



# CELlent NEWS

MARCH 2019

VOL. 6, ISSUE #3

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## PARENTS & ATHLETES:

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- Lawnmower Parents: You're Ruining Sports!
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- Why Do You Pay So Much Money For Your Kids to Do All Their Sports?

## OFF-SEASON CAMPS & CLINICS:

- Registration is Now Open!

Xceleration  
Volleyball Club

John B. David, Editor

## Road Trip on Presidents' Day!

### PLQs serve as warm-up to Triple Crown, Las Vegas Classic and Presidents' Day Tournaments

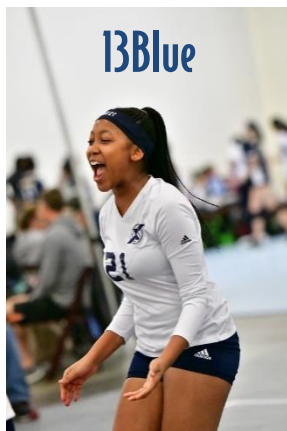
Following a successful showing at Power League Qualifiers, Xceleration teams headed out in different directions during the Presidents' Day weekend, with the 15-18 Blues in Kansas City for the Triple Crown Invitational, the 16White and 18White in Sin City for the Las Vegas Classic, and the rest of the teams remaining in the Bay Area at the NCVA Presidents' Day tournament. At these locales, Xcel teams faced off against the highest levels of competition, and they competed to the max.

When the prestigious Triple Crown Pre-Season NIT organizers again

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

The Las Vegas Classic has always been a mainstay in the Xceleration schedule where our teams entered the showcase under the watchful eyes of college coaches. Here's the Xcel story.





- Great start with an exciting three-setter to open the tourney.
- Top half finish in the 90-team pool after flawless opening.
- Rolled to 5 straight wins to finish 9<sup>th</sup> out of 153!

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



## 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.





# 14White: Presidents Day & PL#1 Are In the Books... Next Stop, Denver!



## Presidents' Day

- Posted a 4-4 record, including a three-game win streak
- Knocked out 14-1 team of perennial powerhouse Five Starz in three sets
- Four of 8 games stretched to three sets, winning two
- Finished 31<sup>st</sup> out of 143 teams

PL#1 is in the books. Despite a losing record yesterday, we managed to stay in our division. Down 2 girls due to injury and illness, the team rallied together to fight all day. Proud coach moment was us changing it up to play 5-1 with no practice. The growth we find, as a team, is really great to see. Next stop... Denver !!!

## Coach Patrick





# 14Gray: Fun All Around with New Fam

## Presidents' Day



### Presidents' Day

These pictures tell the story – smiles everywhere and great competition to boot!

Now it's time to get back on track and bounce back.





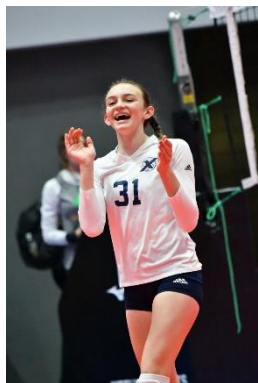
## 15Blue: Lots of Lessons Learned from Tough Teams, Tough Games in KC



15Blue gained plenty of experience against top-notch teams in the country. There's a lot of game left.



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





## 15White: Top Quartile Finish at Presidents' Day Tourney



### Presidents' Day

- Reaches top of pool on Day One, winning 2 of 3
- Despite skid at the end of tournament, team drops only 5 slots to finish 24<sup>th</sup> out of 94 teams in the division



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



## 16Blue: Competing to the Fullest of Our Abilities



The team showed up and competed hard against killer teams in the nation. Learning from this wonderful experience is key, and we'll be ready for whatever else comes our way.



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



## 16White: Shining in the Bright Lights, Big City



- A 5-3 record included two thrilling victories that went the distance on opening day to take the top of the pool
- Final finish 43 of 128





## 17Blue: Rolling On the National Stage



- Three opening day victories all went to three sets
- Finished 5-3 and 51<sup>st</sup> of 125 teams



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





## 18Blue Gets Hot in Kansas City



- A little stumble to start the tournament but regained footing by winning 4 of last 5 matches
- Faced top teams including Munciana, Lonestar, Sunshine, to name a few



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





Golden State Qualifier

18Blue: 7<sup>th</sup>

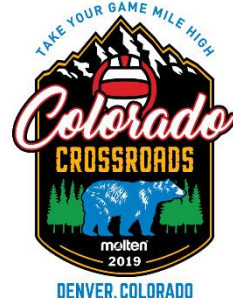
18White: 19<sup>th</sup>





# Denver and Dallas, Here We Come!

*good luck*



Crossroads Information...  
[Click here.](#)

Wave Assignments...  
[Click here.](#)

Things to do in Denver...  
[Click here.](#)



## HAVE A SAFE TRIP!

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



## Dear Little Volleyball Girl

www.cincodeveeno.com  
Instagram: cinco.de.veeno

### A Letter from a Volleyball Mom

Dear Little Volleyball Girl,

It is finally here. Time for you to prepare for the sport you will fall in love with.

