



# Xcelent NEWS

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Xceleration  
Volleyball Club  
John B. David, Editor

## And So the Adventure Begins!

### Xceleration launches the 2019 season at California Kickoff

The 2019 season was officially and finally off the ground with competition at the annual California Kickoff held at the San Mateo Event Center, San Jose Convention Center, and various high school locations throughout the Bay Area.

ENERGY, ENTHUSIASM, TEAM PLAY, and PLAYER AND COACHING TALENT were all on display during the long MLK weekend, and all our teams should be commended for being game-ready to face the opposition this early in the season. The club is extremely proud of the tournament results and accomplishments. Action and outcomes were one of the best that



we've seen in years. The games were exciting and would make anyone wearing the "X" on their jerseys or fan gear inspired and wanting more.

We know that players and coaches have been working hard to get ready for the season and it was nice to be

*(Continued on the next page)*



## Adventure Begins... (continued)

able to hit the courts against some live competition. It serves to give us a barometer of where we are at this early point in the season.

And that is one point that we really wanted to make. At this juncture in the season, it is best not to overblow any wins... and equally as important is not to overblow any losses. We talk to all our coaches prior to Kickoff about what we want them to gain from the tournament. Cal Kickoff is a time to see what your potential lineups might be like. Who works best with certain players? What might happen if the unexpected arose and you had to shuffle line ups? What have you been working on in practice that the team is struggling with? What have you been working with that they are getting and doing well? Answers to these questions and more are what are most important to come away with from Cal Kickoff. While we are happy when any of our teams win and disappointed with a loss, let's keep it all in perspective. What we saw was what we wanted to know and, as coaches

and administrators, we were overall overjoyed with the weekend.

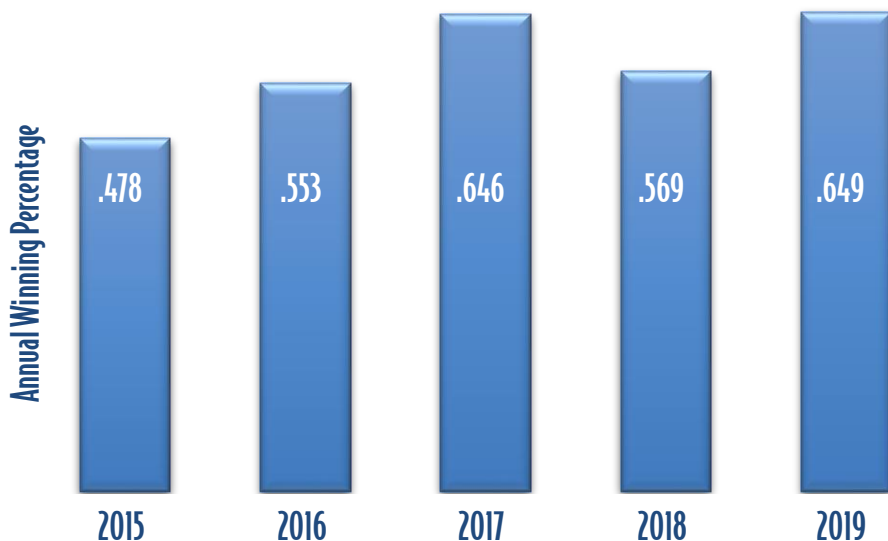
With that said, our work is not done and, in fact, it is just beginning. We learned a lot during the weekend and we will build on the solid foundation laid by our Cal Kickoff experience. The road ahead will get tougher and will be filled with many bumps. And if you already experienced some of these obstacles during the Cal Kickoff weekend, we know what we need to work on. Have a dialogue with your coaches; they are here to provide support and help you fill in the gaps to make your team even better.

Starting from a solid foundation at this point of the season, here is a summary report on our performances.

- With an overall club record of 46-25 at Cal Kickoff, Xceleration posted a five-game win improvement from 2018

*(Continued on the next page)*

## Xceleration at California Kickoff



### Photo Galleries

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

### Instagram

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

**XCELERATIONVBC**



*Instagram*

### Facebook Group Page

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



## Adventure Begins... (continued)

- Ten teams finished with a .500 record or better
- Three teams made it to the Top 5, with a fourth team narrowly missing this cutoff to finish in 6<sup>th</sup> place
- One team rode a 7-game win streak to face the #1 NCVA team and 34<sup>th</sup> in the nation in the finals

Final standings notwithstanding, it was a satisfying and successful showing by all Xceleration teams during the weekend. Some may have expected more, while others exceeded expectations, but it allowed the coaches to further assess their players. The teams tinkered with different lineups, identified their strengths and shortcomings, and noted the gaps that need to be narrowed in the short time before one of the biggest events of the year – Power and Premier League Qualifiers (PLQs)!

### Premier / Power League Qualifiers Finish

12Blue: Eagle District (8)

13Blue: Aqua (45)

14Blue: Bronze (27)

14White: Blue (49)

14Gray: Fuchsia (108)

15Blue: Bronze (30)

15White: Aqua (42)

16Blue: Gold (9)

16White: Copper (64)

17Blue: Gold (8)

18Blue: Gold (7)

18White: Bronze (26)

And so the adventure begins!



Aqua – 13Blue / 15White

Blue – 14White

Copper – 16White

Fuchsia – 14Gray



*And  
so the  
adventure  
begins*



LIAISON

**12BLUE**

Kate Canova

**13BLUE**

Kenyetta Morgan

**14BLUE**

Michael Wiseman

**14WHITE**

Carissa Hawthorn

**14GRAY**

David Frazer

**15BLUE**

Melissa Raymond &  
Jan Spauschus

**15White**

Tracy Moran

**16BLUE**

Jo Sette Sayama

**16WHITE**

Beth Gross & Angie McCalmon

**17BLUE**

Kanoilani Sardinha

**18BLUE**

Mariangela Helgeson &  
Jen Hohman





## Jammin' with Jeremy

**Xcelent NEWS** will include pertinent messages from club owner Jeremy Swann on this regular feature of Jammin' with Jeremy...

Hello Xceleration Family!

Greetings from the Swann family. We hope everyone is enjoying the season as much as we are. You may have seen **Coach Jeremy** or **Coach Gayle** at the gym on Mondays and Wednesdays coaching the 12Blue with **Coach Haley**. Our two daughters, **Ainsley** (10) and **Tallulah** (7), are enjoying their time at 12Blue practices. Perhaps you've crossed paths with our accountant - also Gayle - while fulfilling all financial commitments, which we appreciate immensely. Or in rare appearances you may have also seen our 12-year old son, **Donovan**, when he has been in the gym passing with the few boys we can find from his circles. Whatever the case, please know we are out there enjoying the club just like you and loving every minute of it.

We have heard great feedback about our apparel sponsor Adidas. We signed a multi year sponsorship deal last year and look forward to seeing all our athletes in the latest cutting edge uniforms each season. It's also great to see parents with spirit wear and in fact, Gayle was mentioning an upcoming Xceleration car magnet to further the tradition of family and inclusiveness. Our cars don the logos of swim team and water polo, so there is definitely room for Xcel on there, LOL!

The Xceleration Sports Facility in Martinez continues to make improvements. Our landlord decided to build us an equipment room, which will allow our coaches to lock up all balls/carts, etc., making practices more efficient and keeping costs down. Also, in the viewing area on the basketball side they've added an additional viewing cut-out with plexiglass. Parents deciding to stay and watch practice can honor the club's request and stay in the viewing area during practice. Finally, we are meeting with the building owners to determine the best locations to hang our college banners. You may have seen them during tryouts. The college banners list the year each of our athletes committed and the college of their choice. This of course is made possible by our outstanding College Recruiting Directors **Jim Ross** and **Paul Harrison**. You can ALWAYS see them on the courts of our older teams, making introductions between our players, parents and college coaches.

(Continued on the next page)





## Jammin' with Jeremy

A gentle reminder to those reaching out to our AWESOME Club Director **Leslie Ray**. Leslie has taken on multiple responsibilities this year, including coaching two different teams. While Leslie's primary position with the club is Director, during her practices and tournaments Leslie is a coach first. If you need to speak with her about your daughter/team, please be respectful of her time as coach and contact her after the practice or tournament. Thank you!

As the season continues with travel tournaments (and local ones), please be sure to locate our staff members **John David, Tomas Pineda, and Normie Pineda**. John wears many hats as he runs our website, marketing/email campaigns, our FANTASTIC newsletter and much, much more. John loves to attend local tournaments and travels with our teams to watch them in action at regional travel tourneys. Tomas of course can be found courtside getting the best action shots available of our athletes. After every tournament, Gayle almost always turns to me and says "I can't wait until Tomas uploads the pictures to Facebook". Tomas is involved in content creation and program support for Xceleration. And last but not least please find Normie and thank her big time :) As travel coordinator, Normie is the reason we can travel as a club. Simply put, we cannot travel without her and all the work that goes into planning, reservations, coaches/staff travel, etc.

FINALLY, we have published our [Summer Schedule](#). We know that parents are planning their summers now, so we wanted to get the dates in front of you ASAP. **Rob Browning**, Head Coach at Saint Mary's College is leading our Beach Program again this year - which we expect to double in size, so please sign up early. All individual clinic weeks are up and ready to schedule, so please take advantage when you are in town this summer.

Gayle and I are so fortunate to have you with us this year. For some, it is your first year with Xcel and for others you've been here much longer. But for all of you we feel like you are family and we look forward to seeing you out on the courts real soon.

**Jeremy & Gayle**





## Listen to Leslie

**XCELent** NEWS will include pertinent messages on behalf of the club in this regular feature of Listen to Leslie...

### Hello Xceleration Family,

I was able to watch all of our teams play the last month at Cal Kickoff and I wanted to share with you all that I was impressed with the way that teams have been performing so early in the season.

First, it was GREAT to get to see the teams on the court outside of practice. The girls (and parents) have been putting in multiple hours and a lot of work since the start of the season and it shows on the court during matches. Thank you all for your continued support of the teams as we get this season up and going.

I wanted to share my approach to the Kickoff weekend. This tournament is used to gauge how far our teams have come since the start of the season. This tournament allows coaches to evaluate where the team is at the start of the season. As a club, we don't put too much emphasis on the wins and losses alone – the scores and results you see in this newsletter are simply just data to measure the club's progression and where adjustments need to be made. The tournament offers so much information and allows our staff to evaluate areas that need improvements. Coaches undergo monthly training in areas that we find fit for the club's growth as a whole. Personally, when I watch teams, I'm looking for how they compete when we're down. Are we embracing challenges when faced? Are coaches giving feedback during matches? I have taken the time to talk to coaches and get an idea on what we need to build as a team and as individuals.

