people and be a step in their path to get them where they want to be. The Oakland native has been coaching since 2015 for CYO, Jr. Club, Club, High Performance, and Clinics. She previously coached at Core and played Middle in college. Her favorite athlete is Nyjah Huston.

MICHAELA GARDNER – CO-HEAD COACH 15WHITE

Michaela returns to Xceleration as a first-time coach after playing on the club's 18-1 team. Michaela has assisted at Diablo Valley VBC and Premier VBC in Nebraska and has also coached at multiple volleyball



camps for kids. She prepped at St. Patrick-St. Vincent, first playing middle and then finished as an outside hitter. In college, Michaela was an outside hitter all four years. In her first collegiate season at Ashford University in Iowa, she earned Freshman of the Year and First-Team All-Conference for the NAIA, followed by a year at Cal State East Bay, and then at Bellevue University in Nebraska. During her junior and senior years at Bellevue, her team made it to nationals both years. She is currently finishing her psychology degree.

Michaela said, "I first fell in love with the game of volleyball my freshman year of high school, after I was asked by the coaches to join because I'm so tall. I told them I didn't know how to play but they convinced me to try. From my first practice my love for the game grew profoundly. I started out on the

freshman team; the game seemed so much more fun and easier to get the hang of than basketball, which I had been playing since the third grade. By the end of my freshman season I was pulled up to varsity for post-season and I was determined to play volleyball in college. I was able to accomplish this goal by hard work and the guidance of the Xceleration family."

She followed, "I enjoy passing on the knowledge that I've learned throughout my volleyball experience and seeing how that knowledge positively impacts the girls' skills I'm coaching. It also gives me the opportunity to stay connected to the sport I love. I enjoy being able to bring the gift of volleyball to other people and be a step in their path to get them where they want to be." Her favorite athlete is Serena Williams.

16BLUE: Lucas Abbott and Jade Santos



16 BLUE

1	Brya	Ashley
11	Angela	Atis
17	Julia	Bodor
12	Kate	Dendinger
9	Sarah	Doolittle
7	Molly	Duane
14	Julia	Haggerty
5	Olivia	Knutson
2	Madison	Laxamana
8	Payton	Lee
10	Alissa	Sayama
3	Erin	Thomas

the country. Prior to joining Xceleration, Jade played five years of competitive volleyball for Endline VBC. She excelled at the Opposite and Defensive Specialist (DS) positions at Moreau HS in Hayward, CA earning 1st Team All-League honors from the Mission Valley Athletic Conference in her junior and senior seasons. Jade was named Moreau's MVP and team captain in her senior year and was consistently on the Honor Roll.

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



LUCAS ABBOTT- HEAD COACH 16BLUE

Lucas returns for his 8th season with Xceleration and has coached or played volleyball for over 20 years. His Xcel 15Blue team last season finished Top 5 in the Open Division at the AAU Girls' Nationals in Orlando. Also, in the 2018 Final National 15s Club Rankings, Prepvolleyball ranked his team at #45 (of 80 ranked) in the nation and was the highest ranked 15s team in the NCVA!

Lucas was a Middle Blocker and All-League performer at Las Lomas HS in Walnut Creek, CA before heading off to play D1 volleyball at Humboldt State University in Arcata, CA. While at Humboldt, Lucas was the team's starting Middle Blocker for four seasons and team captain his last two seasons, and led the squad to Nationals twice. His playing career continued until 2013, culminating with a season playing professionally with the



PVL/NCVA's NorCal Premier. Lucas is currently Girls' Varsity Head Coach at Berean Christian HS in Walnut Creek, CA. He has taken his team to the NCS playoffs all four of his seasons as the Head Coach including making it to the semi-final round of the CIF State playoffs last season. He has also served as the assistant coach for the PVL/NCVA Men's NorCal Premier in previous seasons.

Away from volleyball, Lucas has dedicated his career to youth development, which he incorporates into his coaching. He is the program director for a youth outreach program at the University of California Berkeley's Haas School of Business, called Boost@BerkeleyHaas.

JADE SANTOS - ASSOCIATE COACH 16BLUE

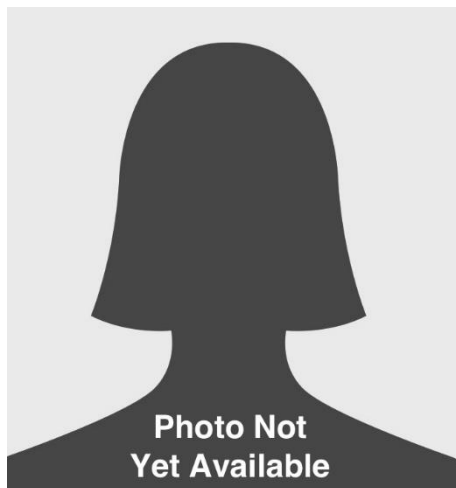
Jade returns to Xceleration for her 4th season. Jade played for the club's 18Blue team in 2012, when the team qualified for the USAV Junior Nationals and placed 5th in

16WHITE: Natasha Gayle and Kristen Root



16 WHITE

22	Olivia	Anderson
1	Ashley	Bowen
12	Emma	Dillard
6	Kate	Gross
16	Abby	Hallett
15	Delaney	Hughes
3	Emma	Luk
18	Sierra	McCalmon
10	Aisha	Mohanty
17	Reyna	Nabboud
5	Noe	Sioson
14	Sadie	Woodworth



and work her players hard in skill development in a fun and healthy environment.

KRISTEN ROOT – ASSOCIATE COACH 16WHITE

Kristen returns to Xceleration as associate coach of the 16White after a two-year stint as coach of Xceleration's 13White and 14White a few seasons ago. With four years of coaching experience, the Libero/DS at Oakland's Holy Names University (HNU) and Sacramento's American River Community College loves helping people reach their goals. She loves the game and enjoys helping girls gain confidence and skills that apply to every aspect of life. At HNU she was named to the PacWest Conference All-Academic team. Before that in high school, Kristen was named the Best Defensive player during her senior year and played club volleyball for Force, Gold Cal Jrs., and Precision.

Kristen has a Master of Public Policy from Pepperdine University and B.A. in International Relations from HNU. Kristen's favorite athlete is basketball legend Michael Jordan for his quote, "Never say never, because limits, like fears, are often just an illusion."

NATASHA GAYLE – HEAD COACH 16WHITE

Natasha returns for her 10th year with Xceleration after having previously coached at the 14s, 15s, and 18s levels. This will be her first season coaching the 16s, after completing her 4th straight season leading the 14White team last season.

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

In her free time, Natasha spends time with family, reads, and is a HUGE Oregon Ducks fan. Her volleyball philosophy is to teach



17BLUE: Leslie Ray, Lindsey Ray and Jade Sanford



17 BLUE

10	Sofia	Aguilera
4	Isabella	Bandy
16	Haleigh	Brown
20	Emily	Casner
11	Claire	Connors
14	Emma	Engstrom
1	Chloe	Ortega
6	Ishana	Ram
5	Madison	Risch
28	Leila	Sardinha
8	Josephina	Tuinauvai
12	Taylor	Whyte



LESLIE RAY – HEAD COACH 17BLUE

Leslie returns to Xceleration for her 6th season with the Club. Leslie is also in her 6th season as an assistant coach at Cal State East Bay (CSUEB) in Hayward, CA. Leslie was a starting Libero at CSUEB for two seasons before graduating with a degree in Child Development. Prior to CSUEB, Leslie attended Golden West JC and prepped at Long Beach Poly HS, where she was a high school All-American. Leslie played six seasons of club volleyball with the prestigious Mizuno Long Beach VBC. A fierce competitor on the court, Leslie brings a love of the game to her coaching. She is an excellent student of the game and is able to convey both the skill and passion to her players.