You will put on your colorful spandex and matching tall socks, slip on your knee pads that swallow your petite knees, tie up your shirt in the back, and top it off with a matching bow. Oh and

don't forget your oversized jug of water that has your name decaled on it.

Your forearms will hurt or even bruise, along with your elbows and hips. You're going to want to hit the ball as hard as you can, which by all means, please do. You will run around shagging balls for half the practice and asking for water for the other half. But this is only the beginning.

As soon as that serve goes over the net for the first time, your excitement will send you jumping for joy. When your team finally gets three touches on the ball to send it over, you will search for approving faces on the sideline and in the audience.

So just know that every time you step out on that court, play with your friends, touch the volleyball, and listen to a coach, your life begins to shift down a new, rewarding path.

Every win becomes a delicious treat that you long for and every loss will crush your heart with a lesson attached. You will learn how to make friends and learn that by every teammate you gain becomes a new family member. Your coach becomes a role model that you long to please, and your parents in the stands will become your biggest fans. With every high and low in this fast paced game, there will be something to learn. Here are a few things to remember:

You started this journey because it was fun. Play for yourself and for your enjoyment.

As the years go on and the game begins to get tougher and more complex, remember why you started. You will be putting in countless hours, missing holidays and weekends, and summer vacation will become camp season. You will be faced with grueling practices and tiresome tournaments, but again, remember why you started.

You began this journey because it was fun. When you look back on your volleyball career, you won't remember the bruised knees, the losses, the 15 hour tournament days, the conditioning, and the missed serves. These become fleeting memories compared to what was really important. The funny cheers about the other team's mistakes, matching your socks with your teammates, making pre-wrap headbands, locker room dance parties, school bus singalongs, and playing serving games. You will remember the funny mishaps, inside jokes, and the way your heart raced during the National Anthem right before the game started. You will remember the way your





## Dear Little Volleyball Girl

coach praised you and that big, warm hug that was always waiting for you from your parents after every game, win or lose.

Now that you know why you play the game, you need to know how to play the game.

I'm not talking about how to serve or rotate, I'm talking about your intensity. You will bleed and cry. You will be banged up and in pain at times.

Exhaustion will creep in, and you will still have a set to go. If you're going to play this amazing game, don't just be a body on the court, be **SOMEBODY** on the court.

Be the hardest worker. Sacrifice your body for the ball. Dive out and own those battle scars. Every scrap, scar, knot, and bruise will tell a story. Be fearless and ruthless. Nothing hits the floor, not on your watch. Play the ball first, then worry about falling into the stands. Every point is a result of an error, so why not go for everything? Why not block every ball and hit with aggression? You can't help it if the defender didn't get her hands in front of her face in time. There is always ice for you after the game and a plastic surgeon for her. Play the game 100% or don't play at all. Effort is everything. Give it to your team, coach, parents, and most importantly, yourself.

Be appreciative of all the help along the way.

Take note and remember all the coaches that go above and beyond for you. Also recognize that some are parents that are away from their own children to be with you. Thank them and be coachable. Love your teammates because they are your sisters. Sometimes sisters fight and are mean, but at the end of the day there is still love and respect. Lastly, thank your parents for all the countless hours they put in for you to play a game you love. They wake up and drive you to tournaments to watch you play. They will spend thousands and thousands of dollars on travel teams, gas, hotel rooms, private lessons, leagues, the latest gear, and all the special tournament shirts that you will beg for. You are their pride and joy. Everything they do is for you and your happiness.

By deciding on playing volleyball, you are entering a lifestyle that so many of us have lived and long to return to.

You will learn more than techniques and skills. Your character, morals, and virtues will be molded because of this sport. Also, cherish your opportunities. There is no greater feeling than serving an ace, killing the ball, digging the other team's big hitter, getting a stuff block, or setting up your hitters from your knees. You will go from learning how to grip your hands to make a flat platform to running stack plays. From little girl to older girl, collegiate athlete to adult league. You will always identify as a volleyball player. Your time as a player will fly by and before you know it, it's gone. Trust me.