I am truly happy with what I have seen so far. I saw passion, emotion, and girls having a great time. This is far more rewarding than any record. The Kickoff was a great start to a promising season of fun and learning. Now that we are off to a great start, it's our responsibility to develop these girls' skills sets and watch our teams grow.

Thank you all for your continued support of all of our teams. It was great to see so many passionate players and parents these last couple of weeks. I am really looking forward to the season.

**Leslie**



## UPCOMING DATES

**February 16-18:** NCVA Presidents Day

- **12Blue:** San Jose Convention Ctr (AM Wave)
- **13Blue:** Santa Clara Convention Ctr (AM/PM Waves TBD)
- **14Blue/14White/14Gray:** San Mateo Event Ctr (AM/PM Waves TBD)
- **15White:** San Jose Convention Ctr (AM/PM Waves TBD)

**February 16-18:** SCVA Las Vegas Classic (16White, 18White)

**February 16-18:** Triple Crown NIT (15Blue, 16Blue, 17Blue, 18Blue)

**February 23:** NCVA Power League #1 (13s-14s)

**February 24:** NCVA Power League #1 (15s-17s)

**March 1-3:** NCVA Golden State Qualifier (18s)





# J-Ross Speaks

**Xcelerator** NEWS will include pertinent messages related to recruiting on behalf of the College Development Program directors in this regular feature of J-Ross Speaks...

Dear Xceleration members,

Congrats to all our teams on the great start to the season! You have been putting in a lot of work and it is definitely showing on the court. Stay at it. It is a long season with a lot of play ahead. Be diligent with your training and your health.

If you have been following the club's social media sites you no doubt know that we are into the recruiting season and some of our players have recently committed to play in college. It is important to remember that making a college commitment is the culmination of a LOT of hard work on and off the court.

On the recruiting side, now is the time when all the college coaches are gearing up their recruiting. Now is the time when you need to be contacting them! As a reminder, as you contact college coaches be sure to send Paul and I your list (not the actual e-mails) of coaches that you have been in contact with. It is VITALLY important that you are contacting coaches prior to our attending the upcoming national tournaments.

Paul and I have also been meeting with players and their families who have requested meetings. If you care to meet with us to discuss your college options, just send us an e-mail and we will set it up.

I wanted to publish a **College Recruiting Timeline** that is in our College Development Handbook. It will help you with knowing what you should be doing at each grade level. Now is the time to get serious about your college future!

Go Xcel!

Jim





## COLLEGE RECRUITING TIMELINE

### Freshman Year (9<sup>th</sup> Grade)

- Settle into the high school environment. Get to work on developing good classroom and home study habits. **LEARN TO MANAGE YOUR TIME!**
- Stay up on your schoolwork and your grades. Yes, Freshman grades matter!
- Work hard with your high school team. Ask your coach for extra workouts to learn a new skill or perfect basics.
- Play with the most competitive club team that you have available to you. Make sure they play in all the tournaments and against the competition that will help you improve your play.
- Attend a “comprehensive” summer camp. One that will develop your skills and has a high coach to player ratio.
- Meet with your college development team and begin to formulate your college volleyball options. If you have definite ideas on colleges that you are interested in, send out contact letters and video to those schools and coaches.

### Sophomore Year (10<sup>th</sup> Grade)

- Continue to “hit the books” hard. Your athletic ability means nothing if you can’t do the class work! The more schools that you can qualify for academically, the larger your list of potential volleyball schools will be.
- Meet with your high school guidance counselor and tell him/her about your desire to play college volleyball. You want to be on track with all the required NCAA courses.
- Play as much volleyball as you can! The more you play, the more experience that you will get and the more you will improve.
- Attend as many summer camps as you can afford. This accomplishes a few things. It lets you learn different coaching techniques, see different coaching styles and see many campuses. If you have a desire at this point to attend a certain college, try and attend THEIR summer camp. This will let them see you as well as you them.
- NOW is the time to get serious about your college options!
- If you have not already done so as a Freshman, send out your first contact letters and include your club teams schedule. At this point college coaches cannot write back to you except to notify you that they received your letter and to invite you to their camp. Regardless, this gets your name in front of them and “on their list”. **NOTE:** College coaches CAN write back to your CD team and we will keep you informed of any and all correspondence that we get.
- If you care to and can afford to, plan some college visits. All of the visits at this time are “unofficial” which means that you have to pay for it on your own. But you can call the coach and let them know you are coming and that you would like to attend a practice or match. Most coaches will be very receptive to you and your parents.



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

### Junior Year (11<sup>th</sup> Grade)

- Take a good look at the Handout enclosed as to when coaches can contact you and how! It is different for the different divisions within the NCAA and NAIA.
- Register with the NCAA – Eligibility Center. This can be done online in about 20 minutes at [www.ncaa.org](http://www.ncaa.org). There is a small fee for registering but if you want to play at the D1 or D2 levels you MUST do this. There are also benefits for potential D3 athletes so registration for all PSA's is recommended.
- Register for the ACT/SAT tests. Try to schedule a date that will not conflict with club or high school season. REQUEST THAT YOUR TEST SCORES BE SENT TO THE NCAA CLEARINGHOUSE (there is a box to check for this).
- STAY IN CONTACT your potential volleyball schools!!! You must stay on this and follow up. Keep a list with notes. Stay in touch with the club college development team.
- Plan visits to any schools that you are interested in. Make sure the coach knows you are coming so he can plan for your visit.
- Prepare a video to be sent out or forwarded when requested. Ask for help from coaches, parents and club teammates. Help each other out! If while taking video of your daughter you happen to capture a GREAT sequence of her teammate, let those parents have a copy of the video.
- Choose your club volleyball teams wisely. How much are they developing you? How much are they assisting you?
- Focus this summer should be on attending college camps at schools that you have on your list! Don't waste your time at this point with a camp at a school that you have no intention of possibly attending. If you are not able to attend camps, get out and practice and play volleyball as much as you can to continue developing.

### Senior Year (12<sup>th</sup> Grade)

- Do NOT let up academically! It's east to catch senioritis – but it can cost you your eligibility or spot at a school.
- Meet with your guidance counselor and stay on track with your requirements.
- If you have not committed to a college for volleyball yet – DON'T PANIC!!!! You are in the majority. Senior Year is your time to “get it done”, but you have to be diligent.
- You can contact college coaches in any division freely at this point. You may NOT talk to them at tournaments until your weekend play is complete.
- Plan college visits to your potential schools in the Fall (work around your high school schedule). Make sure you pick a weekend that they are playing at home so you can watch them and meet the coach.
- If you are invited for an “official” visit, plan for it. Write down your questions since you will be nervous when you get there. Work with your college development team to plan for your visit.





## 12Blue: Playing Big Time

Comprised of 4<sup>th</sup> through 7<sup>th</sup> graders, the 12Blue are the youngest (and definitely the most adorable) of the club's teams in 2019. After Cal Kickoff and Premier League Qualifiers, we can also consider them to be the fiercest in competition. With several members having a season of competitive ball under their belt from 2018, the team has quickly gelled and should be well prepared for 2019.

Coach **Jeremy Swann** said, "Xceleration is quickly catching up with other clubs that have had many of these young athletes in their programs for a while. I'm thrilled to see the girls get better with more reps in practice and in competition."



"We played with a lot of energy and the girls had tons of fun. We're excited for the next rounds of league play." Coach Jeremy



*Big things often have small beginnings*

### California Kickoff

- Top 20 finish with 3 games extended to 3 sets, and had fun in the process

### Premier League Qualifier

- Maintained #8 seed to begin league play in Eagle District's Gold Division
- Three of 4 matches extended to 3 sets each, winning a pair that included a comeback 17-15 marathon victory
- Stretched the #1 seed to the limit after taking the 2<sup>nd</sup> set 26-24

### Next Matches

- Presidents' Day – Feb 16-18
- PL #1 – Mar 9
- PL #2 – Mar 16
- PL #3 – Mar 30

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



## 13Blue Move Up 28 Places, Finish in Top 10



Go the  
Extra Mile,  
it's never  
Crowded.

### California Kickoff

- Top 10 finish with a 4-1 record and moving up 28 spots from initial seeding
- Rode a 4-game win streak into the playoff round after sweeping opponents in 8 straight sets
- Narrowly misses 4<sup>th</sup> seed with a 13-15 setback in quarterfinals

### Power League Qualifiers

- 3-3 record places team in 45<sup>th</sup> or Aqua to begin league play
- Impressive victories over perennial club powerhouse Five Starz and 33-31 marathon over Slainte

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



## 14Blue: Sisterhood



**NEW MONTH.**  
*new beginning.*  
**NEW MINDSET.**  
*new focus.*  
**NEW START.**  
*new intentions.*  
**NEW RESULTS.**

### California Kickoff

- Top 20 Open Division finish, winning 2 of their last 3 matches to move up 5 spots from initial seeding to 16<sup>th</sup>
- Finished above .500 at 4-3, with 2 of 3 losses in three heart-pounding and competitive sets against Bay Area rivals.

### Power League Qualifiers

- Strong 4-2 record, including victory over #3 seed
- Falls in three-way tie for first to drop to 27<sup>th</sup> in Bronze

**Team Trivia:** Five 14Blue team members have older siblings on other Xcel teams. Can you name them?

*Photos courtesy of Leslie Ray and Tomas Pineda.*

[Click here to see more.](#)





## Moving Day for 14White



*Photos courtesy of Patrick Samples and Tomas Pineda.*

[Click here to see more.](#)



*Today,  
I have  
the POWER  
to change my  
story.*

### California Kickoff

- Won 3 matches easily, without surrendering more than 19 points in 6 sets
- Top 20 Club Division finish, with a record above .500
- Scales up the final finish to 19<sup>th</sup>, or a 17-spot improvement from starting position

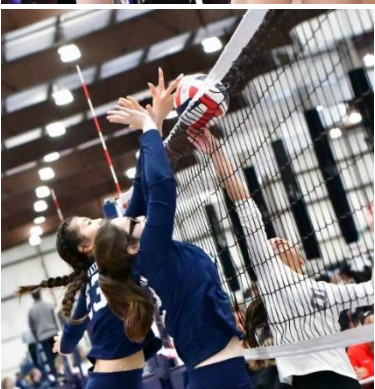
### Power League Qualifiers

- Strung together 3 straight victories, including two of the wins in three sets
- Begins league play in 49<sup>th</sup>, top seed in the Blue Division

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



## 14Gray Leap 28 Rungs up the Ladder



Small  
changes  
eventually  
add up to  
huge  
results.

### California Kickoff

- Won 2 of last 3 matches to move up 28 spots from initial seeding
- Improved each match as the tournament progressed with 3 matches going three sets, en route to winning a pair

### Power League Qualifiers

- Tough matches, tough weekend, learned a lot; lands in Fuchsia to begin league play

Photos courtesy of Tomas Pineda.