LINDSEY RAY – ASSOCIATE COACH 17BLUE

Lindsey is back for her 6th season with Xceleration. Lindsey is currently playing for the Cal State East Bay volleyball team after completing a celebrated high school career in Southern California at volleyball powerhouse Long Beach Poly. She capped her prep career in 2012 by being named “Long Beach Century

Club Player of the Year” and “Long Beach Press Telegram All-Area Player of the Year” after leading Poly into the 3rd Round of the California Interscholastic Federation (CIF) State Championships. An exceptional talent, Lindsey is looking forward to teaching volleyball and working with Xceleration’s players in a sport she loves and is passionate about.

JADE SANFORD – ASSOCIATE COACH 17BLUE

Jade joins Xceleration for her 5th season with the club – all five seasons coaching with Leslie and Lindsey. Jade prepped at Skyline HS in Dallas, TX, where she was recruited by and attended South Carolina State University (SCSU). She earned Radford Conference All-Tournament honors in her first season at SCSU. Jade transferred to Cal State East Bay for her sophomore season, where she finished her career. She was a team captain and starting Middle Blocker her senior season. Jade has a Masters degree in Sports Management from Texas A&M-College Station’s distance program.



18BLUE: Andy Schroeder and Brett Legitt



ANDY SCHROEDER – HEAD COACH 18BLUE

Andy is entering his 11th year with Xceleration and 14th year as a club volleyball Head Coach. Prior to joining Xceleration, Andy spent four seasons coaching at Odyssey VBC and NorCal VBC. As a player, Andy played D-1 volleyball for Cal Poly San Luis Obispo. He was an AA-ranked beach volleyball player and, in 2007 was voted into the Seaside Beach Volleyball Hall of Fame. In 2015, Andy was named a finalist for the PrepVolleyball.com National Club Coach of the Year. In the last nine years, Andy has coached Xcel's 18Blue teams that have consistently qualified for the USA Volleyball (USAV) Junior National Championships, with three teams finishing in the Top 5 in 2010, 2012, and 2013. During his coaching career at Xceleration, more than 140 of his former players have gone on to play in college.



BRETT LEGITT – ASSOCIATE COACH 18BLUE

Vacaville native Brett Legitt is in his 2nd year coaching with Xceleration. Growing up he played basketball and ran track at Canyon HS in New Braunfels, TX. He then attended Southwest Texas State University, now known as Texas State. After studying Agriculture Business, Brett later joined the U.S. Air Force and spent four years on active duty, and another six years as an active member of the Reserves. He fell in love with the sport and learned to play while serving in the Air Force. He played Middle Blocker for his squadron's team.

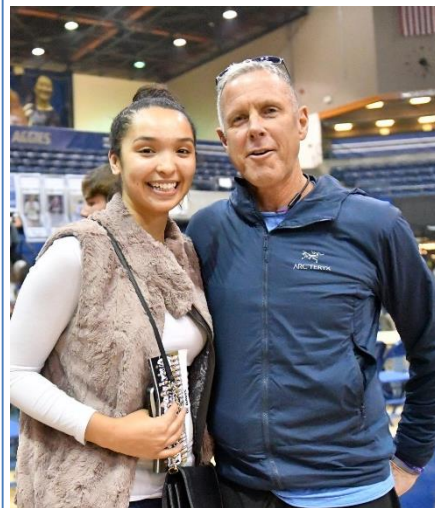
Brett joins the Xceleration staff with nine years of coaching experience. He also served as the Head Coach of the freshman team at Vanden HS in Fairfield, CA for the 2012 season. He has coached all levels of club from 13U through 18U. Brett has been volunteering for the USA Volleyball



18 BLUE

10	Makahla	Bolko
6	Nicole	Chamorro
23	Alexandra	Dudziak
1	Katie	Gunderman
5	Catherine	Helgeson
19	Meaghan	Hohman
12	Asha	Johnson
20	Lindsey	McLaughlin
4	Alaysia	Mitchell
8	Grace	Pessagno
15	Ruby	Santos
2	Kayla	Somontan
9	Mafa	Tuinauvai

High Performance National Team Tryouts for the past six years. Brett has been invited to work USAV High Performance Training Camps the past two summers as an assistant coach. Brett loves coaching as it allows him to be a part of the lives of so many amazing young people. He enjoys seeing athletes succeed both on the court and off as they move on through the different phases of their lives which he finds rewarding.

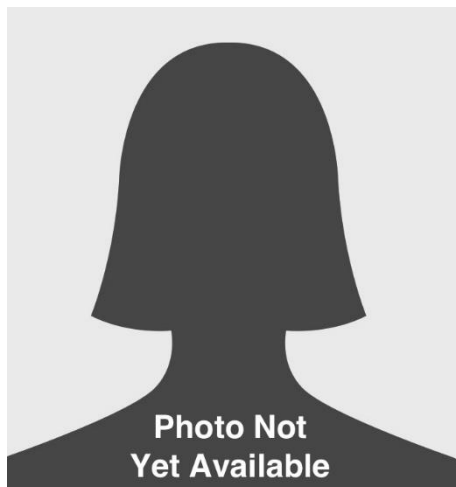


18WHITE: Salomon Leon and Haley Glass



18 WHITE

11	Arielle	Allen
4	Jalen	Carey
13	Olivia	Colozza
8	Morgan	Devane
3	Cherisse	Dimalanta
6	Olivia	Elliott
14	Kylie	Greenberg
15	Lilia	Kazerooni
7	Stephanie	Munoz
2	Paige	Thrush
24	Nina	Umali
9	Kylie	Wood



HALEY GLASS – ASSOCIATE COACH 18WHITE

Xceleration alumnus Haley Glass returns to the club as the 12Blue co-head coach and 18White associate coach after a storied volleyball career as a Defensive Specialist at both Grand Canyon University in Phoenix, AZ and then at Portland State University (PSU) in Oregon where she was a two-time Big Sky Fall All-Academic honoree in 2016 and 2017. She earned her degree from PSU in History in 2018. Prior to her college career, the Las Lomas HS (Walnut Creek, CA) graduate lettered in volleyball three times as a DS/Libero and Outside Hitter. There she was featured by Cal High Sports in its Top 4 Plays of the Year and won the North Coast Section (NCS) Division II Championship in 2012, earned 2nd team All-League in 2013, and 1st team All-League and MVP in 2014.

Haley was a college recruit out of Xceleration after her time with the 18Blue team. Haley said, "It will be nice to be able to experience a different side of the game. I also am looking forward to helping girls learn the tools they need to be successful at a high level." Her favorite sports figure is Olympian and all-around athlete Jim Thorpe..

SALOMON LEON – HEAD COACH 18WHITE

Salomon joins Xceleration for his 2nd season after coaching the 15White in 2018. He was a four-year letterman at Ygnacio Valley HS in Concord, CA. At Ygnacio he trained as a Setter, Outside, and Libero. As a player he has earned Bronze at Boys Junior National Championships and MVP honors. He played club volleyball for PacRim VBC. Salomon has been coaching club for six years. He has coached at PacRim, Solano, and Core VBCs. As a coach he has earned a bronze medal at nationals. Salomon loves to watch his athletes grow. He finds joy in the overall process of player development throughout the season. Salomon has a strong love for the game and wants to share this passion with his future team.



Consulting, Coaching, College Development & Support Staff

JIM ROSS – CONSULTANT/CO-COLLEGE DEVELOPMENT DIRECTOR

Jim is in his 10th year with Xceleration. He began his involvement with Xceleration as a volleyball parent during his daughters' participation in club volleyball. His initial role was the establishment of the club's College Development Program that helps athletes navigate through the often-daunting world of college athletic recruiting. That program currently has over 500 coaches and programs in its database and is nationally recognized for its role. He picked up the additional role of Xceleration's Club Director in 2009 through 2016 to handle the day-to-day operations of the club that included planning, administration, and managing the teams and coaching staff. During that time Xceleration has doubled in size from 6 to 12 teams.