Don't take volleyball for granted. You only have so many chances to play this game.

Love this game and give it everything you can. You can't even begin to imagine what it will give you in return.



And just remember "every champion was once a contender" like every volleyball player says "spike" before "kill".

It will take time, but just know you will do great things kid. All you have to do is begin.

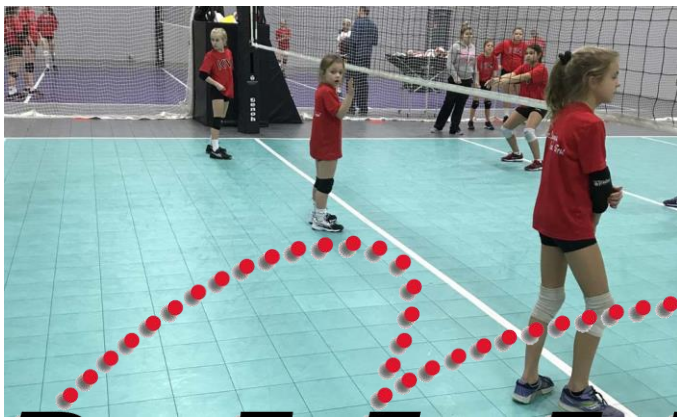
♥ 🏐 \*\*If this spoke to you, please share! \*\* 🏐 ♥

Written from the heart of Casey Mulryan-Veen:  
Once a little girl, big girl, club girl, college girl, now high school coach and mom of 3. ♥

Here is the link to the [BLOG](#) post!







# PrepVolleyball.com

## Perspective

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

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

It's all a matter of perspective.

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

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

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

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

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

You know, the important stuff.

Stuff that puts our game into perspective.

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

It's all in the perspective.





# Helpful Tips

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

Transcript from The Art of Coaching Volleyball

### WHICH EMAILS GET NOTICED?

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

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

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

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

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

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

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

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

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

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

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

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

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

*(Continued on the next page)*



### SAY WHAT?!

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

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

**- Diane Nelson**  
**Gonzaga University**

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

**- Dave Fleming**  
**Colorado Mesa University**

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

**- Dave Shondell**  
**Purdue University**

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

**- Laura Kuhn**  
**Kansas University**

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

**- Erin Virtue**  
**University of Michigan**



## Which E-Mails Get Noticed?

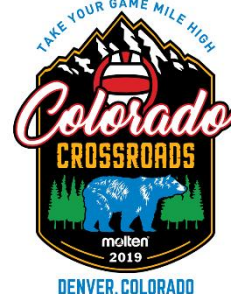
### (Continued)

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

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

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

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



## Commitments To Date: 10 and Counting...



Grace Pessagno  
Will C. Wood HS  
UC Santa Cruz



Nina Umali  
Berean Christian HS  
Pacific University



Crossroads Information...

[Click here.](#)

Wave Assignments...

[Click here.](#)

Things to do in Denver...

[Click here.](#)





## Drum Roll, Please...

# Xcel Alums Hit the Books as Hard as the Ball

Xceleration was well represented in several athletic conferences throughout the country as season ending academic honors were rolled out. Earning spots on Academic Honor Rolls are former Xceleration student-athletes selected for 2018-19 Academic honors.

### Big West

**Malia Bolko – St. Patrick-St. Vincent HS Class of 2015**  
UC Davis, Managerial Economics

### California Collegiate Athletic Association

**Molly Dalziel – Acalanes HS Class of 2015**  
UC San Diego, Human Development/Psychology

**Eden Fukushima – Benicia HS Class of 2015**  
San Francisco State, Communications

### Ivy League

**Parker Jones – Acalanes HS Class of 2017**  
Penn, College of Arts and Letters

**Kelley Wirth – Campolindo HS Class of 2015**  
Yale, History

### New England Women's and Men's Athletic Conference

**Nikki Jensen – Castro Valley HS Class of 2017**  
Wellesley, Political Science

### Southern Collegiate Athletic Conference

**Alex Nickerson – Monte Vista HS Class of 2017**  
Colorado College

### West Coast

**Emma Johnson – Campolindo HS Class of 2016**  
Loyola Marymount, Psychology/Art History

### Mountain West

**Samantha McGrath – Bishop O'Dowd HS Class of 2016**  
San Diego State, Business

**Kaitlyn Zdroik – Liberty HS Class of 2016**  
San Jose State, Advertising



## ALUMNINEWS





## Drum Roll, Please... Xcel Alums Hit the Books as Hard as the Ball



#9 Molly Dalziel, Class of 2015  
#5 Edén Fukushima, 2015



Kelley Wirth, 2015  
#17 Parker Jones, 2017

Kelley Wirth, Sr., Women's Volleyball, History (Moraga, Calif.)

