



CELlent NEWS

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**Xceleration
Volleyball Club**

John B. David, Editor

Bomb Cyclones! ... Meh! Bring It On!

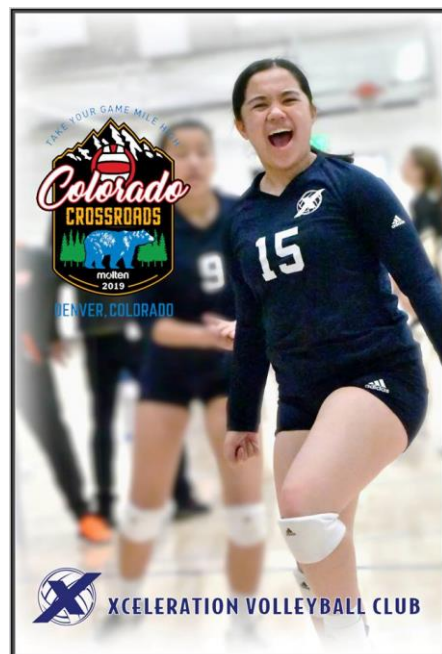
Teams head to Denver, 18Blue to Anaheim for Qualifiers

Xceleration took in stride whatever Mother Nature (and man-made disasters) threw at them at the Colorado Crossroad Junior National Qualifier, which is considered by many as the biggest event in girls' volleyball competition.

Immediately before Week 2 of Crossroads when Xceleration 16s, 17Blue, and 18White were scheduled to compete, a Denver blizzard – tabbed the “bomb cyclone” – dumped snow up to two inches per hour. With high winds and icy conditions, coupled with flight cancellations due to the federally imposed grounding of 737 Max 8s, the Denver Airport runway and roads leading into Colorado were closed.

Flights out of the Bay Area were scant, forcing players and families to scramble to get to the tournament. Xceleration and its families were resilient – players switched seats with staff prior to takeoff, parents waited patiently on the phone and on hold for nearly three hours to rearrange flights with airline representatives, only to find out that they have to wait some more at the gate while on standby, or some even flew to Denver via Portland.

You can also imagine what sort of havoc this weather system caused on the Colorado Crossroads tournament.



With flights cancelled and the unknown about how and when teams would arrive in Denver, the flurry only began. In and around Denver, the weather became clear within a day, but the flights that had resumed the regular schedule were suddenly in demand. By the end of Thursday evening, only about 35 of the (around) 750 teams had dropped out of the tournament due to not being able to arrive in Denver safely.

(Continued on page 4)

J-Ross Speaks

XCELent 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 Families,

We are officially at, or past, the half way point of the season and having just attended both the Triple Crown and Crossroads tournaments I wanted to give you a little recruiting update.

Paul and I were able to talk to hundreds of coaches at the two tournaments and have talked to more afterwards. One of the biggest takeaways I can give you is that the playing field is getting more competitive each and every season. This is in part attributable to the rise in popularity of girls youth volleyball. We are seeing more teams, and more good teams, at these tournaments. According to college coaches, the level of talent on those teams has increased as has the amount of players reaching out to them and corresponding with them about potential playing spots.

So what can you do to give yourself an edge and what should you be doing now?

First and foremost, 4 – 6 hours of practice a week is not enough if you are doing nothing else in between. You absolutely need to be working on your physical conditioning and strength. This can be with a trainer or self regulated, but getting stronger, quicker, and more athletic will help your overall game. In addition, if you have a part of your game that needs work (and most players do), seek out extra training time in the gym. Lessons are available almost every weekend that you are not playing and when you take those lessons, communicate with your lessons coach about what you specifically want to work on and why.

If you are a sophomore, junior, or senior and you have not filled out the recruiting profile ([XCEL Player Profile Form](#)) and questionnaire ([XCEL Prospective Student-Athlete Questionnaire](#)) you need to do that ASAP. You also need to start thinking about a list of potential schools you have identified as possibilities and you need to send that list to our recruiting team (myself and Paul) in the Questionnaire. Then you need to get a hold of one of us and set up a meeting to go over that list and talk about things.

If you are a player who has already done your list and met with us, you need to be staying in touch with your potential coaches via e-mail. You should be sending them new video and letting them know how you are doing. You are establishing relationships at this point.

Finally, I urge you to be realistic with your expectations of playing in college. All the college programs out there have video online. Look at it closely and ask yourself, "can I play at this level?". There IS a level for all of you. Finding it is important and, when you talk to us, we will be very honest with you about your choices. Not in an attempt to discourage you, but to help you focus in on realistic options.