LESLIE RAY – CLUB DIRECTOR

See Leslie's bio on previous pages.

PAUL HARRISON – CO-COLLEGE DEVELOPMENT DIRECTOR

Paul is an Xceleration Volleyball Club veteran; first, as a parent of two daughters that had gone through the Xceleration program, followed by his stint as an assistant coach to Andy Schroeder and the 18Blue for two years (making Junior Nationals appearances in Atlanta, GA in 2011 and Columbus, OH in 2012 where the team placed 5th), and in 2018 as Practice Coach while also serving as one of the club's two College Development (CD) Program directors.

Paul has been involved with Xceleration's CD Program since 2009, where he prides in the joy of seeing Xceleration players reach their potential and achieve tremendous success throughout the years. His current duties with Xceleration are ways for Paul to give back to the club that has helped shape the lives of many young volleyball athletes, including his own.



Tireless!



ROB BROWNING: INDOOR COACHING TECHNICAL ADVISOR / BEACH DIRECTOR

Rob Browning, head women's indoor and beach volleyball coach at St. Mary's College in Moraga, CA joins Xceleration Volleyball Club to further strengthen its coaching staff and beach program. As the Indoor Coaching Technical Advisor, as well as Beach Director, Rob meets with club management on skill technique and implementation procedures, assists with the design and implementation of club wide practice plans, and assists with the running a series of "Coaches Training Clinics" for all Xceleration coaches prior to the start of the season. [Read more.](#)



RUTH LAWANSON: LESSONS AND CLINICS COACH

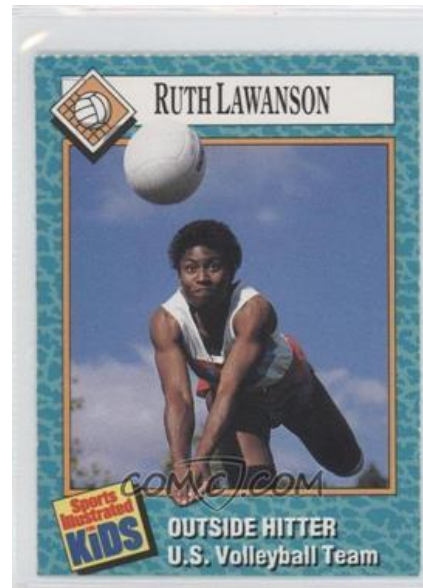
As the Club's lessons and clinics coach, Ruth will be available to all players to work on all skills and techniques to prepare for or during the season.

Ruth Lawanson has been involved with volleyball for over 35 years as a player, coach, and clinician. She has coached at the University of Nevada, U.S. Air Force Academy, Fresno State, Angelo State, and Purdue University. In her career, she has helped coached 25 all-conference players, one all-region selection, and an American Volleyball Coaches Association (AVCA) honorable-mention All-American. She has also helped mentor 90 academic all-conference student-athletes.

A setter and hitter during her career she was a member of the 1992 U.S. Olympic team that won the bronze medal in Barcelona, Spain. She spent four seasons with the U.S. National Team, playing on the 1991 World Cup squad that earned a bronze medal in



Japan and the 1990 World Championships team that won a bronze medal in China. She was also honored with the national team's 1991 Judy Bellomo Players Award and won a gold medal with the 1992 U.S. Olympic Festival West Region team. [Read more.](#)





TRAVEL COORDINATOR: NORMIE PINEDA

Normie makes team travel arrangements for Xceleration. She has been part of the Xceleration family since 2010 when her daughter Dana started her club volleyball career. You will often see Normie cheering for our teams at tournaments and will be keeping our teams organized with respect to tournament travel.

TOMAS PINEDA – MEDIA / PHOTOGRAPHY

Tomas came to Xceleration in the 2010 season when his daughter, Dana, began her club volleyball career. During the six seasons that Dana competed for Xceleration, Tomas shared his photography with the club, visiting court-side with teams during tournaments. After Dana graduated in 2015, Tomas stayed on to continue taking photographs for Xceleration. You will see him at tournaments capturing court action while cheering for our

teams, documenting other club events, and collaborating with Xcel's Media & Communications Director to produce visual and print media for the club. His digital images of teams and athletes are made available to Xceleration families free of charge.

JOHN DAVID – MEDIA / COMMUNICATIONS

John has been affiliated with Xceleration since 2011 when his daughter Sam joined the club, and ever since the media team was created in 2013, he has become the club's historian, archiving and reporting on highlights and accomplishments of its current and former athletes. John also supports the club's various online registration and communications needs – content development for and management of its website, presence in social media circles, creation of marketing and digital materials (e.g., Player Recruitment Profiles and Team Information sheets), and publication of the club's newsletter, XCELLent NEWS, which currently is in its 6th season.

The PAPA-razzo

pa·pa·raz·zo noun

pä-pə-'rät-(,)sō\:

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

Many of you have already met **Tomas Pineda**. He will be roaming the courts throughout the season to take action and team photos for Xceleration's use on its website, newsletters, Instagram, and Facebook page. His photos will also serve as our memories of the 2019 season. Xceleration will assume that it has your permission to use his photos for the purposes noted above. If you do not wish to release any photos of your child, please send [Tomas](#) an email, with your child's name, team, and jersey number to opt-out.

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



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

“Great job in difficult circumstances.”

“You should be really proud of yourself.”

He's my scuba instructor.

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

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



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

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

My high school horseback riding coach, a former U.S. Army cavalry veteran we called “Sarge,” who served in both WWII and the Korean War, repeatedly told me:



What Coaches Really Teach (continued)



“Look down and you are going to land on the ground. Look where you want to go.” That lesson, central to a number of sports, including golf, skiing and surfing, became a life motto for me, reminding me to always look forward to my goals, to always look up with confidence.

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

Remember your seat.

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



Ms. Starin says this advice has helped her understand that her role on any team, whether in a rowing shell, a work meeting or her family, is to do her part as well as possible and focus on her performance and

development, not the strengths and weaknesses of others. “The assumption is that if the boat is not doing well there has to be something I can do better in my seat to contribute to the outcome,” she says.

What Coaches Really Teach (continued)

Fence to fence, not to win.

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

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

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

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

Fatigue will not be a factor.

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

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



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

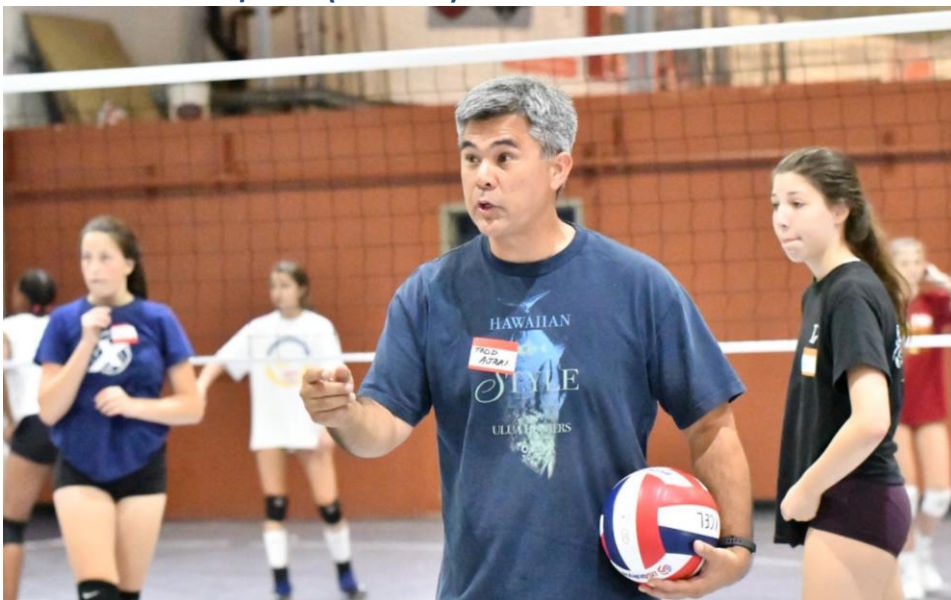
when he decided to return to basketball after working in finance, and now when preparing to meet with clients of his business. Recently, while traveling to Florida to meet with 20 corporate executives for a three-hour training seminar he memorized all their names and bios on the plane. “The commitment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

Be proud.