[Click here to see more.](#)



## 15Blue: Strong Start, Strong Finish



*You've got a new story to write. And it looks nothing like your past.*

### California Kickoff

- Posted a nice 3-game win streak to begin the tournament
- Finished the tourney with a .600 winning percentage in the top half of total Open participants

### Power League Qualifiers

- Started strong and finished strong, winning two at the outset, and then winning 3 straight to nab 30th spot in Bronze.

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



## 15White: T-Shirt! T-Shirt! T-Shirt!



*new beginnings  
new ideas  
new energy  
exciting and surprising*

### California Kickoff

- Top 20 Club Division finish and bracket winners with a 6-1 record to earn tournament t-shirts!
- Easily and efficiently handled all 6 victories in straight sets
- Moved up 5 spots from initial seeding and their single setback came in 3 sets

### Power League Qualifiers

- 3-3 record includes impressive victory against top seed in the pool
- Dreaded three-way tie relegates the team to 42<sup>nd</sup> and top half of the Aqua Division

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



## Streaking 16Blue Stays in Top Tier



*this  
is the  
beginning  
of  
anything  
you  
want*

### California Kickoff

- Rode a 7-game win streak to championship game vs. #1 team in the NCVA and #34 in the nation
- 2nd place finish, up 5 spots from initial tournament seeding

### Power League Qualifiers

- Won four straight to open the qualifiers before entering pool of undefeated teams with a combined 11-1 record
- Last three matches decided in three grueling sets
- Three-way tie pushes team to 9<sup>th</sup> seed in Gold Division
- Next matches: #1 Synergy Force and #8 Sierra Vista in PL1

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

## 16White: Let's Play Three!



*Say yes  
to new  
adventures*

### California Kickoff

- Fell just short of knocking out the top seed
- Dropped two tough matches, both stretched to 3 nail-biting sets
- Finished the tourney at .500

### Power League Qualifiers

- Evened its record to 3-3 with a three-set thriller to end qualifiers
- Finishes 2<sup>nd</sup> in pool to start PL1 in Copper (64<sup>th</sup>)

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



## 17Blue: Rolling On the National Stage



SLIDING INTO 3RD PLACE



Prepvolleyball continues to recognize 17Blue as one of the top teams in the region and nation. Now the challenge is to stay on top as the national qualifiers and league competitions begin. Congratulations and good luck to 17Blue!



The secret  
to getting  
ahead is  
getting  
started

### California Kickoff

- 3rd place with a 5-1 record, improving 1 slot from initial standing

### Power League Qualifier

- Rolled through 6 straight matches to an undefeated weekend
- Starts 8<sup>th</sup> and finishes 8<sup>th</sup> in the Gold Division
- All Top 8 teams in Gold went undefeated, with a combined 48 victories

*Photos courtesy of Dee Ortega and Tomas Pineda.*

[Click here to see more.](#)



## 18Blue Stays Entrenched in the Top 10



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



Take  
the  
Next  
Steps

### California Kickoff

- 5th place with a 5-1 record, catapulting six spots up the final standing
- Quarterfinalists after 5 straight wins in the tournament
- Dropped the third set in its only loss of the weekend

### Power League

- Finished Qualifiers in 7<sup>th</sup> place, in Gold Division, to begin league play after going 5-1
- Moved up to 6<sup>th</sup> after PL1 with a 2-2 record
- Held 6<sup>th</sup> spot and nabs American bid at PL2; going to 18s Spring Junior Nationals





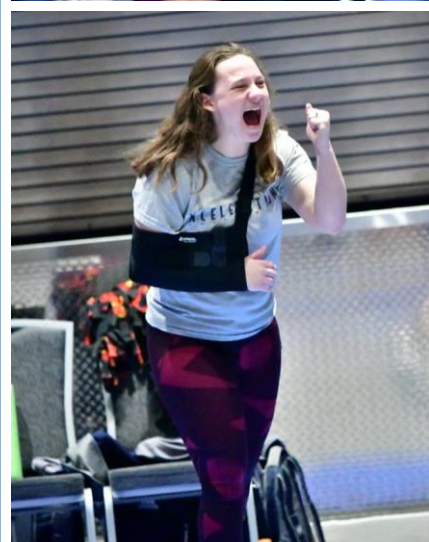
## 18White: 100% Effort



The best  
is yet  
to come.

### 18 White

- Finished strong in last 2 games, moving up 2 spots in the final standings



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



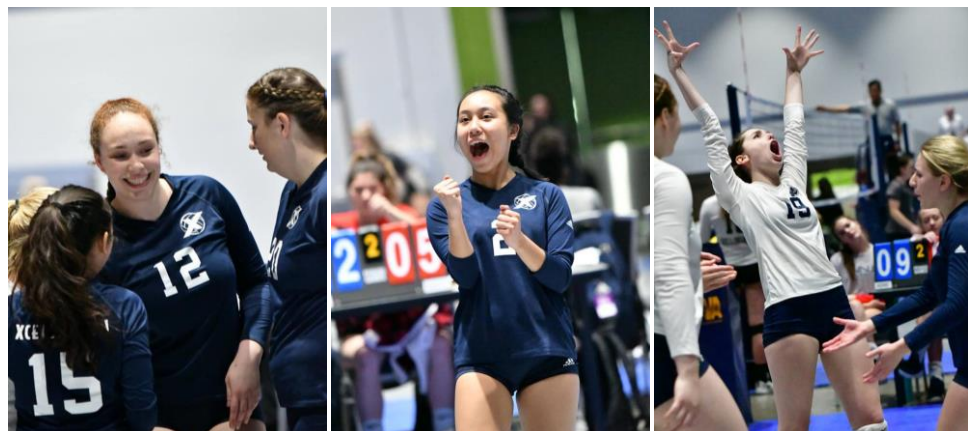
## O-ma-ha, Set hut!



For the first time in club history and in an attempt to qualify for Junior Nationals, the 18Blue braved the chill in the nation's midsection in Omaha, NE, at the 11<sup>th</sup> Annual January Thaw, presented by Northern Lights Volleyball.

The *January Thaw*, like *Indian Summer*, is more than just another piece of fanciful weather lore. Annual averages really do show a slight temperature increase, and subsequent dip. Though they are a verified weather phenomenon, January Thaws don't happen every year, and it didn't this year. The team

couldn't get heated at the right time against the toughest competition it had faced this season to date. This high level of play will definitely provide benefits down the road in future action and the development of our players.



Start of  
something  
New

In the 1<sup>st</sup> round of competition, 18Blue met the eventual 3<sup>rd</sup> and 4<sup>th</sup> place finishers from Iowa and Minnesota, respectively. Both of these Midwest teams qualified for Junior Nationals Open Division after their strong performance in The Thaw.

Xceleration's results from the 2<sup>nd</sup> round were much improved with wins over squads from Nebraska and Ohio. The 18Blue placed in the top of the pool going into the final day of the tourney.

And finally in Bronze competition, the team returned to the warm confines of the West Coast after falling to A4, the only team that handed the eventual champions – AZ Storm – their single and lone loss in the qualifier.

Overall, the 18Blue finished in 11<sup>th</sup> place. More importantly, the team got a first-hand experience of the effort that is needed to make it to the big dance in Dallas for the Spring championships. There will be more opportunities to come.

Photos courtesy of Jen Hohman and Tomas Pineda.

[Click here to see more.](#)



# A Word from Our Coaches

**18BLUE:** *This team has been amazing to Coach. Brett and I are very blessed to be able to coach these fantastic student/athletes. They have bought into the "Team DNA" which is great togetherness, collective will, being there for each other, fighting for every point, relentless hustle, game speed preparation, and a total focus on GROWTH – getting better daily.*

- *PL Qualifier – Held 7<sup>th</sup>, only loss coming to Absolute 18s*
- *PL #1 moved up to 5<sup>th</sup> place*
- *January Thaw, Omaha, Nebraska – played well with the exception of 15 minutes. Competed well against high level competition. Should have gone 3-4.*
- *Cal Kickoff – played well, only loss coming in 3 to Absolute 17s*

*Everyone has contributed in a mighty way – we are so proud of all of them. Not sure I (Brett's first year with me) have ever had a team improve more in 2 months than this one.*

*Thanks to everyone at Xceleration for their incredible support!!*

**Coach Andy Schroeder**



**16WHITE:** *This team is improving every day and showed us tremendous, positive growth between Cal Kickoff and Qualifiers. Every player on our team stepped up to the plate and displayed maturity and a fighting spirit. We are so proud of the heart and hustle these athletes have shown us and can't wait to see how far they go as a team this year.*

**Coaches Natasha and Kristen**

**16BLUE:** *Jade and I are so proud of the way 16B has started the season! We have the deepest team I have ever coached and all players contribute every day. The team has yet to be 100% healthy and is still performing at a VERY high level, can't wait until all 12 are healthy. They are such a fun group to coach with amazing and supportive parents. This will be a special season for 16B for sure.*

**Coach Lucas Abbott**



# A Word from Our Coaches

**17BLUE:** *The last two tournaments have been a reflection of the hard work these young ladies are putting on the floor. Cal Kickoff, 6-1 – to only lose to a team that only lost in the Finals. Qualifiers – this team set out to hold our seed in the Gold Division and made out with a perfect record. Although these are great moments for us, what I love the most is the energy we have after the tournaments (and at practice) – we celebrate our early victories, but we remain focused on areas that we need to continue to grow this season.*

*All 12 members of the team have contributed in a major way. We are learning how valuable every moment of practice is to prepare for the next match. Often when challenged this team's continued effort to give their all is what I love most about coaching this bunch. I will say this is a contributing factor to the early success that we currently have.*

*We practice with passion which is later shown in matches. The girls create the atmosphere at practice and it's a joy to see. I have learned over time that once you learn to be a team, the team's success is far more rewarding. I have 12 incredible young women that have the drive to be challenged by our staff and want to be the best they can be. The season is still young and as long as we stay focus on OUR ultimate goals, I'm sure we will continue to take on whatever is placed in our way.*

**Coach Leslie**



**14BLUE:** *The 14Blue has a team of fighters and although we didn't win every game, this young team has the drive and works like no other. I am very pleased with the progression and growth that has been made so far this season. I am a firm believer that growth is something that happens over time with passion and knowledge of the game. All of our players on this team have continued to be challenged and have the will to make improvements. The season is fairly young, but I see some great things to happen with this group. Nothing is unattainable as long as we strive to get better. I am one lucky coach this season. Lets go, 14Blue!*

**Coach Leslie**





# SISTERS

## LAUREN AND TAYLOR WHYTE: CUT FROM THE SAME CLOTH

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

15Blue’s **Lauren Whyte** and 17Blue’s **Taylor Whyte** are one of nine sets of sisters playing for Xceleration this season, which is by far the most that the club has had since inception. For these siblings, Xceleration has truly come to mean “family.”