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 XCELent News.

Instagram

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

XCELERATIONVBC



Instagram

Facebook Group Page

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



Find us on:
facebook®



J-Ross Speaks (continued)

Paul and I are your biggest advocates out there. We will help you in any way we can, but, you have to put in the work on your end. It is critical that you do this! If you are unsure on how to get started, send us an e-mail at jrosses@aol.com / pk2hot2handle@sbcglobal.net and we can help you get going.

I want to emphasize here that you are not REQUIRED to do any of this. If you love volleyball, are playing to get better, but have no intention of playing in college, that is just fine. But if you have any thoughts or ideas about exploring the possibility, then you must get on this.

Keep up the work, stay healthy, make yourself better every day and be a good teammate!

Jim

COMING UP!

Travel: Players and parents are responsible for getting themselves to Reno the day prior to this tournament. Coaches will establish a check-in time for players to arrive.

Accommodations: The club has secured enough rooms for all players to stay with parents. Details to be provided to families, including room instructions and options.

Week 1 and Week 2 Hotel:

Silver Legacy Resort & Casino, 407 N Virginia St., Reno, NV 89501

Week 1 Check-in: April 12 for 3 nights – Competition April 13-15

Week 2 Check-in: April 25 for 3 nights – Competition April 26-28



Week 1		Week 2	
Team	WAVE	Team	WAVE
13 Blue	PM	15 Blue	AM
14G / 14W	PM	16 White	PM
14 Blue	AM	16 Blue	AM
15 White	AM	17 Blue	AM

Guest Registration Wristbands: Weekend Pass for Week 1 / 2

\$15.00 if purchased online by 11:59 PM on April 7 / 21, 2019

\$20.00 if purchased online by 11:59 PM on April 12 / 25, 2019

\$25.00 if purchased online starting at 12:01 AM on April 13 / 26, 2019 or on-site

Pre-purchase online at: [Guest Registration](#)

Tournament website: [2019 Far Westerns](#)



The Story of the Blue Bear

"I See What You Mean," also known as the giant blue bear peeking into the Colorado Convention Center's lobby, is the 40-foot high sculpture which injects a welcome sense of fun and playfulness into the convention center experience. The creation of local artist Lawrence Argent, this public art was installed in 2005 and has quickly become a bona fide Mile High icon – and a can't-miss photo op for thousands of volleyball visitors in town for the Colorado Crossroads.

The Blue Bear has not only become one of the iconic symbols of the Colorado Convention Center, but also an iconic symbol of the city itself.

(Continued on the next page)



Colorado Crossroads (continued)

In addition, the morning wave was pushed back to begin at 10 AM to accommodate late Friday morning arrivals and the afternoon wave was slotted to begin at 4 PM.

Xceleration sent 8 of its teams in the 14-to-18 age groups to the annual qualifier for a chance to secure one of the elusive Junior National (JN) bids. Xceleration teams played hard and gave it their all during the competition against many of the top teams in the country but were unable to snag a bid at the Crossroads. Nonetheless, the venue, the surrounding areas, and the top flight competition produced awe-inspiring action from Xcel and their opponents. On the two separate weekends of Crossroads, nearly 461 college coaches from 356 colleges, 1,500 teams, and nearly 57,000 attendees descended upon the 202 courts in the Colorado Convention Center to assess recruits, watch great action, and compete.

The journey east to the Colorado Rockies began with high hopes and giddy excitement. Xceleration's teams gained many things from this event: increased camaraderie, cohesiveness, and chemistry by being together with their teammates. This time together further developed or sealed life-long friendships.

The Crossroads and Xceleration also offered athletes very unique and important learning opportunities. To



name just a few, Xceleration athletes had the chance to practice personal responsibility while traveling, not only to themselves but towards their teammates; they learned to take care of each other and develop a sense of sisterhood; and they experienced competition like no other against teams from other regions of the country.

For our families that attended, they built and enhanced relationships with other Xceleration families, creating a lifetime of memories. Along with these new life experiences, the teams also had fun and embraced the moment... even with unfortunate events resulting from Bomb Cyclones and Max 8 flight cancellations!

Immediately after checking-in to get settled at their hotels, the teams headed across the street for a final practice run at the Convention Center before the competition begins. To get acclimated with the Denver altitude and thin air, coaches ran their teams through light workouts to familiarize the player with the new environment and the big stage. Greeted by the Giant Blue Bear and rows and rows of volleyball gear for sale, Xceleration took to one of the courts on site to get butterflies out of the way. The teams then said, "Bring It On!"