When Mike Seyfer opened the Gazette in Cedar Rapids recently, he was saddened to see the obit of his former high school basketball coach. That got him thinking about a frigid night in February 1964, when he was a sophomore and his team lost an



What Coaches Really Teach (continued)



away game in Moline, Ill., after being 15-1 for the year. After the players dejectedly piled onto the bus for the 75-mile ride back home, the coach climbed on, closed the door and shouted: “Get your heads up fellas! You all played a great game and competed to the final buzzer and I could not be more proud of you.”

Mike Seyfer says he learned to follow through and complete tasks 100%

from his high school basketball coach after a tough game in 1964. The retired investment adviser now coaches young baseball players.

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



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

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

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

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

Helping our Communities

Let us know if your team has plans to serve the surrounding communities through volunteerism or fundraisers. Here are a few that are happening.

Gracie's Tasty Organic Dog Treats



COME AND GET IT! Please consider placing an order or sharing this link with those interested in helping our friends and neighbors impacted by the wildfires in Butte County...

GRACIE PENMAN is in her second season with Xcel volleyball. She is fundraising for victims of California wildfires.

*Please consider 🐾 GRACIE'S TASTY ORGANIC DOG TREATS 🐾 for your furry friends or as a gift to others

*Organic Ingredients: 🌰 Peanut butter, 🎃 pumpkin, 🥚 eggs, 🌾 whole wheat flour

*\$5 bag (half of all sales go directly to fire victims)

*Gracie is currently taking orders, baking away and will arrange deliveries or pick ups. Gracie is on the 14White and will be practicing Tuesdays & Thursdays from 6:00 - 7:45 PM

* You can also contact Jill Penman (925 286-3633) to order.

*We appreciate your patience as Gracie does her best to keep up with baking, due to level of need for fundraising we will continue at least through the holiday season.

Thank you!

Gracie and Jill Zimmerman-Penman



Gift Cards for Butte Fire Victims



Xceleration VBC will be sending off a supply of \$25 gift cards, purchased by the club and management, to the relief organizations in Butte. We are asking our very generous family members to join us in this effort. At every December practice through December 16, there will be a donation box at our gym for you to drop in a prepaid gift card. We are suggesting a \$25 card, but if you feel like giving more or less it is of course welcomed. Club Director Leslie Ray will be in the gym most of this time as well and you can give any donated cards to her.

Thank You for any help you can offer and for giving to the people of Butte in this time of need! Our Best for a Happy and safe Holiday Season!

2019 Commits To Date



Left to right:
Meaghan Hohman
Miramonte HS
Colorado College

Leila Sardinha
Tracy HS
Seattle University

Taumafa Tuinauvai
James Logan HS
San Jose State

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

Since the club's inception, Xceleration has helped its players fulfill their dreams of continuing to play volleyball in college, and the club currently has 38 former players on active college rosters. We are proud of all our players and our track record of success in sending over 140 Xceleration alumni to play college volleyball.

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



Private/Group Lessons with Coach Ruth

Sign-ups for individual or group lessons with **Ruth Lawanson**, including Setters Clinics (new this year), are now being accepted for sessions through February 2019. Please visit our [website](#) for more information or click [here](#) to register.



Do's Don'ts of College & Athletic Recruiting

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

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

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

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

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

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

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



*Top: **Samantha McGrath** (Class of 2016) San Diego State.*



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

The cameras are always on and coaches are always watching.

Everything begins with attitude, even during warm-ups.

Do your research and get on the coaches' list.



Do's Don'ts

of College & Athletic Recruiting

(Continued from the previous page)

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

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

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



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

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

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





Contact Information:

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

Stephanie & Rob Doud, Parent Alums



Key Points and Action Items

- Notify your school counselor that you are a Prospective Student Athlete (PSA)
- Complete player registrations – "NCAA Eligibility Center" (formerly NCAA Clearinghouse)
- Complete Xceleration's Prospective Student/Athlete Questionnaire (15s – 18s only) as soon as possible. Click [here](#).
- Complete Xceleration's Player Profile Form (15s – 18s only) by February 12. Click [here](#).
- Review NCAA Guide for Recruiting College-bound Athletes
- Set up a "one-on-one" meeting with Jim or Paul.
- Complete "Prospective Student Athletes" questionnaires that are available on school athletic websites.
- Write brief introductory email to potential coaches – write a "grabber" to get their attention.
- Do your research on universities and colleges, and their volleyball program.
- Create 2-3 minute video of game highlights and post on YouTube, Vimeo, etc.
- Be proactive and write follow-up/thank you emails after coaches come to see you play at tournaments.
- Keep Jim and Paul updated, and correspond with both to ensure that you are making progress.



Video in the Recruiting Process: Simple and Significant

By Patty Costlow, Recruiting Coordinator for Munciana Volleyball and a long time JVA member club located in Muncie, Indiana.

Reprinted from JVA Blog, May 16, 2017

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

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

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

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

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

WHY A HIGHLIGHT VIDEO?

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

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



Top photos: **Taylor Dixon** (Class of 2016) at CSU San Marcos.

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

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

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

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

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

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

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

WHAT WOULD YOU LIKE TO SEE IN A HIGHLIGHT VIDEO?

- 1) A short highlight video – average is 3-5 minutes.
- 2) Show a few seconds before and after - I want to see your body language, communication with teammates and reactions to plays, points earned and lost.
- 3) Clips of you doing your positional skills well.
 - Middles: hit, block, handle a free-ball pass, serve.
 - Outsides: hit, block, PASS, serve & dig.
 - Setters: setting in system and out of system (all sets, including entry footwork), dig, serve, block.
 - DS/Ls: PASS, PASS, dig, serve & set.



Top photos: **Molly Dalziel** (Class of 2015) at UC San Diego.

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

WHAT DO COLLEGE COACHES WANT TO SEE BY POSITION?

Attackers

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

Passers

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

Setters

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

UNEDITED MATCH FILM

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

1) What I look for: it doesn't have to be a highlight reel. The recruit does not need to cut up the film and edit out certain plays, etc. A few



highlights along with any amount of rotational play will suffice. I look for overall athletic ability: can the recruit move quickly to the ball defensively and offensively; can the recruit jump; what does the recruits' arm swing and shot selection look like; decision making for setters.

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

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

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

5. A complete set, edited only for timeouts.

Bottom: Brey Ashley (Class of 2018) at St. Mary's College celebrates after a three-set win against Cal at the Moraga campus.



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

COLLEGE COACHES' INPUT ON THE DON'T'S OF VIDEO

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

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

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

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

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

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

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



Top to bottom: **Daiana Takashima** (Class of 2016), Williams College and **Nikki Jensen** (Class of 2017), Wellesley College.

Left: **Parker Jones** (Class of 2017), Penn.