XCEL News chatted with Lauren, who started playing volleyball after watching Taylor get her start in 3<sup>rd</sup> grade in a city league. Now Lauren and Taylor are beginning their first year together with the club, and we find that they share a LOT of things in common, including meeting new people, bonding with new teammates, and travelling to new places with them. These are just some of the things that they enjoy about competitive volleyball. They also share the same aspirations of continuing to play the sport in college where Lauren would like to pursue a

degree to become a cardiologist, while Taylor would like to become an orthopedic doctor.

Until then, Lauren is hoping for a good season filled with lots of fun and will work hard to improve her hitting and blocking. Taylor looks forward to playing on a new team with new people and a new coach.

With their club volleyball and career goals in mind, both Lauren and Taylor agreed that Xceleration provides the best fit because of the “great coaching and a good recruiting program” that can help guide them to where they want to be.

Taylor said, “My hope for Lauren with Xceleration this season is that she will get the coaching she needs to grow as a player.” And, “I would also tell her not to give up on things and to keep trying as she is learning the game.”

Lauren replied, “My sister has always given the advice to never give up and to always stay true to yourself. She is always there when I need her, no matter what. She’s also very funny and she’s very unique. She’s definitely a person that I would never want to live without. Any time with my sister is a special time with her, so I’ll especially enjoy this season with Xceleration.

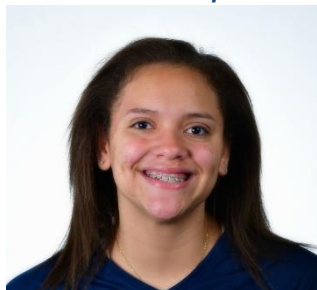
“Aww, sis. Lauren’s always been very caring and I can count on her for anything. She always has my back,” Taylor said.



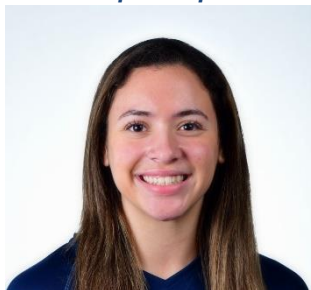
*Photos courtesy of Lauren Whyte, Dee Ortega and Tomas Pineda.*

# SISTERS

Lauren Whyte



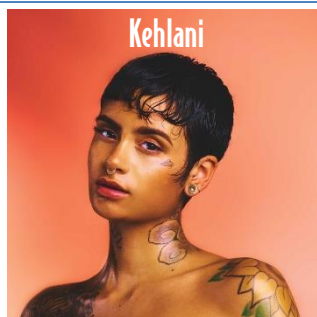
Taylor Whyte



Favorite show on Netflix



Favorite musical artist



Favorite faraway place  
would like to visit



Pet peeve



Does anyone else get  
road rage walking  
Behind slow people?



Favorite activity if not  
playing volleyball –  
hanging out with friends!



CALLING ALL SISTERS... If you  
would like to be featured in a  
future issue of XCEL News,  
click [here](#).





## Commitments To Date: Eight and Counting... Cougars, Camels and Bobcats!



With the help and guidance from Xceleration's College Development Program, we're excited to announce that five more Xceleration athletes since our last publication have committed to play for the college of their choice, bringing the total to six College Development Program athletes this year to announce their plans after their Xceleration careers come to an end! The club congratulates 18Blue's **Nicole Chamorro** and **Katie Gunderman** for their commitment to play for Chapman University and Connecticut College, respectively, in 2019. Joining them from this class is **Jalen Carey** from 18White who will be a Bobcat in the UC Merced volleyball program.

**Madi Risch** and 17Blue teammate **Emma Engstrom** have verbally committed to matriculate and play for the Ivy League at Penn and Dartmouth in 2020 and 2021, respectively.

These recent announcements follow three previously announced commits from the Xceleration family – **Meaghan Hohman** (Colorado College), **Leila Sardinha** (Seattle University), and **Mafa Tuinauvai** (San Jose State University). Great job, ladies!

Nicole is the second Xcel athlete recruited by Chapman University, following Xcel 16Blue coach and Class of 2012 alum **Jade Santos**.

Madi becomes the second Xcel athlete to join the Penn Quakers with former co-teammate at Acalanes HS **Parker Jones** (Xcel Class of 2017).

Emma will become the second Xcel athlete after Meghan Cooney (Class of 2010) to join the Big Green at Dartmouth, making her the sixth athlete overall from club to compete in the Ivy League, following in the footsteps of Risch and Jones at Penn,



Left to right:  
**Nicole Chamorro**  
Bentley Upper HS  
Chapman University

**Katie Gunderman**  
Bentley Upper HS  
Connecticut College

**Jalen Carey**  
Vacaville HS  
UC Merced

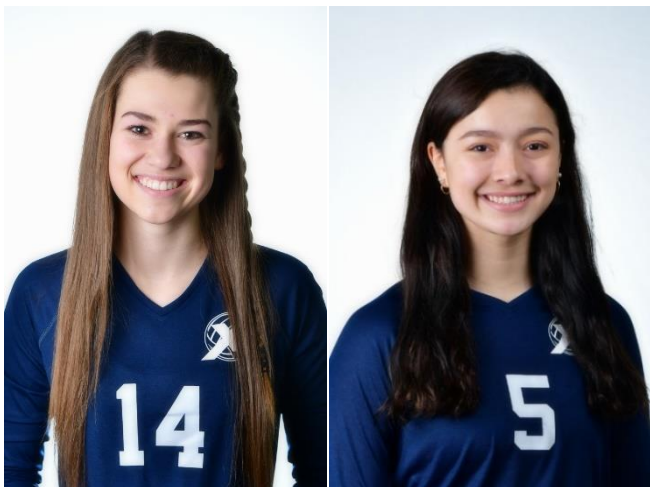
ALL GOOD  
THINGS START  
WITH A DREAM. *THE  
DREAM BECOMES A  
VISION. THE VISION  
BECOMES A PLAN.  
THE PLAN BECOMES  
A REALITY.*

Fantastic! These are all good schools and programs. Girls, we're so very happy for all of you. Be proud of all the work you put in on and off the court to get here!!

**Jim Ross**

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

## Commits To Date (continued)



**Kelley Wirth** (Class of 2015) at Yale, Cooney at Dartmouth, and **Alex Iltstad** (Class of 2009) at Brown.

The second athlete to come from the club, Meaghan will join **Alex Nickerson** (Class of 2017) at Fort Collins, CO to play for the Colorado College Tigers.

Leila will head to the Pacific Northwest where **Mary Orbeta** (Class of 2014) was also recruited by the Seattle University Redhawks.

Mafa becomes the fourth athlete to hail from Xceleration to be recruited by San Jose State, after **Kaitlyn Zdroik** (Class of 2016), **Taylor Elliott** (Class of 2013), and **Devon Wong** (Class of 2008).

Jalen and Katie will be the firsts from Xcel to commit to UC Merced and Connecticut College, respectively.



Left to right:

Emma Engstrom (San Ramon Valley HS/Dartmouth) and Madi Risch (Acalanes HS/Penn) become the 5<sup>th</sup> and 6<sup>th</sup> players in club history to play for the Ivy League – two at Dartmouth, two at Penn, and one each at Brown and Yale.

This is a dream come true for Madi! ❤️ We could have not done it without the support of everyone in Xcel especially her coaches, her teammates, Jim Ross, Paul Harrison and Andy Schroeder! Go Xcel and Go Quakers! 🏐🏐🙏 So to all, thank you and God bless!

*Melody Lagleva Risch*

I'll never forget what the moms of the 16 Open AAU champs KIVA, from Kentucky said about Emma from the sidelines. "Her energy is contagious - imagine if every player on the court brought that!"

*Denise Allen*

*Photos courtesy of Melody Risch and Tomas Pineda.*

[Click here to see more.](#)





## Prepvolleyball Honorees

Congratulations to our Xceleration athletes for being honored by the preeminent leader in youth volleyball – Prepvolleyball.

16Blue's **Payton Lee** made Prepvolleyball's FROSH 59 Special Mention List. This is a prestigious list of the nation's most outstanding varsity-playing volleyball freshmen for the 2018 fall season.

To be considered for this Frosh 59 list, a freshman needed to be a varsity starter and one of the top talents in her area during the fall season. The Frosh 59 comprises the top varsity achievements, in Prepvolleyball's opinion, of freshmen in 2018, with almost 250 additional freshmen standouts finding homes in the Highest Honorable Mention, Special Mention and Honorable Mention categories.



FROSH 59

### The 2018 FROSH 59! The Best Varsity-Playing Freshmen in America



By John Tawa

Posted on January 25, 2019



Club: Class of 2021 Watch List



Club: Class of 2022 Watch List

When reaching out to club directors and coaches Prepvolleyball asked that they nominate players of interest in their region or neighboring areas and not players associated with their own clubs.

Making it on this (unsigned) list for the Class of 2022 are 15Blue's **Jenna Foster** (top) and **Madison White** (bottom).



On Prepvolleyball's Class of 2021 Watchlist (unsigned) are from 16Blue. Top row: **Julia Bodor, Kate Dendinger, Julia Haggerty**

Bottom row: **Olivia Knutson, Erin Thomas**



# Common Myths in the Volleyball Recruiting Process

Patty Costlow, Recruiting Coordinator, Munciana VBC

Let's examine three myths that aim to detour the athletes from achieving maximum success in the recruiting process. The goal here is to uncover a few 'facts' that spur on not only athletes but also Club Directors and Recruiting Coordinators to heed the 'call to action'. Action that leads to results.

## I. CONTACTING COLLEGE COACHES

**Myth: "I don't have to reach out to coaches; they will get in touch with me if they are interested."**

**FACT:** Committed players contact an average of 15 schools.

**OUR TAKE:** Recruiting is an outbound process; not an inbound one! Outside of a very select group of players, the only way to ensure success in the recruiting process is to let coaches know you are interested. By reaching out to a broad range of schools, you are setting yourself up for success.

**ACTION:** Uncommitted athletes need to reach out to college coaches on a consistent basis, targeting schools that meet their academic goals as well as the right volleyball program for their level of skill. Club Directors need to provide a vehicle to enable their athletes to communicate with ease and target schools that meet their criteria. Recruiting Coordinators, come along side your athletes and teach them how to write an introductory letter in their own



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words, encourage them through the process of sharing who they are with college coaches, and advise them on the level of schools to target.