A few highlights from the two-week period follows.



The Story of the Blue Bear

Argent was asked, why a bear? why a giant, curious blue bear, specifically? Here's what he said.

Lawrence Argent: There's iconic Colorado imagery – the Rockies, the Flatirons and all that – that I think is a little bit overused, a little passé. So I thought about what it is like to be a resident here and the journey one takes down either corridor (14th St. and Speer Blvd.) when one notices there is a convention occurring. I'm always interested in what might be going on in there, the exchange of information, ideas and ideologies. But there's never really any indication from the outside what's going on inside. I had recently seen a photo in the newspaper of a black bear looking into someone's window and that resonated with me. As for the blue color, that was actually an accident – originally the bear was going to reflect the colors of Colorado, with sandstone colors and things like that. But a printout of the design came back blue by mistake, and I thought that was much more exciting. And it was serendipitous, because [I learned later] that the black bear was very important to the Native American Ute tribes that lived in Colorado – and also that one level of spiritual enlightenment for the Utes was the "blue" level.

Source: www.denver.org

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





from all of us at Xceleration



One Xceleration team is almost complete for the season and that is the 12Blue team. From all of us at Xceleration, congratulations to all the players, along with Coach Gayle, Coach Haley, and Coach Jeremy on a job well done!

You all grew a lot this season and we know that your volleyball skills improved tremendously. Thank you for practicing and playing so hard and for doing it all with great energy and huge smiles on your faces. That inspires all of us and we look forward to seeing you back in the gym very soon!

Photos courtesy of Gayle Swann and Tomas Pineda.

[Click here to see more.](#)

13Blue / 14 Gray Update



6

Power League

— 13BLUE has shaken off the mid-season funk and has turned the season around.

— 13BLUE is now rolling in Power League, winning 5 of its last 7 matches in the Blue Division

— 13BLUE continues to grow player skills and will next get to test their development at Far Westerns

Power League

— 14GRAY got its groove back by winning 12 of its last 15 and 8 of last 9 matches in Power League competition

— 14GRAY is currently riding a 6-game win streak and has moved up a Division

— 14GRAY has stretched seven opponents to three sets, winning six of those matches in tiebreakers during the run

— 14GRAY is making great strides and now moves on to Far Westerns before finishing Power League in the Regionals





Week 1, Day 1 Recap...

— 14BLUE catapults to the top of the pool with unbeaten record

Week 1, Day 2 Recap...

— 14BLUE stays close but ball didn't bounce our way

Week 1, Day 3 Recap...

— 14BLUE finished strong with two wins on getaway day to take the flight title



Denver is a wrap !! Our girls played tough all weekend. We lost a couple of really tough 3-set matches, but fought hard until the last whistle... like we always do !!

A lifetime full of memories for me and this volleyball family.

A special thank you the Xceleration staff/office. This trip was well organized and went on without any drama.

Coach Patrick

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



Week 1, Day 1 Recap...

— 15BLUE faces tough competition, just wasn't our day today

Week 1, Day 2 Recap...

— 15BLUE goes on to the next round

Week 1, Day 3 Recap...

— 15BLUE gets a breakthrough and ready for PL#3

15White



Week 1, Day 1 Recap...

— 15WHITE competes with outstanding play and super effort

Week 1, Day 2 Recap...

— 15WHITE delivers to end the day on a high note

Week 1, Day 3 Recap...

— 15WHITE splits two games, Alpine's 1-team outlasts Xcel 17-15 in third set on getaway day

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

16Blue



Week 2, Day 1 Recap...

— 16BLUE stays at #3 in first pool play

Week 2, Day 2 Recap...

— 16BLUE wins 2 of 3, gets first seed in a three-way tiebreaker... narrowly misses the Bronze Division... Rockstars and National Elite are up next.



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

16White



Week 2, Day 1 Recap...

— 16WHITE wins pool with 3-0 opening round

Week 2, Day 2 Recap...

— 16WHITE hits roadblock, on short end of three-setters in two matches... watch out, 16W will bounce back big time!

Week 2, Day 3 Recap...

— 16WHITE wins 32-30 nail-biter, splits two games before heading home

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

17Blue



XCELERATION



Week 2, Day 1 Recap...

— 17BLUE moves up to #2 in pool with 2-1 record

Week 2, Day 2 Recap...

— 17BLUE faces murderer's row of elite teams in the nation... will play for Bronze against Crush and Premier from ID and TX.