Recruiting Questions College Coaches Ask

By Jessie Cooper, About Sports.com

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

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

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

1. Do they make their teammates better?

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

2. Do they raise the level of their play when the matches get tougher?

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

3. What is elite about them?

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



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

4. Do they meet my recruiting needs?

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

5. Are they interested in my school?

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

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

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



Ways for Student-Athletes to Balance Academic and Athletic Demands

By Chelsea Mottern, Reprinted from JVA Online

During my time as a collegiate volleyball coach one of the most common questions I got from recruits' parents was ***"Is it hard to balance athletics and academics?"***

My response was to ask if the student-athlete was currently struggling to balance athletics and academics. The answer was most often a hard ***"no"***.

Scientifically, it has been proven over and over again that physical activity leads to an increase in academic performance, testing scores, and mental acuity. The Center for Disease Control published a report showing the correlation between physical activity and a number of positive outcomes, including self esteem, GPA, standardized testing scores, attentiveness, creativity and planning ability.

High school athletes are challenged with balancing competitive athletics, academics, and any other number of extracurricular activities, so why would college be any different? In fact, most student-athletes perform better academically during season than in the off-season. Why is that?

It's simple. In-season student-athletes don't have time to procrastinate. They are so used to being busy, on the go, on the way from school to practice or a tournament, that most have developed built-in scheduling techniques and time management skills that less involved students never need to develop.

If you're a student-athlete juggling school, extracurriculars, and athletics here are 5 ways to successfully balance those demands:

1. Get organized!

Invest in a planner that works for you, and some highlighters. Block out all of your classes, practice times, and other commitments, and then build in some scheduled time each day for studying! I'm a big fan of color-coding your schedule -- blue for classes, red for volleyball, green for built-in studying time. This helps you plan ahead and prevent the "I'll do that later" mentality.

2. Keep an open line of communication with your coaches and professors.

Coaches and professors are your biggest cheerleaders - they want you to succeed, and they want to provide you with the tools to succeed! Communicate early on with them about potential scheduling conflicts, and discuss working together to implement a system for keeping up with missed class notes and making up any missed labs or events.

3. Pick classes you are excited about.

Oftentimes, student athletes try to schedule their classes around their athletic schedule, but I ALWAYS tell my athletes to remember that they are a student first, and then an athlete. Even when looking at colleges, I advise everyone to choose schools that they would be happy with even if the volleyball program shut down tomorrow. It is way easier to prioritize academics when you are taking courses you are interested in. Don't take a class you dread just because it fits in with your athletic schedule.



4. Study together!

Work together with other student-athletes to form study groups, set up scheduled time to study, and form a support network of people going through similar experiences as you are.

5. Don't underestimate the power of a few minutes!

Do you spend 20 minutes before practice heating your shoulder? Bring flash cards! Just because you don't have a three-hour block of time to study every day doesn't mean you can't find plenty of time throughout your day to squeeze in some studying.

Student-athletes have never been the kids to be able to come home right after school, watch tv, and wait a few hours before beginning their homework. They're always the ones to get home late and sit down to begin homework.

So next time you have parents asking you if they think collegiate athletics will impede their children's academic performance, remind them to consider all the positive benefits that come with playing a sport!

For related reading for junior volleyball players click [here](#). For information on the recruiting process click [here](#).



Team Bonding and Cohesion Guides Teams to Success

By Emily Winters, SportsEngine

Team bonding and cohesion can be one of the first challenges coaches tackle at the start of a new volleyball season.

Often before the first practice, and throughout the season, athletes are brought together to build relationships that lead to better communication during matches and strengthen bonds that can hold teams together through the ups and downs of the club volleyball season.

While it may seem as if focusing on drills and technical skills is the best way to find success as a team, several JVA coaches said strong relationships between players has a bigger impact.

“No matter how good your athletes are – and no matter how good you’re supposed to be on paper – if you don’t focus on culture and you don’t focus on bonding and a level of understanding within the team, it can go horribly wrong,” said Lexi Patton, Executive Director of Virginia Elite.

Prior to every season, Patton’s Virginia-based club plans a lock-in for coaches and players 13 years and older to jump-start the cohesion process.

The girls are divided into teams of eight or nine and compete in various events throughout the night. From building gingerbread houses that represent each member of the group to choreographing a dance video – and even playing a human version of the game “Hungry Hungry Hippos” – the lock-in is designed to be an ice-breaker and create club-wide friendships among girls.

“The goal is for the players to develop a mutual respect and a comfort level with their teammates so they can hold each other accountable on the floor and nobody takes it personally,” Patton said.

To further the growth of these relationships, Virginia Elite organizes a “Big Sister, Little Sister” round of speed dating during the lock-in. For 90 seconds, the girls interview each other and then rank their top three choices for players to be paired with for the rest of the season.

The matches are made on a mutual selection process, with older girls partnering with younger ones to provide advice about several topics,



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Team Bonding and Cohesion Guides Teams to Success (continued)

including college recruiting and the challenges of learning new volleyball skills. The duos also send encouraging text messages to each other before big games.

"We like having kids who have gone through challenges help kids who might still be exposed [and] talk about it," Patton said. "It gives these girls someone to look up to. The kids are our biggest asset."

One Virginia Elite team enjoys a tea party for team bonding.

Virginia Elite head coaches also require players to organize a bonding event just for their team. Coaches use the time to get to know each girl on an individual basis and develop strategies to lead her through a successful season.

Building strong bonds isn't limited to just the players at Virginia Elite. The coaches are expected to jell, and the club organizes a training series at the start of the season to help its less experienced coaches understand what it means to be part of the Virginia Elite team.

"We spend a lot of time together, so fostering [unity] among the coaches is big," Patton said.

Similar strategies are used at Grand Strand Juniors in Myrtle Beach, South Carolina, where coaches lay the groundwork for making their

teams more cohesive prior to the year.

The organization's older girls are tapped to help build team bonds. Players ages 17 and up work together to plan and coach practices for teams of younger players. It allows both age groups to connect and reinforces the concept that they are one large unit.

The club also throws a big preseason event that includes an intra-squad scrimmage in which players get acclimated to their teammates, adjust to subbing into a game and prepare for playing in the first tournament.

The tagline at Grand Strand Juniors is, "We are GSJ." According to Alex Sing, the club director of Grand Strand Juniors, this is meant to promote the idea that regardless of what team a player is on, they are all a part of the larger GSJ unit. Virginia Elite and Grand Strand both believe that this group mindset allows their individual teams to prosper.





“

Jade and I are so excited for this upcoming season with the amazing athletes of 16B. We are returning 9 players from our 15B team that got national attention last year [Prepvolleyball #45/80 in the nation, Top 15s team in NCVA] and we are poised to make an even bigger impact this season. Our sights are not just to be great in the NCVA, but to compete with the best in the nation. We think, actually we know, this group is up to the challenge.

”

Coach Lucas Abbott



Photos courtesy of Lucas Abbott, De Ortega, Trenelle Holt and Jen Hohman.



The Start of Something New



Top to bottom: The 16Blue, 17Blue, 15White and 18Blue have started the first of many group shots to remember their season. We'll get to know our teams throughout the season with the help of parents and fans to capture these memorable moments through pics, videos or social media.

alumni news

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

WEST COAST CONFERENCE RECOGNIZES EMMA JOHNSON ON ALL-ACADEMIC TEAM

Loyola Marymount University's Emma Johnson was honored by the conference for her academics and play on the court. Johnson holds a 3.84 GPA in Psychology and has record 196 kills, and a team high 68 total blocks. The junior middle blocker was named to the 2017 All-Academic team as a sophomore last season.



LAUREN BUDDE NAMED TO THE 2018 ALL-NORTHWEST CONFERENCE VOLLEYBALL SQUAD

Campo grad and Whitworth University Pirate **Lauren Budde** was selected on the 2nd Team by Northwest Conference coaches to close the 2018 season. Budde, who was an honorable mention honoree in 2017, finished seventh in the NWC in both kills per set (2.68) and in hitting percentage (.257). She was the NWC's Offensive Player of the Week on October 8.