First-team All-Ivy selection...earned All-Ivy recognition in each of her four seasons...led the Bulldogs in kills per set in Ivy matches...totaled 202 kills, 44 digs and 44 blocks...helped Bulldogs claim the Ivy championship and automatic NCAA bid.

Parker Jones, So., Women's Volleyball, Undeclared (Lafayette, Calif.)

Honorable mention All-Ivy...finished second on the team with 229 kills and 217 digs while picking up seven double-doubles...recorded double-digit kills in 11 matches.



#9 Nikki Jensen, 2017

## XCELERATION ALUMNINEWS



Emma Johnson, 2015



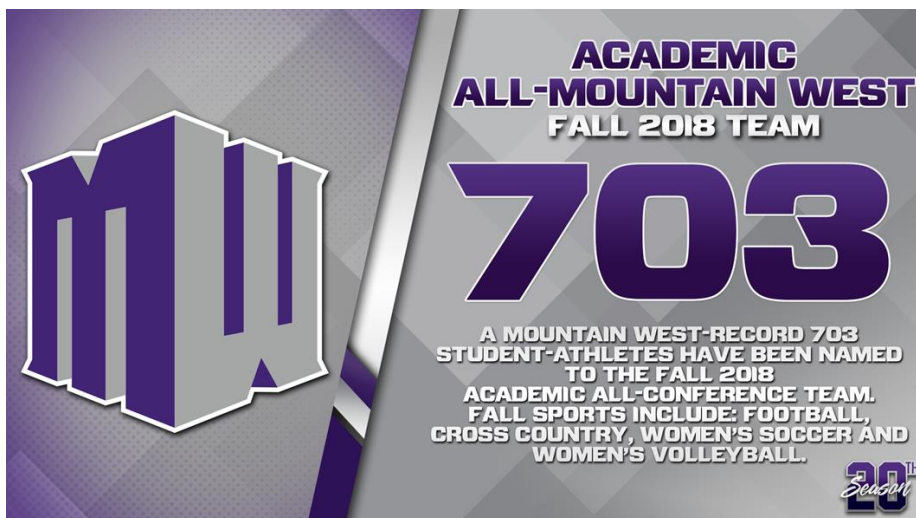
### 2018 WEST COAST CONFERENCE VOLLEYBALL ALL-ACADEMIC TEAM

Name	School	Class	GPA	Major
Lindsey Calvin	Saint Mary's	Sr.	3.88	English
Sarah Chase	Saint Mary's	Sr.	3.96	Kinesiology Human Performance
Kennedy Eschenberg	BYU	Jr.	3.76	Elementary Education
Hannah Frohling	Pepperdine	Jr.	3.95	Sports Medicine
Emma Johnson	Loyola Marymount	Jr.	3.84	Psychology
Roni Jones-Perry	BYU	Sr.	3.63	Exercise Science
Lindsey Knudsen	Saint Mary's	Sr.	3.97	Economics
Lyndie Hadlock-Eppich	BYU	Sr.	3.39	Public Health
Mary Lake	BYU	Jr.	3.68	Accounting
Chloe Lureen	Santa Clara	So.	3.80	Mechanical Engineering
Lauren Noatz	Portland	Sr.	3.74	Biology
Cali Thompson	Portland	Jr.	3.65	Biology





## Drum Roll, Please... Xcel Alums Hit the Books as Hard as the Ball



#17 Samantha McGrath  
#6 Kaitlyn Zdruik  
#11 Malia Bolko



## ALUMNINEWS



Alex Nickerson, 2017



First Lieutenant Camille Condit  
United States Marine Corps  
Concord, California  
United States Naval Academy  
Selected to fly F/A -18D Super Hornets