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

18White



Week 2, Day 1 Recap...

— 18WHITE wins late night tiebreaker to take the #2 seed in opening pool

Week 2, Day 2 Recap...

— 18WHITE has tough day on the courts against strong field... Bronze A title on the line against teams from CO and NM today.



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



18Blue: A Message from Coach Andy



*not Joel Embiid

From a wiser person than ME! I promise that if you will fall in love with the process, you will eventually love what the process produces. Victory in your Goliath moments starts long before, they Happen!! If we are fortunate enough to Medal in Dallas it was because we all **TRULY CARED** about each other. Our habits were always good, we always tried our best, we always played the game with respect and reverence!

We had Perspective- Persistence-Humility-Patience!! The body language was filled with joy and the self-talk was perfect.

Then...We need to do this for sure! Love this quote "doing the unremarkable with incredible consistency."

Please be grateful! We are not defined by wins and losses – there is so much more. **PLEASE HEAR THIS; ALL OF YOU ARE SO SPECIAL BY JUST BEING YOU.** I'm going to miss each of you over the next 10 days! Enjoy your break!

I also want to thank Brett! Jeremy, Leslie, JRoss, Tomas, Normie, John David, for making all of this possible!

A plus B.



Love this picture! You're #1 for sure! Had a blast this weekend! The Loss does sting a little bit! It's okay though – Losses are to be embraced and learned from. They are also part of the journey!

Absolutely love coaching each of you and so proud of how you are trying to approach the game differently. Staying in the present, always embracing what's in front of you, playing with a grateful heart, and overcoming adversity is what is so special about each of you. We had a legitimate chance to win every match this weekend.

THE CONVERSATION



LUCAS ABBOTT: As I am riding BART back home from coaching 16B in Denver I am just reflecting on what a rollercoaster this weekend was. First match of the weekend we play a team with a middle who is 6'7" and that team ended up 1st and never lost a match all

weekend. We narrowly missed staying in bid contention for Day 2 by just a couple points. Then Day 2 I was the most frustrated I have ever been with this team and then became the proudest I have ever been of this team in a matter of 3 hours. I always want to end better than we start and we definitely did that this tourney in terms of coming together and playing to our potential as a team. So proud of these girls. Can't wait for PL3!!!

BRETT LEGGITT: We talk about "the process," and "the journey" as coaches. This is it! Winning volleyball matches is too often the only focus. While we always want to do that, the outcome of the match is not always in our control. Learning from our mistakes, continuing to compete and grind for every point, learning to be a competitor, a teammate, a friend, learning to deal with disappointment and battle back the next day. Those are the lessons this game teaches. That is why we pay for our kids to travel across the country with eleven other players, only six of whom will be on the court at any one time. It is not about the bid to nationals. It is not about the scholarship. It definitely is not about another "W" in the win loss column. They will leave our homes, and this gym to go on to bigger and better things. The memories made, and the life lessons learned along the way are the "Why." Great job 16 Blue.



JIM ROSS: Thanks Brett and Luke for reinforcing the philosophy the club has had for the last 10 years.

We will compete. We will get bids. We will get college offers.

But there is a bigger picture and we will aim for the total package all the time.

We will try our hardest to make them better volleyball players, better teammates, better competitors, and better young women. We must.



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



ON THE ROAD

Pics from Denver



Thank you parents
and coaches for these
photos.



The 2018 Soph 79: Elite Honorable Mention and High Honorable Mention Honorees



By John Tawa

Posted on March 14, 2019



Emma Engstrom, 5-8 libero, San Ramon Valley (Danville, California) – Team Co-Captain, Team MVP and All-League, Engstrom amassed 365 digs, 448 receptions, 79 assists and 32 aces for the Wolves this past fall. With solid footwork and great instincts, she is one of the very best liberos in NorCal. She's a hard worker, a strong leader and a player others look to to settle them on the court. Engstrom hopes to play for Dartmouth at the next level.

Prepvolleyball recognized 508 sophomores in its Soph 79 for 2018. This list identifies players who excelled at the high school varsity level in their sophomore seasons last fall. A member of the 17Blue represented Xceleration – Congratulations to Emma Engstrom!



Here are FOUR Xcel players who stood out to Prepvolleyball at the Colorado Crossroads and the SCVA 18s Qualifiers in Anaheim when they were making their rounds... Congrats to Mafa Tuinauvai (18Blue), Catherine Helgeson (18Blue), Leila Sardinha (17Blue), and Jenna Foster (15Blue). Mafa and Leila were recognized as SUPERNOVAs!