BOLKOs and DALZIELs CELEBRATE SENIOR NIGHT!

At UC Davis (left) and UC San Diego (top), Xcel alums **Malia Bolko** and **Molly Dalziel** are flanked by their parents and siblings on Senior Night, capping their collegiate careers with the Aggies and Tritons.

MALIA BOLKO: Number 1 on the Aggie Record Book



JOSIE OUGH
Big West Conference
All-Freshman Team

EMILY ALLEN
All-Big West Conference
First Team

MALIA BOLKO
All-Big West Conference
Honorable Mention

BOLKO EARNS ALL-BIG WEST HONORABLE MENTION HONORS

Xcel alum Malia Bolko, a managerial economics major from Benicia, completed her career as the school's all-time leader in career digs with 1,855. She broke double-digit digs in 22 matches, with at least 20 gets in exactly half of those dates. Bolko recorded a career-high 37 digs against Northern Arizona – the most in the program's 12-year Division I era – to earn her seventh Big West Defensive Player of the Week nod. This is the second consecutive All-Big West honorable mention for Bolko, who ranked second in the league with 4.69 digs per set.



UC Davis Volleyball

3 hrs · 🌐



With 27 digs in today's Senior Day match with UC Santa Barbara, libero Malia Bolko surpassed Avreeta Singh as the school's all-time career leader. Congratulations, Malia!

MALIA BOLKO

UC DAVIS CAREER DIGS LEADER

1. MALIA BOLKO, 2015-18	1,833
2. Avreeta Singh, 2006-2009	1,831
3. Kayla Varney, 2007-2010	1,462
4. Mary McClelland, 2001-04	1,446
5. Candy Lench, 1989-92	1,395
6. Jenny Woolway, 2010-13	1,273
7. Kelly Gaudino, 2000-03	1,262
8. Jill Changaris, 1993-96	1,112
9. Caroline Mercado, 2009-12	1,032
10. Emily Allen, 2015-18	1,004



MALIA BOLKO BECOMES ALL-TIME DIGS LEADER AT UC DAVIS

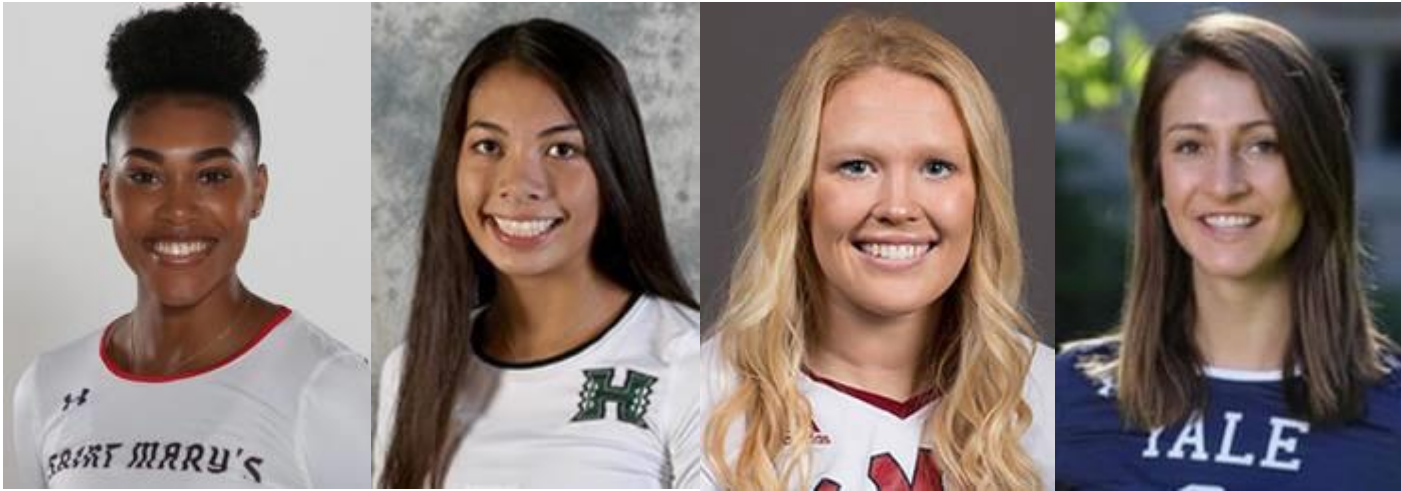
UC Davis senior Malia Bolko has spent the last four years studying with a major in managerial economics. She very well could have majored in archaeology, however, as she spends a lot of time out of the classroom getting some big digs.

Bolko, a St. Patrick-St. Vincent High graduate, became the all-time leader in career digs for the women's volleyball team at UC Davis when she had a team-high 27 digs against Santa Barbara to bring her career total to 1,833. The number is two ahead of previous school record-holder Avreeta Singh. Bolko accomplished the feat at home on Senior Night.



ALUMS AND THEIR TEAMS MAKE THE DI NCAA WOMEN'S VOLLEYBALL CHAMPIONSHIP TOURNAMENT

To finish off their 2018 collegiate volleyball season, four of Xceleration's distinguished alumni competed at the NCAA Division I Women's Volleyball Championships. Congratulations!



Left to right: **Breyan Ashley** (St. Mary's College), **Janelle Gong** (University of Hawaii), **Emma Johnson** (Loyola Marymount University), and **Kelley Wirth** (Yale).



KATIE ORBETA AND ROSE-HULMAN VOLLEYBALL WINS HCAC TITLE, HEADED TO NCAA TOURNAMENT

Rose-Hulman Institute of Technology earned the second NCAA Division III Volleyball Tournament bid in program history with a four-set victory over Transylvania University in the championship game of the Heartland Collegiate Athletic Conference Volleyball Tournament at Transylvania. [Katie Orbeta](#) led the team with 32 assists, along with nine digs and five kills.

PARKER JONES NAMED HONORABLE MENTION ALL-IVY

[Parker Jones](#) of the University of Pennsylvania volleyball team earned All-Ivy honors which were announced by the Ivy League. Jones earned honorable-mention recognition. "We are all so proud of the accomplishments of [both Raven] and Parker this season," said head coach Iain Braddak. "They demonstrated a team first attitude every step of the way and worked very hard to improve not only their own skills, but the level of the entire program. We are so lucky to have another two seasons with both of them. We can't wait to see what they both accomplish over the next two years."



HONORABLE MENTION ALL-IVY

Eliza Grover, Brown (So., RS – Menlo Park, Calif.)
 Sabrina Stillwell, Brown (Sr., OH – Laguna Beach, Calif.)
 Parker Jones, Penn (So., OH – Lafayette, Calif.)
 Raven Sulaimon, Penn (So., OH – Houston, Texas)
 Caroline Sklaver, Princeton (Sr., MB – Miami Beach, Fla.)
 Lily Barber, Cornell (Jr., L – Corte Madera, Calif.)



7
PARKER JONES

Jones makes her way on the honorable-mention list for a second consecutive season after earning honors as a freshman. The sophomore was a force offensively as she once again finished with 200 kills. Her 17 kills against Dartmouth were tied for the most in three sets in the Ivy League and her 18 kills at Columbia were tied for the fifth most in a match.

The Lafayette, California native began the season by the making the all-tournament team at the Mountaineer Classic and continued her strong play throughout the season recording at least 14 kills in a team-high six matches. Her 229 kills and 217 digs ranked second on the team and she led the team with seven double-doubles - six of which came at home at The Palestra. [Read more.](#)



GOLDEN EAGLES FARE WELL ON ALL-CCAA SELECTIONS, MICKAYLA SHERMAN VOTED NEWCOMER OF THE YEAR AND NAMED ON ALL-CCAA SECOND TEAM

Cal State LA's women's volleyball team was well-represented on the 2018 All-California Collegiate Athletic Association Team announced by the conference office. Six Golden Eagles earned all-conference recognition and [Mickayla Sherman](#) of Cal State LA picked up the Newcomer of the Year award for the second straight year. The team was selected in voting by the conference coaches. Sherman was voted as the conference's Newcomer of the Year, succeeding Daisia LaBrie, who won the award in 2017. Sherman, a junior outside hitter, has been an outstanding addition to the program this year. She is second in the team with 232 kills after transferring to Cal State LA from UC Riverside.