## II. VIDEO

**MYTH: "I don't need to worry about video, the coach will come see me play in person."**

**FACT:** Coaches are 11X more likely to send messages to players who make their video available.

**OUR TAKE:** While coaches will ultimately want to see you play in person, it's getting them to see you that is the challenge often forgotten. Video acts as the vehicle to get a coach interested in coming to see you play live. Just because a coach may be at an event you are attending doesn't mean they will see you. The best way to ensure they do is bringing your game to them before the event. Video is the key that can unlock the process and get your communication with a school started.

(Continued on the next page)



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





## Common Myths in the Volleyball Recruiting

## Process

**ACTION:** If you are serious about playing at the next level a current video showcasing your skills is a must! With all of the video capabilities that are available through a multitude of social media applications, this can easily be achieved. Club Directors, this is an opportunity to offer your athletes a value added service. Partner with a video service that can offer athletes options from filming practices to match highlights.

### III. TARGET LIST OF SCHOOLS

**MYTH:** “If I can’t play ‘big-time’ Division I volleyball, I can’t play anywhere.”

**FACT:** Committed players add an average of 28 schools to their target list.

**OUR TAKE:** It can be easy to get tunnel vision in the recruiting process; to think there are only a few options at the next level. This could not be more incorrect! Being proactive by contacting a broad range of college coaches not only increases your chances of being recruited, but it broadens your horizons to schools that you may not have been aware of.



**ACTION:** Athletes, cast your nets far. There are approximately 1,780 schools from DI through NAIA that offer collegiate volleyball. Don’t focus on the division of the school – focus on the opportunity. To all of the Club Directors out there – research recruiting platforms that supply your athletes with tools that enable them to search out these opportunities. The potential for success is in your hands and your athletes are counting on you to lead the way. It is an investment that reaps great rewards!

In closing, I would like to thank VolleyballRecruits for their statistics that are based on proprietary data compiled from thousands of VolleyballRecruits members and for their assistance in providing content for this article.

To athletes & their families, Club Directors, and Recruiting Coordinators - **it is in taking action that success is realized.**

#### About the Author

*Patty Costlow is the Recruiting Coordinator for Munciana Volleyball Club in Yorktown, Indiana. Munciana is a member club of the JVA.*



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



Coaches are **11x more likely** to send messages to players who make their video available

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# Ways to Reach Out to College Coaches

Reprinted from USAVolleyball.com

**The Crazy Season begins for college coaches and roster openings are abound. Follow these tips in your outreach.**

For college coaches, the regular season has ended and the crazy season has started. Crazy season? This is the time of year when college coaches conduct end of the season player meetings and the Athletic Directors conduct end of the season coaches meetings.

Both of these meetings will result in roster openings; some spots will become available immediately, while other spots won't open up until after the New Year.

In both cases, players must reach out, and continue to reach out, to volleyball programs because college coaches recruit in the moment.

**To this end, be sure to follow these 4 tips in your outreach:**

**1) Reach out first by email, not by a telephone call.** College coaches don't like 'cold calls from recruits. Only call a volleyball program if the coach has requested that you give them a call.

**2) Always include current video (either your NCSA recruiting profile or hosted by YouTube/ Vimeo.** By current, I mean within the last 30 days; either cut up your last

couple of high school matches into a high light tape or film an early club practice or two.

**3) Contact programs which are realistic to play at** - If you don't have the physical talent to play in the Big 10 or Pac 12 conference, then you should not email those schools. Accept feedback from your club coaches, review what level programs have responded to you earlier as to determine what level of college volleyball is best suited for your abilities.

**4) Expand your horizons.** A great thing about collegiate volleyball is there are all types of programs, all across the USA. The further you are willing to travel from home to attend college, the better your opportunity to secure that roster spot (and scholarship).

As you employ these suggestions in your outreach to volleyball programs, remember that college coaches recruit Talent - If you have the ability to make their team better, then they will recruit you!



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





# Recruiting Tips From Volleyball Coaches

Reprinted from USAVolleyball.com

Hear directly from coaches that are continuously recruiting players for their women's volleyball programs.

## 1. Cary Wendell Wallin Former NCAA Player of the Year (Stanford), Director of Player Development at 949 Athletics in Orange County, CA

Don't just cut and paste a mass email when reaching out to schools. Communicate something personal or relate a connection to the school. Coaches like to see that you have done your homework about their program and their school.

Doing research about the school can be helpful. Make a chart listing things that are important to you as a player and student. Include things like location of the school, academic programs you like, the coach, possible playing time at your position, teammates, competition in your spot. Once you fill in the chart, your decision may become obvious.

## 2. Joe Sagula Head women's coach at University of North Carolina

"Call the coach yourself rather than having one of your parents do it. We want to speak to the players. Often, there's a nervousness for a kid who's doing it for the first time, but almost every coach knows that and will help you through it. Prepare for the call by writing down some questions. This way you won't run out of things to say. Some good questions include, "Are you recruiting my position?" and "Tell me a little bit about your school."

It's a good idea to take notes when you're talking to coaches so you'll remember what you discussed next time you call them. If you call and get the coach's answering machine, leave a message, but be positive and professional. Tell them who you are and say something like: "Sorry I didn't catch you. I'll try calling again tomorrow." Or: "Please let my coach know when would be a good time to call you." Be sure to speak slowly when leaving a voicemail. Young players are often nervous and when they rush through a message, it's hard for the coach to get all the information."

## 3. Rob Browning Head women's coach at St. Mary's College

"Include in your email to coaches a link to video of you playing. This is your chance to let a coach see you at your best, so choose a 5 to 10-minute segment (few coaches will watch more than a few minutes) of a match where you have a lot of great contacts. You might also include a short highlight video.

There is no need for fancy graphics, a personal introduction or even music (most of us mute the sound). A simple title with your name, graduation year and position will suffice – maybe GPA and height, too. Make it very easy to identify you on the court. A halo around you or an arrow pointing at you at the beginning of each play is very helpful!"



Coaches like to see that you have done your homework about their program and their school.

– Carrie Wendell Wallin



It's a good idea to take notes when you're talking to coaches so you'll remember what you discussed next time you call them.

– Joe Sagula

## Five Recruiting Tips (continued)

### 4. Mick Haley

**Former head women's coach at University of Southern California**

"Parents often get really upset by things they believe will negatively impact their kid's chances of getting a scholarship. Two in particular: The player's team isn't doing well, or the college coach only watched their team play for five minutes, then moved to another court.

I can tell you that neither of those things is worth getting worked up about. In the first place, coaches tend to know exactly what they're looking for – Is the player athletic? Can she move? Do her skills match what they need? – so it doesn't matter if the player's team isn't dominant or if the coach hasn't watched the player for an entire set.

What does matter? One big thing that the student/athlete finds a club that has a track record of placing players on college teams. When evaluating that, ask questions. Does the club have a recruiting coordinator? How many kids do they place each year off their 18s team, and where have they gone? Which college coaches call the club to ask about players? Does the club place players into scholarship opportunities, or does it place them at a school of their choice and then let them work out the financial arrangements?

### 5. Daniel Fisher

**Head women's coach at University of Pittsburgh**

"It's OK to put some pressure on your top schools. If you really want something in life, go for it!

As recruiting progresses, ask where you stand on their list and what their timeline is. All too often, it's the college coaches that are pushing the timetable, so go ahead and turn it around on them – especially if you are considering spending money on an unofficial visit.

Warning: You might not get the answer you want, but it's better to know where things stand!"



**It's OK to put some pressure on your top schools. If you really want something in life, go for it!**

**– Daniel Fisher**



**Include in your email to coaches a link to video of you playing. This is your chance to let a coach see you at your best, so choose a 5 to 10-minute segment of a match where you have a lot of great contacts.**

**– Rob Browning**



**If you're serious about playing in college, it's important to find a club that's experienced at networking so you open doors that will lead to your best options academically and athletically.**

**– Mick Haley**





## 8

# Ways to Gear Up for the Recruiting Process

Reprinted from USAVolleyball.com

As the college season enters the final month, the collegiate recruiting season is getting ready to start.

College volleyball programs will have immediate rosters spots and scholarship positions to fill. From NCAA Division I to Junior Colleges, injuries, academics, job changes, etc., all create opportunities which may not have been available one month ago!

Here are 8 ways to make sure that you are ready to be recruited, especially as a Junior and Senior:

Be registered with the [NCAA Eligibility Center](#) and have your NCAA ID number listed on all your recruiting literature.

If you are Junior or Senior, have a current copy of your high school transcript and ACT/SAT test score ready to send to colleges.

Use the small window of time between the end of high school volleyball and the start of club volleyball to address any injuries or physical issues. Rest does not fix problems, it only masks them.

As a Senior, you need to be at the top of your game early in the club season. College coaches are looking to make immediate recruiting decisions on Seniors, so you don't have time to play your way into shape.

Use practice to improve your weaknesses, but always play to your strengths in early tournaments.

Re-examine your list of outreach schools. If you have been contacting a certain level of program and no school is getting back to you, then it

is time to adjust. Responses or lack of responses from a grouping of schools, provides valuable feedback.

Create a 5 minute highlight or skills video, of your most recent court time to have available for collegiate coaches. Don't show clips/repetitions from September of your high school season, as this is too old. Film the last matches of high school, or better yet, film the first few club volleyball practices or scrimmages.

Stay active in your outreach to colleges and communication. Roster openings will be occurring all through the Holidays.

There is still time on the recruiting clock for Seniors (and definitely Juniors), but no more time to slip by. Use these next couple of weeks to gear up for the opening of the college recruiting season!



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

# Making the Transition from High School to Club Volleyball

By James Gilligan, SportsEngine

There are nearly 900 Junior Volleyball Association (JVA) clubs across the country working each year to help players achieve their goals – whether that is to improve their skill level, make a high school varsity team or get recruited by a college program.

With club volleyball continuing to grow as a popular complement to the high school sport, players and their families often have questions about the differences between the two and what are the benefits of playing both.

The short answer is plenty, but it's not as overwhelming as it may seem.

A key difference is the cost, as travel and training at the club level tend to be more expensive. According to the JVA online blog, players on a Regional Team playing eight tournaments a season could pay approximately \$2,600.

Maybe the most noticeable distinction is the time commitment.

Although it differs from program to program, girls club volleyball usually straddles the high school season, which typically runs from August to November. The club season picks up afterward and can carry a player into June.

The thought of a lengthy commitment to one team shouldn't scare off prospective players or their families as there are multiple teams within each club that require varying levels of participation, said Briana Schunzel, the director of marketing for the JVA.

[While other clubs offer multiple options with multiple teams that are each tailored to fit an athlete's skill level and available time, at Xceleration, we require it to be a full-time commitment.]