Leila Sardinha, Setter/RS, Xceleration 17 Blue – Sardinha has great court sense and plays to her advantage of having a good feel for the game. She slinks through tight passes to avoid the net and throws over an unassuming second ball from time-to-time with success.

Taumafa Tuinauvai, Xceleration 18-1 Blue, OH: Xceleration gives just about everyone issues because they are relentless on defense and never give up. Tuinauvai helps lead this undersized bunch at the outside. She's not afraid to get after it against bigger blockers and her aggressiveness helps set the tone for how Xceleration plays as a team.

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



SHINING STARS



CLUB FEATURES

Crossroads 15s: Star Search Day 1



By Sloan Green

Posted on March 9, 2019

CLUB FEATURES

Crossroads 16s-18s: Day 1 Star Search



By Sloan Green

Posted on March 15, 2019



Jenna Foster – 15Blue



Leila Sardinha – 17Blue



CLUB FEATURES

SCVA 18s: Day 2 Star Search



By Chris Tobolski

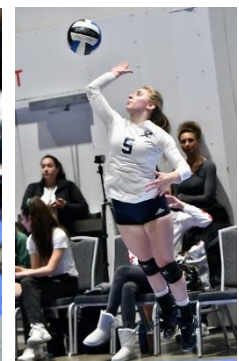
Posted on March 16, 2019



Mafa Tuinauvai – 18Blue



Catherine Helgeson – 18Blue



Lindsey McLaughlin

Dominican University of CA

RECRUITED



Catherine Helgeson

Chapman University

RECRUITED

Yay!





As many relaxed over the holiday break, USA Volleyball's High Performance program invited 39 athletes to participate in the Girls Youth Holiday Training Program that was held Dec. 26-30 in at the U.S. Olympic Training Center in Colorado Springs. 17Blue Leila Sardinha got invited to USA Volleyball Girls Youth Holiday Training (left side of photo, third row #58) after participating the past 2 years at the USA Volleyball High Performance A2 Invitational Camps (Select and Youth) in the summer. At the holiday camp Leila was also interviewed for Camp USA Volleyball Digital's "Path to the Podium" video on the [Path to the Podium video](#) webpage (scroll down) and hear about Leila's journey found on this [link](#).



Photos courtesy of
USA Volleyball.



SISTERS

LAUREN & ANGELA ATIS: TOGETHER TO BE A PART OF A REALLY SPECIAL FAMILY

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 **ANGELA ATIS**.

14Blue’s **Lauren Atis** and big sister **Angela Atis** of 16Blue are playing together for Xceleration for the first time this season. The pair started playing volleyball after their school offered a volleyball program; they signed up for the team, fell in love with the sport, and the rest they said is history.

The feeling of togetherness with their teams is also one of their favorite parts of being on a volleyball team, but being together with Xcel makes it extra special, as they are excited to improve their game at a very high level and compete with top teams, which Xcel allows them to do. The opportunity to improve their game as well as to play with a high competing team while also having fun were the key reasons for choosing to play for Xceleration.

Both Lauren and Angela have aspirations of playing volleyball in college someday. But in the meantime, when not on the volleyball courts, you’ll also see the duo riding their bikes a lot, going swimming, or practicing gymnastics routines for fun. The sisters also play basketball and enjoy watching the Warriors and Stephen Curry because they are huge fans of his work. And they wouldn’t mind having Steph over for dinner one night.



Angela Atis (left) said that Lauren now gets to be a part of a really special family, and she’s excited for her to experience it.

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

SISTERS

Math, science, and art are school subjects that Lauren and Angela enjoy the most. The sisters hope to become a sports medic or an architect someday.

After earning 5th in the nation from AAU Nationals playing on 15Blue for Xcel last year, Angela wants to work on reading the ball better and hopefully go to Nationals this year. She's the smart and talented one according to her younger sister, so Angela must impart a few words of sage advice to Lauren. She said, "Always keep a positive mindset. Your actions and attitude affect your teammates. Don't ever play for yourself, play for your teammates and the love of the game." She followed, "Joining Xceleration, Lauren gets to be a part of a really special family, and I'm excited for her to experience it."

Lauren, the annoying but loveable and trustworthy one according to Angela said that her older sister has always given her a few words to live by and one that she keeps in mind is that "everything happens for a reason and to always stay humble."



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



FIRST IN – LAST OUT

Co-College Development Director Jim Ross will normally put in 12-hour days (or more) at travel tournaments and showcases like the Colorado Crossroads, to get college coaches from around the nation to watch and get in touch with our players.