2018 All-WCC Volleyball Freshman Team

Name	Pos.	School
Rachel Ahrens	OH/OPP	Pepperdine
Breyan Ashley	OH	Saint Mary's
Heather Gneiting	MB	BYU
Katie Lukes	OH	San Diego
Laura Madill	S	San Diego
Riley Ramsey	OH	Pacific
Michelle Shaffer	OH	Santa Clara



ALEX NICKERSON AND COLORADO COLLEGE REPEAT AS SOUTHERN ATHLETIC CONFERENCE CHAMPIONS

Colorado College won its second consecutive Southern Collegiate Athletic Conference volleyball championship with a nerve-racking 24-26, 25-22, 27-25, 24-26, 15-8 victory over Southwestern University in the conference final.

The fourth-ranked Tigers improved to 31-2 and earned the program's 21st consecutive appearance in NCAA Division III Women's Volleyball championship as the SCAC's automatic qualifier.



BULLDOGS SWEEP MAJOR IVY LEAGUE AWARDS

In a season the Yale women's volleyball program won their ninth Ivy League title in the last 15 years, the team swept the major 2018 Ivy League volleyball awards. Five different Bulldogs were honored and head coach Erin Appleman was named coach of the year, the league office announced on Thursday.

Junior setter **Frances Arnautou** was named Ivy League Player of the Year, senior team captain **Kate Swanson** was selected defensive player of year, first-year outside hitter **Ellis DeJardin** was awarded as the league's top rookie. In addition, senior right side [Kelley Wirth](#) was named All-Ivy First Team along with Arnautou, Swanson and DeJardin, and first-year middle blocker **Samantha Bray** was named All-Ivy Second Team. Arnautou and Swanson were unanimous first team selections.

Wirth, of Moraga, Calif., was named to an All-Ivy team for the fourth straight season. She led the Bulldogs in kills per set (3.31) in Ivy matches (3.31) and ranked sixth in the conference. She also ranked 16th in the conference in hitting percentage (.226) and has 44 blocks for the season.



Ivy League

FIRST TEAM ALL-IVY

- * Maggie O'Connell, Princeton (Jr., RS – Katy, Texas)
- Devon Peterkin, Princeton (Jr., OH – San Diego, Calif.)
- Kelley Wirth, Yale (Sr., RS – Moraga, Calif.)
- Ellis DeJardin, Yale (Fr., OH – San Gabriel, Calif.)
- Christina Cornelius, Harvard (Sr., MB – Los Angeles, Calif.)
- * Frances Arnautou, Yale (Jr., S – San Francisco, Calif.)
- * Kate Swanson, Yale (Sr., L – Rancho Santa Fe, Calif.)



KELLEY WIRTH WINS IVY LEAGUE POW AWARD

For the second straight week, the Bulldogs swept Ivy League volleyball awards. [Kelley Wirth](#) was named conference player of the week, while [Ellis DeJardin](#) won rookie honors for the fifth time this season, the league office announced.

Wirth averaged 4.83 kills over two Yale victories against Cornell and Columbia as the Bulldogs clinched the program's 10th Ivy League title and punched a ticket to the NCAA Tournament. She had a match-high 17 kills against the Big Red and finished the regular season ranked sixth in kills per set in the Ivy League with a 3.31 average.

"Kelley was incredible these past few weekends and I'm so thrilled for her to be recognized for her efforts," Yale head coach Erin Appleman said. "She has been an unstoppable force at the net and her leadership has been clutch down the stretch."



Volleyball and Society

By Tim O'Connell

A volleyball team is a reflection of society. You have so many things going on in the same circle. You have doers. And you have takers. You have leaders and you have followers. You have the highly motivated, and you have those thinking, "let's get this over with." You have the hard worker who would never leave the gym 'til you turn the lights out, and you have the ones who look at you like you are crazy for saying we will practice tomorrow.

The very makeup of the team is also a reflection. The setters are your bosses. They dictate the workload and who gets what. The middles are your managers who make sure your outsides are taken care of. And they, the outsides, are the specialists; that elite group that puts the finishing touches on what the laborers



(backrow players) have worked so hard to get ready for them. Just like any job, if one group struggles, the whole group fails. There are those that seem more important, but in reality, in real life, they are not.

And then there are the coaches. Just like leaders in society, half of the team thinks the coaches are geniuses, half think they are idiots. Split decisions have to be made in highly charged-situations, and sometimes they are not correct. Substitute one player for another, and you are always half wrong and half right. It's never easy when you are dealing with kids, and emotions, and parents, and emotions, and well, you get it. Just like society. But I also think this is why sports



are so good for kids. They help prepare them for the real world.

They help them get steeped in reality. They learn that if you don't outwork someone else, you will be replaced. If you don't show up, you'll be shown the door. If you can't follow direction, you'll be directed out. If you can't be a team player, you won't be a team member.

This is all important.

That's why most former athletes make good employees.

Why they make good members of society.

And that's where we all end up eventually.





XCEL Strength and Conditioning Program with Performance Training Coach Marcus Maxwell

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

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

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

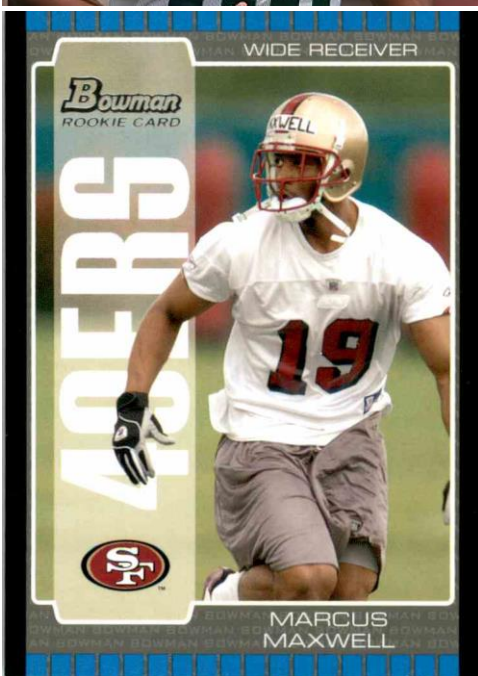
teach young athletes. In addition to my hands-on experience, I have since returned to school in continuation for a higher education.

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

Marcus Maxwell
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Nutrition & Fitness: Fueling for Success

by Jill Daniels, MS, RD, CSSD

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

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

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

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

Eat well, play hard, and have fun!

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

Reprinted from *SportsStars Magazine*, August 2015.



Nutrition habits before practice just as vital as before a game

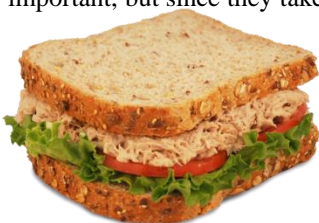


Eating well before practice is just as important as eating well before competition. If you are well fueled, you'll be better able to train hard, which mean that you'll have an edge over the competition. Many athletes show up to practice without appropriate fuel on board, which results in muscle fatigue,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

Fueling properly before practice can provide these benefits:

- Increased energy
- Improved mental focus
- Greater endurance and strength
- Hunger prevention
- Improved mood and attitude
- Decreased risk of injury

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



When to Eat What

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



Volleyball 101: Q&A on the Rules of the Game

Q: What is a net violation? It seems like some net contacts are not whistled.