At others like Magnum Volleyball, based in Columbia, South Carolina: "Some of our teams, we require a high level of commitment," said club director Eric Shick. "On our other teams, you can play other sports [during the club season] and not get penalized [for missing practices or matches]."

"We tell people to seriously consider both money and commitment levels [when choosing a club team]," he added.

Those players at Magnum Volleyball who want to be college athletes consider the club season as an opportunity to improve their skills because they are facing the highest level of competition, Shick added.

Even the most driven club players, however, are encouraged to avoid overdoing their training.

At Texas Advantage Volleyball, located 20 miles northwest of Dallas in the city of Carrollton, the coaches make sure players balance competitions and practices with free time.

"It's all about development here," club director Joe Jablonski said. "We play a lot of matches, but you're also talking about a lot of time off."



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



## Making the Transition from High School to Club Volleyball (continued)

While club teams play nearly the same amount of matches as prep programs, which can near 80 per year when factoring in the offseason training, the risk for overuse injuries is lower thanks to a club season that is nearly twice as long and a coaching directive that stresses injury prevention.

It's a philosophy Texas Advantage has taken to heart. Jablonski said his coaches limit the number of jumps in practice, going so far as track how many players make in a given time to ensure they're not overusing their bodies.

Coaching also separates the two levels with club participants often receiving instruction from more experienced coaches who have played and instructed at high levels for years.

That is the case in Texas, where the state's best coaches are working with club teams, said Jablonski, who boasts more than 15 years of coaching experience.

Another significant difference is the setting in which matches are played and who attends them.

Club teams play in local, regional or national tournaments – depending on the team's skill level – in the winter and spring months. This allows college coaches to easily see a number of players in one weekend instead of visiting multiple high schools only during the fall prep season – when they are also coaching their own teams.

"It's hard for college coaches to go to high school practices and matches," Jablonski said. "They can go to a convention center and there could be 100 courts, so the exposure is a lot higher [at the club level]."

Participating in club volleyball, however, doesn't automatically lead to college scholarships. Just as high school athletes must earn playing time, they must also prove they deserve the opportunity to compete at the next level.

Schunzel said club players are surrounded by others who have similar skill levels, making it harder to stand out.



"On club teams, you may find yourself having to work more for a starting position," she said.

Even so, club volleyball remains a positive experience for many participants, and communication between players and parents is critical when discussing joining a club. It's important for both to talk about what each wants out of playing volleyball, especially since year-round volleyball can sometimes feel like a full-time job.

"For a lot of families, it's understanding the cost of club volleyball, and the ability of their child," Schunzel said. "It's important that parents understand what their kids' priorities are."



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



# Warm Up and Maturity are Keys for Evaluating a Player's Potential

By Jenny Krueger, Austin Performance

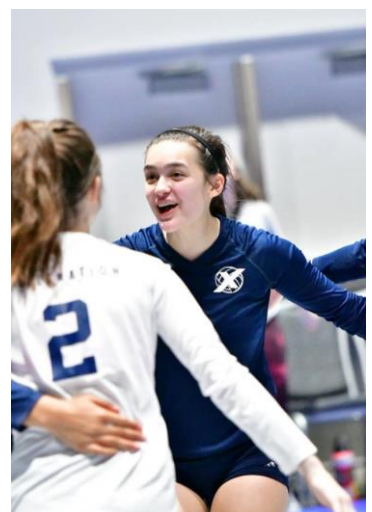
**This article by Jenny Krueger on evaluating a player's potential is a perennial favorite of XCELent News. It appears annually in our newsletter, as Jenny's main points serve as important reminders especially for our older players participating in various showcases.**

A coach can tell a lot about a player just in the five-minute warm up at a tournament. What coaches are looking for is the player who prepares mentally and physically to win the set. Oftentimes the team does a few common things to warm up. They start with passing and progress into setting and eventually a full pepper with some type of variation or progression. After a couple of minutes, team captains are asked by the referee to join them in preparation for the match. During this time college coaches will stand courtside or one court over to see what a player is doing in the warm up. Is she casually warming up or taking the warm up seriously to prepare to compete? What coaches need on every team is the player that competes to win and uses every opportunity to prepare for a win.

I'll give you a true example. Nine months ago a player came to me about the recruiting process. After evaluating her, I immediately called a long-time friend and NCAA Division I coach that I knew was in need of a middle blocker for the 2010 season. Over the phone we discussed the player and the coach made arrangements to fly to Texas to watch this senior play in a home game during the high school season.

Within 5-6 minutes of warm up the coach leaned to me and said this trip was worth it, and we are going to make an offer. The coach had not even seen the middle play and only had time to watch the player warm up and go through six or seven swings at the net. She could see the work ethic and potential in the warm up and that scholarship offer was accepted after an official visit was made by the player.

Coaches are looking for the players who communicate and drive to make those around her better. We all know the importance of leadership and the ability to communicate on the court in relationship to winning. Communication is key even in warm up. Coaches are also looking for ball control, mechanics, and movement. When it comes to ball control, are they passing with intention or going through the motions? Is the player balanced when they set and are they quick to move to the ball? Do they hustle after the ball that is sent five feet further, or do they just let it drop and pick back up again? In hitting lines, is the player quick to swing and taking the ball at a high point and hitting angles? Is the setter quick to think about the next play and having a consistent location on the ball? Is the libero hustling after the ball with intention to play the ball? Work ethic and potential can all be seen in a warm up. There are several times that college coaches might be going to a specific court to watch a player but see something that really catches their eye in a warm up and they will literally stop and see what a player



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





## Warm Up and Maturity are Keys for Evaluating a Player's Potential (continued)

has to offer. Coaches are always on the lookout for that player that is the difference maker, leader, and one who desires to win.

Usually after a warm up, a team gathers on its side to listen to the lineup and what the coaches have to offer in terms of strategy. This is the time college coaches are looking to see if a player is engaged with the team and looking in the eyes of the coach while he or she is communicating. Being engaged is extremely important for the success of the team, and it also shows the maturity level of a player who has intent of winning. During a set, there are oftentimes a player who is in the recruiting process will have to sit out for several points or even an entire set. This doesn't mean that the college coach is no longer going to be recruiting that player. Parents oftentimes panic if things aren't perfect or playing time is altered in some form or fashion. This is a natural reaction for most players and parents. The absolute worst thing a parent or player can do is start worrying during a set about the recruiting side of the game. All things turn out usually for the best in most cases and just because a player sits out doesn't mean they lost their chance or a coach won't evaluate the player. The coaches will also see how a player reacts to situations, such as sitting the bench or a change in pattern. Is the player on the sideline talking and engaged with the team or arms folded and not vocal? Does the player hustle in at a timeout and engage with the coach or does he/she

walk slowly to the huddle to hear what the coach says. Is the player engaging with team members and telling them what shots are open, or has the change in play time gotten the player down? This is a crucial side to teamwork that often fails when players think their value to the team no longer exist. It really is never the case until a player allows the playtime to become personal and negative. As a coach, I have never looked down the bench of players and put someone back in the game who is not engaged for the success of the team. If I have a player that I pull for some reason and they are at the bench with their hands on their knees encouraging the team and communicating during and between plays, then my confidence in that player stays extremely high and the chance of the player returning to the game stays high. If the player becomes selfish and takes it personal and is quiet, there is absolutely zero chance he/she will see the floor the rest of the day.

Coaches can see so much in a player during warm up and intense play situations. They want the player who drives to compete, prepares mentally and physically with one thing in mind, and that is to win. Anyone can pass a ball, set a ball, or attack the ball. Coaches are looking for the maturity level and the drive to win on every touch of the ball. It can all be seen in the small things, so warm up with intention and always take the high road when faced with a challenge. It can make a difference in the recruiting process.



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

## 3

# Reasons Why Volleyball Players Need Strength & Conditioning

By Bridge Athletic, JVA Online

A volleyball-specific strength and conditioning program can optimize a player's performance on the court. Whether athletes are still developing or competing at the highest level, spending time in the weight room building a strength foundation can be the difference between winning and losing a game. Here are three key reasons why volleyball coaches should incorporate strength training in their program.

## #1 Strength and Power

Volleyball is a sport dominated by strength and power. Players need power in their legs to get high in the air and strength in their upper body to spike, block, and dig balls. Lifting weights stimulates muscle fibers to grow, which allows athletes to produce more force at faster rates. Thus, as players get stronger their explosive power also heightens on the

court. Strengthening volleyball-specific muscles ensures that athletes are able to reach their maximum performance potential.

For example, core strength is vital for a player's stability and allows hitters to transition power more efficiently from their lower body to their upper body and arm swing. Muscle fibers grow when directly stimulated by the stress of strength training, which makes lifting an athlete's best tool for developing the power to jump higher and serve more forcefully.

## #2 Jumping and Agility

Volleyball requires explosive jumps and rapid changes in direction. The ability to jump high is treasured amongst volleyball players because of the importance for spiking the ball as well as defending spikes from opponents. Vertical jumping is all about ground force production, core





## 3

## Reasons Why Volleyball Players Need Strength & Conditioning (continued)

stability, and quick hips. In order for players to improve vertical jumps, they must spend time in the weight room doing deadlifts, squats, and other exercises that strengthen leg and hip muscles.

Additionally, being able to track and quickly change directions to keep the ball in play is key to winning points. An effective strength and conditioning program incorporates agility drills and lateral movements to improve foot speed. Putting in the extra effort in the weight room will make players more dominant on the court.

### #3 Injury Prevention and Flexibility

Not only do volleyball players need to be skilled, strong, and powerful, they also need to be healthy. Volleyball is a high-impact sport and with all the jumping, landing, cutting, and planting, an athlete's body can take a beating. The muscles, tendons, and ligaments surrounding joints help

protect from injury, but strenuous volleyball movements can cause these joints to temporarily weaken.

Without sufficient recovery time or muscle strength, players will experience injuries over time. Overuse injuries include patellofemoral syndrome, shoulder impingements, shin splints, and back pain. Undoubtedly, increasing strength levels will lower the risk of injury and muscle vulnerability. Stronger muscles are better able to absorb the shock from landings and quick change of directions.

Additionally, developing a foundation of balanced strength and flexibility allows muscles to work together to minimize stress on the joints and ligaments. Flexibility increases range of motion, improves technique, and enables more force to be exerted. Therefore, implementing a volleyball-specific strength and conditioning program significantly helps prevent injuries.



### Recap

A volleyball-specific strength and conditioning program optimizes athletic performance and takes players to the next level. Working hard in the weight room, translates to wins on the court.



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

## 5

# Essential Nutrition Tips for Volleyball Players

By Don Patterson, reprinted from StudentSports.com

A big part of getting players to perform their best is making sure they're eating the right things at the right time. Experts will tell you that eating and drinking is as much a part of playing good volleyball as fitness training and practicing skills. Not surprisingly, Penn State, which has won several NCAA volleyball championships, pays close attention to nutrition.