**Camille Condit**, Xcel Class of 2011, was recruited by the U.S. Naval Academy and is now flying jets!



# Nutrition & Fitness

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



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

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

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

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

## Where we stand:

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

## HIGH-ALTITUDE PERFORMANCE

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

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

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

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

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

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

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

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

*(Continued on the next page)*

## THE ENERGY BALANCE

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





## Nutrition & Fitness (continued)

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

### CARBO-LOADING

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

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

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

### THE MENU BEFORE THE COMPETITION

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

*Here is an example of what this looks like:*

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

Breakfast: Oatmeal + banana + orange juice



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

*Here is another example of what this may look like:*

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

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

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



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

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

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

Dinner: Chicken + ½ baked potato + water

*(Continued on the next page)*



### A Tip When Flying

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

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

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

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



## Nutrition & Fitness (continued)

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

### Pre-Exercise Meal Foods:

#### Complex carbs + small amount of lean protein

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

### 30 Minutes Before Workout/During Exercise Foods: Simple carbs

- Granola bar
- Sports drink
- Fruit
- Vegetables

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

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

Fueling your body with the right types of food will ensure your body is able to compete at its highest potential. Eating high fat, simple carbohydrate foods before competition makes it difficult to function at maximum efficiency. Choosing foods from the lists above and getting adequate hydration will give you the best opportunity for success on the court. Good luck and eat smart!

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

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

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

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

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

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

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



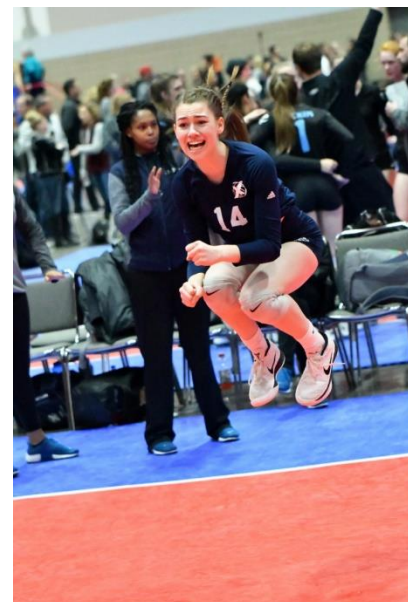
### A Tip When Flying (continued)

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

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

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

*Reprinted from Competitor.com*





## Nutrition & Fitness (continued)

### Preparing for High-Altitude Competition

#### DID YOU KNOW?

##### 1. High Altitude = Less Oxygen

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

##### 2. Takes Longer to Adapt in Higher Altitude

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

##### 3. Hydrate!

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

##### 4. High-Carb, Low-Salt Diet

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

##### 5. Workout Intensity

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

##### 6. Recirculation and Recovery

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

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



#### Altitude Acclimatization

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





## Helpful Tips

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

By Janis Meredith, Reprinted from The Art of Coaching Volleyball

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

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

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

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

## Stay tuned into the game

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

## Keep up the hard work in practice

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

## When you get in, give it all you've got

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

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



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

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





# Lawnmower Parents: You're Ruining Sports!

By Amanda Goodman

**Dear Lawnmower parents,**

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

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

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

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

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

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

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

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



## Things to Say After a Volleyball Tournament

By Ed Kerns, Ed.D

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







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

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

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

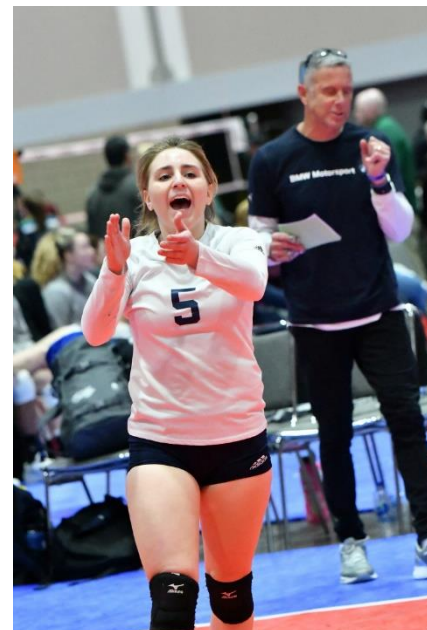
- I pay for those moments when my kids become so tired they want to quit but don't.
- I pay for those days when my kids come home from school and are "too tired" to go to their training but they go anyway.
- I pay for my kids to learn to be disciplined, focused and dedicated.
- I pay for my kids to learn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



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

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

~Unknown



# 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](#)
- [Ruth Lawanson](#)
- [Kim Oden](#)

**Cost:** \$175 (\$195 after June 25)

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. Click [here](#) to register.



Tara Cross Battle



Ruth Lawanson



Kim Oden