A: Net contact by a player is called a fault when a player contacts the net between the antennas in the action of playing the ball. This is a recent USA Volleyball rule.

Q: Why does one player on the court have a different-colored jersey?

A: The libero is a special defensive player. There are actions not permitted by this player according to the rules of the game. The contrasting color jersey makes this player distinctly different from all other players on the court, making him/her instantly recognizable to the referee so all playing actions can be judged according to the rules for the libero.

Q: How does a referee decide when to whistle a lift?

A: In the rules of the game, the “lift” is defined as a caught or thrown ball. So the referee will whistle a fault when a player catches and/or throws the ball. The referee does not judge body position or a portion of the body that contacts the ball, only whether the ball was actually caught or thrown.

Q: How can the refs tell when it's a double touch on a set?

A: Clearly, this is a difficult call to make. The referee does not judge spin or how the ball is released by the player. The referee must only judge what is seen. So if he/she sees two contacts, the whistle will be blown. Each referee strives for consistency in whistling this fault from the first contact of the match through the final contact of the match.

Hand Signals You'll See During a Match



BALL IN



BALL OUT



TWO HITS



END OF SET



BALL TOUCHED



SUBSTITUTION

Q: What is the difference between the terms game/set/match?

A: Basically, it is the game of volleyball. Teams compete in a match, usually the best of five or the best of three. The match consists of sets. So to win a match that is the best of three, a team must win two sets.

Q: Why doesn't the referee whistle a fault when a player clearly has a double hit on the first contact for a team?

A: Remember, a double hit is allowed by the rules on a team's first contact, no matter if off a serve, hard-driven spike, or a free ball, as long as the player does not make two attempts to play the ball.

Q: What is a block and does it count as a contact for that team?

A: A block is an action by a player to intercept an attacked ball from the opponent. A block does not constitute a contact, so when the ball is contacted by a block and continues on to the player's side of the court, the team has all three contacts remaining.

Q: What is rally scoring?

A: Rally scoring means that whenever a ball is served, a point will always be scored — unless of course, there is a replay. So if the receiving team wins the rally, it will also score a point.

XCELERATION

California Kickoff – Preliminary Wave Assignments

		Saturday AM	Saturday PM	Sunday AM	Sunday PM	Monday AM
12Blue	12 Club	X SMEC		X LMC/BHS/WHS		
13Blue	13 Club				X SJCC	X SMEC/SH/WHS
14Blue	14 Open		X SMEC		X SMEC/SH/WHS	
14White	14 Club			X SMEC/SH		X SMEC/DVC/LMC/WHS
14Gray	14 Club			X SMEC/SH		X SMEC/DVC/LMC/WHS
15Blue	15 Open	X SJCC		X SMEC/DeAC/LMC	X SMEC/DeAC/LMC	
15White	15 Club			X SJCC		X SJCC
16Blue	16 Open		X SJCC		X SMEC/LMC/BHS	
16White	16 Club			X SJCC		X SJCC
17Blue	17 Open		X SJCC		X SJCC	
18Blue	18 Open		X SJCC		X SJCC	
18White	18 Club		X SJCC		X SJCC/SH	

Important Note: Multiple venues/waves are dependent on seeding. Please do not leave the tournament at the end of each day without knowing your wave and venue for the following day.

BHS = Burlingame High School

DeAC = DeAnza College

DVC = Diablo Valley College

NB = NB Courts, Livermore

SCCC = Santa Clara Convention Center

SMEC = San Mateo Event Center

SJCC = San Jose Convention Center

SH = SportsHouse

WHS = Woodside High School

The NCVA requires GUEST REGISTRATION FEES to enter the courts at the California Kickoff. Please note deadlines to purchase tickets (i.e., wristbands) online. Click [here](#) to purchase tickets and get updated tournament information. COMPLETE YOUR REGISTRATION ONLINE; PICK UP YOUR WRISTBANDS AT THE WILL CALL WINDOW.

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

Weekend Pass:

\$16.00 if purchased online by 11:59 PM on January 18, 2019

\$20.00 if purchased online starting at 12:01 AM on January 19, 2019 or on-site.

One-day Pass:

\$8.00 if purchased online by 11:59 PM on January 18, 2019

\$10.00 if purchased online starting at 12:01 AM on January 19, 2019 or on-site.

Discounted Wristbands:

Children, 12 and under: Free

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

College Coaches: Free

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

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

2019 Tournaments

(updated December 10, 2018)

Tournaments	Dates*	12B	13B	14G	14B	14W	15B	15W	16B	16W	17B	18B	18W
NCVA 18s Power League Qualifier	Dec 15-16											x	x
NCVA 18s Power League #1	Jan 6											x	x
Northern Lights JNQ - Omaha	Jan 11-13											x	
NCVA California Kickoff (Various Locations)	Jan 19-21	x	x	x	x	x	x	x	x	x	x	x	x
NCVA Premier League Qualifier	Jan 26	x											
NCVA 18s Power League #2	Feb 2											x	x
NCVA Power League Qualifier	Feb 2-3		x	x	x	x	x	x	x	x	x		
NCVA Presidents Day	Feb 16-18	x	x	x	x	x		x					
SCVA Las Vegas Classic - Las Vegas	Feb 16-18									x			x
Triple Crown - Kansas City	Feb 16-18						x		x		x	x	
NCVA Power League #1	Feb 23		x	x	x	x							
	Feb 24						x	x	x	x	x		
NCVA Golden State Qualifier - Reno	Mar 1-3											x	x
Colorado Crossroads - Denver	Mar 9-11				x	x	x	x					
	Mar 15-17								x	x	x		x
SCVA Jr Nationals - Anaheim	Mar 15-17											x	
NCVA Power League #2	Mar 10								x	x	x		
	Mar 16			x	x	x							
	Mar 17		x										
	Mar 24						x	x					
NCVA Power League #3	Mar 23		x										
	Mar 24			x	x	x							
	Mar 30						x	x	x	x	x		
NCVA Premier League #1	Mar 9	x											
NCVA Premier League #2	Mar 16	x											
	Mar 17												
NCVA Premier League #3	Mar 30	x											
NCVA 18s Power League #3	Apr 6											x	x
NCVA Far Westerns - Reno	Apr 13-15		x	x	x	x		x					
	Apr 26-28						x		x	x	x		
USAV Spring JNs (as qualified) - Dallas	Apr 26-28											TBD	TBD
NCVA PL Regional Championships (Various Locations)	May 4-5		x	x	x	x							
	May 11-12						x	x	x	x	x	x	x
NCVA Bayview Classic - San Mateo	May 25-27		x	x		x							
JVA West Coast - Long Beach**	May 25-27				x		x	x	x	x	x		x
AAU - Orlando	Jun 15-27						x		x		x		
USAV Jr Nationals (as qualified) - Indianapolis	Jun 27-Jul 6		TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD

* Reflects tournament dates only, excluding travel days

** Pending/Waitlist

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

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

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

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

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

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

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

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

SCVA Las Vegas Classic: [Mandalay Bay Resort Convention Center](#), 3950 Las Vegas Blvd. South, Las Vegas, NV 89119

SCVA Junior National Qualifiers: [American Sports Center](#), 1500 S Anaheim Blvd, Anaheim, CA 92805

Triple Crown NIT: [Kansas City Convention Center \(Bartle Halls\)](#), 301 W 13th St, Kansas City, MO 64105

USAV 18U Spring Juniors Nationals: [Kay Bailey Hutchison Convention Center](#), 650 S Griffin St., Dallas, TX 75202

USAV Junior Nationals: [Indiana Convention Center](#), 100 S Capitol Ave, Indianapolis, IN 46225

Other Useful Links:

[NCVA Premier League](#)

[NCVA Power League](#)