We thought it would be a good idea to pass along some information on how players can improve their play by improving their diet. So we went right to the top and got five tips from Dr. Kristine Clark, who is Penn State's director of sports nutrition.

## 1. Eat throughout the day.

Athletes need fuel all day. Clark says it's a good idea for players to eat every two to three hours. "Every time we eat, we're bringing nutrients and energy into the bloodstream," she says. "That influences our ability to think because our brain uses glucose, and it's also the primary fuel for any muscle group." A common problem for student/athletes is going too long between meals or snacks, Clark says. By eating more frequently, you give your body the sustenance it needs to perform well.

## 2. Eat immediately after waking up in the morning.

Each day, you are creating a foundation for building your energy stores back up to where they were the day before, Clark says. So don't skip breakfast. A lot of teenagers and college students do, but it's a bad habit, especially for athletes. "Skipping breakfast puts you in a serious deficit and you can't catch up," Clark says. "If athletes go to practice at 3 o'clock – even though they've had lunch – they are falsely operating on the idea that their energy levels are high. (If they skip breakfast), their energy levels are actually very low."

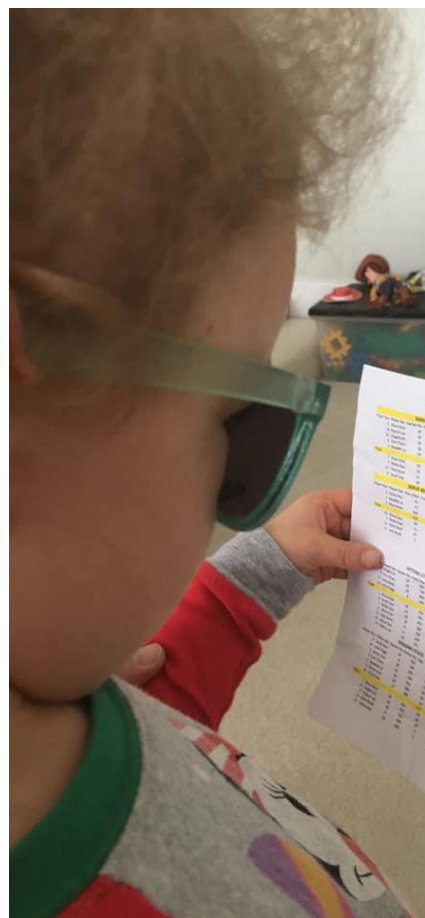
## 3. Timing is everything.

Clark says that athletes need to pay close attention to how their day is going to unfold. "You've got to look at your day as if it matters that calories are available to you," she says. "You have to eat before a workout. You *have* to. (When you eat before a workout), you'll get more out of the workout because you'll have available energy. We want there to be energy in the bloodstream. If you're working out, you don't want to go into your bank account and dredge out the energy. You want to have high energy in the first part of your workout, and that means having good sugar or carbohydrates in your blood."

Clark recommends eating one hour before a workout, and she says that what you eat should be heavy on carbohydrates. Some options: fruit and half of a bagel, a peanut butter and jelly sandwich, yogurt and fruit, dry cereal or trail mix.

Keep in mind, the first half of a student/athlete's day is usually filled with classes, so eating an hour before practice or a workout means planning ahead. "You need to know where you're going to be, and you need to carry the snack with you," Clark says.

*Photo courtesy of Lucas Abbott.*



**Top: 16Blue head coach Lucas Abbott's daughter Kiva pouring over the stats and proofing XCEL News!**



# 5 Essential Nutrition Tips for Volleyball Players (continued)

## 4. Drink BEFORE you're thirsty.

"This is something I've had to implore my athletes at Penn State to be mindful of," Clark says. "They know they should drink more, but it's not on their minds because they're not stimulated to drink if they're not thirsty."

Clark recommends drinking 32 ounces of water before noon every day and 32 ounces of water before practice. Penn State athletes carry a 32-ounce water bottle with them to class so they're never without access to water.

## 5. Eat a balance of carbs and proteins after your workout.

Muscle-cell repair occurs at the fastest rate within the first two hours after a workout,

Clark says. She advises her athletes to eat as soon after exercise as possible to facilitate maximum muscle-cell repair.

"We want players to be eating a meal within an hour after exercise," Clark says. "If that can't happen, then a snack is appropriate until they can eat a meal. And the snack needs protein.

This is where protein is most important for athletes. Fifty percent of what they

eat should be protein, and 50 percent of what they eat should be carbohydrate.

At Penn State, we give the players protein-carb shakes. But (the snack) could be anything from nuts to trail mix, a sandwich, a protein bar. It could be a glass of chocolate milk – things that are easy to prepare in advance and don't require refrigeration."

Clark says that it's best if players start the recovery process while they're still in uniform. Ideally, they will be eating just a few minutes after they walk off the court.

"So many athletes don't understand that their muscle cells have undergone some microscopic damage during an intense practice," Clark says. "There are hormones, one of which is cortisol, that are elevated with intense exercise. The minute you bring protein into the diet, it suppresses that cortisol production, so it really helps prevent soreness and muscle-cell damage. That's part of the recovery process."



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

## 9

## Best Foods for Athletes

By Amanda MacMillan,  
reprinted from Outside Online

Sure, carbo-loading's important—but for top-notch performance, it's just part of the story. Supplement your training with these healthy eats that will help you build strength, sustain energy, and recover faster. Eating for athletic performance shouldn't just take place after the gym or right before a big event. It's something you should be conscious of at every meal and every snack, say sports nutritionists Barbara Lewin and Jill Pluhar, and your strategy should involve more whole foods and natural nutrition than the factory-manufactured kind. Here are 9 of their favorite eats for athletes and tips on how to make the most of their nutritional benefits.

**QUINOA** – Considered a “super” whole grain, having twice as much protein as other grains, and it's one of the only foods to contain all nine essential amino acids our bodies need to build lean muscle and recover from tough workouts.

**BERRIES** – Helps protect against oxidative stress and free radicals that form in the body during strenuous physical activity.

**SALMON** – Good source of lean protein and omega-3 fatty acids, which help reduce inflammation that can hamper athletic performance and contribute to chronic conditions like heart disease.

**BEANS AND LEGUMES** – For vegetarian athletes (or those who just want to go meatless once and a while), plant-based sources of protein are a must. Unlike animal protein, beans have no saturated fat and are also a good source of fiber, which can help keep you feeling fuller for longer.

**PASTA** – Carbohydrates are still the single most important component of an athlete's diet. Whole-grain varieties are best. They have more fiber and, usually, less added sugar than their refined white counterparts. The night before a big competition, though, switch to the simple stuff—plain pasta with red sauce, for example.

**BANANAS** – Great source of easy-to-digest sugar and natural electrolytes. A favorite post-event recovery food, containing potassium to regulate fluids and prevent muscle cramps and spasms. You sweat out potassium during physical activity, so it's important to replenish as soon as possible afterward.

**CRUCIFEROUS VEGGIES** – Dark, leafy greens and members of the cruciferous family (like broccoli, cauliflower, brussels sprouts and kale) have higher concentrations of antioxidants, fiber, and other important nutrients.

**NUTS AND NUT BUTTER** – A natural combination of protein and healthy fats, nuts (and nut products) are a staple in many athletes' diets. Easy to digest and can help balance your blood sugar when paired with carbs.

**CHOCOLATE MILK** – Simple carbs with a little bit of protein for recovery could be found in some store-bought drinks like low-fat chocolate milk. Plus, the caffeine in chocolate dilates and relaxes blood vessels, helping oxygen-rich blood reach your muscles more quickly and easily. Another favorite recovery drink is tart cherry juice to help prevent inflammation and reduce muscle soreness.





# 9

## Foods to Avoid

By Tiffany Gagnon,  
reprinted from Men's Fitness

Top performing athletes know that nutrition is king when it comes to gaining an edge over their competitors. However, no matter what your goal is, the gateway to success lies on your plate. An athlete's diet is more than just calories in and calories out—it's fuel. The right foods increase your energy, promote muscle growth, and aid in muscle repair. The wrong ones set you back. When it comes to chowing down, there are certain eats a serious athlete just won't touch. Top athletes wouldn't dare devour these diet disasters—and neither should you.

**DIET SODA**—Increases your risk for health problems and weight gain; they trick the body into thinking it's consuming real food, and because they're over a hundred times sweeter than the real thing, your body starts producing insulin (the fat storage hormone).

**CANNED SOUP**—It's more convenient, but their long shelf life should tip you off. Some soups are so processed and high in sodium that it trumps over the health benefits.

**RICE CAKES**—This staple diet snack is practically empty—nutritionally speaking. They do boast a low calorie count, but athletes need calories to keep their energy levels up. Not to mention these crunchy little snacks will send your blood sugar soaring.

**SUGARY CEREAL**—Artificial sugar is a definite no, but eating too much of the real thing is just as bad. Too much sugar also causes a spike in insulin, priming your body to store more fat.

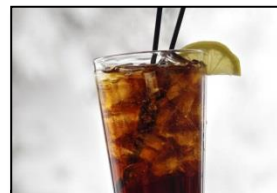
**WHITE BREAD**—White pastas, rice, and breads are OK, (but not ideal) because they are stripped of their nutrients and fiber, what is left is a highly processed food product, and when consumed, raises insulin levels and contributes to dips in energy and weight gain. Stick to whole-grain products.

**MICROWAVE POPCORN**—Saturated with unhealthy fats, unearthly levels of sodium, and in some cases, laced with chemicals, popcorn does not fuel an athlete's body for a strenuous training session, nor does it encourage recovery after a long workout. There is a flip side, however. If you air pop the corn or pop it on the stove with a small amount of coconut oil, it turns into somewhat of a superfood, boasting high levels of antioxidants and a hearty dose of satiating fiber.

**GRANOLA**—Might seem healthy, with fibrous oats as the base, but it's not exactly all it's cracked up to be. Most versions of the cereal come stacked with high amounts of sugar, unnecessary fat, and an excess amount of calories.

**ALCOHOL**—Duh! Slows muscle recovery, impairs motor skills, and decreases strength and sprint performance.

**A MEAL WITHOUT PROTEIN**—Protein is important for repairing and strengthening muscle tissue and maintains adequacy, balance, and variety, while also helping lower blood sugar levels.



# Limit the Stress of Travel for Youth Volleyball Teams

By Emily Winters, reprinted from JVA Online

Missing a flight on the way to a volleyball tournament can become a nightmare for coaches, players and parents. With all the hours spent on preparing for the trip, losing the chance to compete can kill a team's morale.

It's a scenario Sports Performance Volleyball Director Cheryl Butler and several of her athletes found themselves in two years ago. Unable to get on a flight, the team arrived at the tournament 24 hours later and missed the first day of play.

Since then, Butler, who is also the youth academy director at the Aurora, Illinois-based club, decided to alter all of her teams' travel schedules to include extra time for dealing with delays. Now when booking flights to tournaments, she makes sure everyone is set to arrive in the host city two days before the event. She also has her athletes bring carry-ons filled with everything they need to

play in a tournament to avoid dealing with the potential of lost luggage.

While planning ahead won't eliminate all travel headaches, being well-prepared to handle potential issues could minimize the impact of those hassles. It's one key strategy Butler and several other coaches and directors of clubs in the Junior Volleyball Association recommend for traveling successfully with young athletes.

Butler also recommends laying out a clear set of expectations for players, parents and coaches and having good communication between all parties to help limit the stress associated with the challenges of travel.

She starts her preparations for traveling to tournaments months before the club season starts. Each fall Butler meets with a travel agent to help with logistics such as booking buses, hotels and plane tickets. Weeks before the first trip, she sends a



## TRIPLE CROWN – KANSAS CITY

**15B/16B/17B/18B: February 15-18**  
**Kansas City Convention Center**  
**(Bartle Halls)**  
**301 W 13th St, Kansas City, MO**

**GROUP 1: Southwest Airlines**  
**(Oakland - Kansas City - Oakland):**  
**15Blue, 16Blue and 17Blue**

|        |                          |          |
|--------|--------------------------|----------|
| Feb 15 | Dep OAK 3338             | 10:55 AM |
|        | Arr MCI                  | 4:15 PM  |
| Feb 18 | Dep MCI 356              | 6:05 PM  |
|        | Arr PHX                  | 8:10PM   |
|        | (stopover, plane change) |          |
|        | Dep PHX 680              | 10:00 PM |
|        | Arr OAK                  | 11:00 PM |

**GROUP 2: American (SFO - Dallas-Fort Worth - Kansas City): 18 Blue**

|        |              |          |
|--------|--------------|----------|
| Feb 15 | Dep SFO 390  | 8:06 AM  |
|        | Arr DFW      | 1:39 PM  |
|        | Dep DFW 2382 | 2:30 PM  |
|        | Arr MCI      | 3:59PM   |
| Feb 18 | Dep MCI 2382 | 5:07 PM  |
|        | Arr DFW      | 7:00 PM  |
|        | Dep DFW 1535 | 8:45 PM  |
|        | Arr SFO      | 10:44 PM |

Embassy Suites Kansas City  
 International Airport  
 7640 NW Tiffany Springs Pkwy  
 Kansas City, MO, 64153  
**Check-in: Friday, Feb 15 for 3 nights**



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



# Limit the Stress of Travel for Youth Volleyball Teams

## (continued)

spreadsheet with the information to parents so they know what to expect.

Butler also holds a meeting with the traveling teams' first-time participants to provide a clear understanding of what's involved in the process. To ensure everyone is on the same page, Butler sends all parents a follow-up letter that includes a checklist of items players must pack for tournaments.

Sports Performance teams always travel together because it provides athletes a chance to bond and it allows parents to save money on travel, Butler said.

Traveling as a large group, however, requires everyone to work together to stay on track, and to accomplish that, Butler makes sure everyone understands their roles and the rules for traveling.

Parents, athletes and coaches stay at the same hotel, but the coaches are responsible for making sure the players are in bed and wake up on time so the team can arrive at the site with plenty of time to spare before practices or games. While this puts more responsibility on the coaches, it also allows them to get to know the athletes better, Butler said.

While on the road, Sport Performance relies on the help of "house moms" to collect money for food, plan team meals and assist coaches as needed. It's all integral to pulling off a successful tournament experience, she added.

"The championships can come and go, and the MVPs and all that stuff, but the traveling is a special bond," Butler said.

High Performance STL, in St. Louis, Missouri, starts scheduling its travel plans during the fall registration period to better coordinate the process with parents, coaches and athletes, said executive director Scott Mebruer. The club also enlists the help of a travel agent to arrange schedules for approximately 500 athletes each year.

"Just having someone in charge of the travel coordination is the biggest thing that we've done to make the process much more manageable," Mebruer said.

High Performance STL also requires parents play a larger role in travel plans, and club officials make sure those expectations are outlined at the start of the season.

Parents are responsible for making sure athletes bring the necessary uniforms and equipment on the trip, and High Performance STL has its athletes not only travel to the host city with their families but also stay with them -- instead of with teammates -- at the hotel. Parents are expected to make sure their children are going to bed and getting ready for the tournament on time, as well as eating properly. This allows downtime for coaches during what can be a stressful tournament.

"We try to make sure that our parents are part of the solution and helping us," Mebruer said.

Preparation, communication and organization are key for clubs to successfully travel with athletes. Providing players and parents with checklists, holding meetings to discuss concerns, and anticipating problems that may arise will help everyone enjoy the time traveling together and allow the athletes to be at their best on the court.



### LAS VEGAS CLASSIC

**16W/18W: Feb 16-18**

**Mandalay Bay Event Center**  
**3950 S Las Vegas Blvd, Las Vegas, NV 89119**

New York New York Hotel & Casino  
 3790 S Las Vegas Blvd, Las Vegas, NV  
**Check-in: Friday, Feb 15, for 3 nights**

### GOLDEN STATE QUALIFIER – RENO

**18B/18W: Mar 1-3**

[Reno-Sparks Convention Center](#)  
**4590 S. Virginia St., Reno, NV**

Courtyard Reno  
 Downtown/Riverfront  
 1 Ballpark Lane  
 Reno, NV 89501

**Check-in: Thursday, Feb 28 for 3 nights**

### COLORADO CROSSROADS

**WEEK 1: 14s-15s: Mar 9-11**

The Curtis, A Doubletree Hotel  
 1405 Curtis Street, Denver, CO  
**Check-in: Friday, Mar 8 for 3 nights**

**WEEK 2: 16s/17B/18W: Mar 15-17**

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

Hyatt Place, Denver/Downtown  
 440 14th Street, Denver, CO  
**Check-in: Thursday, Mar 14, for 3 nights**

### SCVA 18s JUNIOR NATIONAL QUALIFIERS – ANAHEIM

**18B: Mar 15-17**

[American Sports Center](#)  
**1500 S Anaheim Blvd, Anaheim, CA**

Fairfield Inn  
 1460 South Harbor Blvd., Anaheim,  
**Check-in: Thursday, Mar 14 for 3 nights**

### FAR WESTERNS – RENO

**13B/14G/14B/14W/15W: Apr 13-15**

**15B/16B/16W/17B: Apr 26-28**  
[Reno-Sparks Convention Center](#)  
**4590 S. Virginia St., Reno, NV**

# Registration for Off-Season Programs Now Open!

## Beach Camps with Rob Browning

### For Boys and Girls, Ages 12-18

**June 11 – July 30, 2019**

Xceleration welcomes you to our 2019 Beach Volleyball Program with St. Mary's College head coach Rob Browning. We hope that you can join us once again this year for an exciting way to spend your summer on the beach, as well as continue your off-season volleyball conditioning in a fun way.

For our beach volleyball season, no tryouts are required! Practices will begin on Tuesday, June 11, and runs for approximately two months that will include tournaments, usually in Santa Cruz. Beach camps are held at Moraga Commons Park, 1425 St. Mary's Road, Moraga.

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

**For boys and girls, ages 12-18, 2 days per week/session**

#### Dates

**June 11 – July 30: Tuesdays/Thursdays**

#### Practices

**9:00 AM - 11:00 AM OR 5:00 PM - 7:00 PM**

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

**Cost:** \$700 per player

Online payments only. Click [Online Store](#) to make payment and obtain a Paypal transaction number required for registration. Fee excludes additional cost for volleyball association membership(s) and tournament (TBD) fees

**Registration:** Online registration only and registration is not confirmed until payment is completed. Must obtain a Paypal transaction number to complete player registration. Click [here](#) to register.

Please contact Leslie Ray @ [lesrayxcelvbc@yahoo.com](mailto:lesrayxcelvbc@yahoo.com) if you have any questions.





# Registration for Off-Season Programs Now Open!

## (continued)

### Indoor Summer Camps

#### June 17 – August 24, 2019

Xceleration's Off-Season Programs are now accepting registrations for summer indoor and beach camps, with multiple sessions available based on age and skill level. Please select any of the programs that fit for you. Get active and join us at one of our camps to elevate your game during the off-season.

All indoor sessions are held at the Xceleration Sports Facility, 360 Ferry Street, Martinez. Please contact Leslie Ray if you have any questions.

#### I. Summer Indoor Camps: Girls 5th-8th Graders

- June 17 - August 24 (3 days per week/session)
- Mon/Tue/Thu: 6:00 PM - 7:30 PM
- No clinics week of July 4 (Holiday Break)
- \$175 per week/session

Click [here](#) to register

#### II. Summer Indoor Camps: Girls Ages 15-18

- July 8 - August 15 (3 days per week/session)
- Mon/Tue/Thu: 7:30 PM - 9:00 PM
- \$175 per week/session

Click [here](#) to register

#### III. Summer Indoor Beginners Camps: Boys & Girls Ages 7-11

- June 18 - August 6 (1 day per week/session)
- Tue: 5:15 PM - 6:00 PM
- No clinics week of July 4 (Holiday Break)
- \$18 per week/session

Click [here](#) to register

#### IV. Summer Indoor Camps: Boys Ages 12-14

- June 17 - August 1 (2 days per week/session)
- Mon/Thu: 7:30 PM - 9:00 PM
- No clinics week of July 4 (Holiday Break)
- \$115 per week/session

Click [here](#) to register

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

**Registration:** Online registration only and registration is not confirmed until payment is completed. Must obtain a Paypal transaction number to complete player registration.



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

# Registration for Off-Season Programs Now Open!



**EXCLUSIVE**

## Olympic Summer Training Day with Tara Cross Battle, Ruth Lawanson and Kim Oden

For Girls, Ages 12-18

Saturday, July 13, 2019

Don't miss this once-in-a-lifetime opportunity to spend six hours of intense training with three USA National team, Olympic volleyball medalists, and International Volleyball Hall of Fame athletes – **Tara Cross Battle, Ruth Lawanson, and Kim Oden.**

Xceleration is proud to host this one-day event on **Saturday, July 13**, for girls ages 12-18, from 8:30 AM – 4:30 PM at the Xceleration Sports Facility in Martinez. Please spread the word to your friends and families, and sign up today – this event is expected to sell out!

Read more about these Olympian heroines by clicking the links:

- [Tara Cross Battle](#)
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Tara Cross Battle



Ruth Lawanson



Kim Oden