Just a perspective from a follower...

"I remember when I was one of those parents who had dreams of watching her kid play college sports, running, basketball. Then reality set in... and what I am most grateful for now, is that all the while I had these dreams, we made the kid work his tail off in school, academics have always come first in our household, and even though the kid will not get a sports scholarship of any kind, he is having a blast

playing high school sports, and his grades are going to get him academic money... which in the long run is far more important.

I would tell any of you whose kids are in 5th-8th grade... what they are now athletically may not be the ticket later... make them make school their #1 priority and don't live your dreams via your kid. So many things change.... trust me."

← Making The Grade

Percentages of Schools that can recruit you depending on your GPA:

GPA	4.0	3.5	3.0	2.5	2.0
%	94%	72%	51%	21%	8%

(The picture on the left was sent by a trusted college coach - We can't verify the exact statistics but the point is - the better student you are, the more options you are going to have.)

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



Since 2008, Xceleration's College Development Program has helped more than 140 student-athletes reach their volleyball dreams of playing at the collegiate level. The hard work – both on the court and in the classroom – is eventually up to YOU!

WHEN YOUR KID LOSES

Reprinted from the Facebook page of U.S. Senator Ben Sasse from Nebraska.

I've been chewing on this photo for days – it's amazing.** Check it out.

Like the old lead-in voice to ABC sports broadcasts, it captures both “the thrill of victory and the agony of defeat.” There is so much joy in that center-court dog-pile – the last-second shot that propelled Ponca High to overtime victory in the district championship and thus a life-changing trip to the state tournament. Wow.

But the image I can't get out of my mind is the kid trying to pull her jersey over her face. That's the leading scorer from Oakland-Craig High School – her season now over.

Part of why I can't look away from her tears is because I know the family – and they're incredible. I haven't spoken to the parents since they lost, but I am certain of two things: 1) This game surely still hurts; and 2) Merritt and Dannika (the dad and mom) will know how to use this moment to help their daughter grow.

As the son of a Nebraska football and wrestling coach, my heart still pounds every Thursday and Friday morning in February and March as new championship weekends kick off. I love the drama. Our championships in swimming and diving, wrestling, and girls' basketball have just wrapped up. Boys' hoops tips off today. It's a special weekend--teams across our state, from big schools in Omaha and from schools with tiny home



gyms straight out of the movie *Hoosiers*, have all earned the right to come play dramatic games in Lincoln. It all comes down to this. One and done. Win or go home.

By late Saturday night, all but of a few of those teams will have lost, and a whole lot of kids will head home with their dreams dashed. It hurts. There will be a bunch of heartbreaking photos of kids who left it all out there. This is the tough side of sports.

... But what a huge opportunity you have, moms and dads, with your little “losers.” Don't miss it this weekend.

Melissa (my wife) and I have been talking about this photo -- and how probably the most important thing we ever learned from sports was the gift of losing, horrible though it felt. We often -- and rightly! -- spend a ton of time pursuing victory and celebrating winners. But Melissa and I have been comparing notes on the opportunities on the other side of the coin, when our kids experience the heartbreak.

As parents, what we say to our kids in those moments will have far greater impact than anything they would have learned from a dog-pile at center court. There's more character-building opportunity in the scar tissue of the loss than there ever will be in the jubilation of the win.



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

When Your Kid Loses (continued)

So to the moms and dads driving to Lincoln this morning, here are four quick thoughts on the parenting challenge that awaits if your kid loses tonight or tomorrow or Saturday.

1. Don't deflect the blame.

So often, the sweaty uniform hasn't hit the laundry basket yet, and we're scrambling to ease the pain of defeat by letting them blame other factors—"my teammate missed a free throw, coach called the wrong play, the third leg of the relay fell behind, the other guys played dirty, the ref blew a key call."

Instead, encourage your kid to show gratitude to the coaches for a great season (and even thank those pesky folks in the black and white stripes). Extend a hand to a teammate who also feels crushed, pull him up off the floor or mat, pull her out of the pool. This is how we teach our kids to care for the hearts of others, even when their own hearts are breaking. This may be the first time in life that your child has ever been required to do this -- but sadly, in this vale of tears, we parents know it won't be the last.

2. Help your kid admit that, for today, the other player was better.

My dad was my wrestling coach, and I was fortunate to win a whole lot more than I lost. But today, those losses seem so much, much more important. My dad's words still ring in my ears thirty years later that one of the things that makes this sport unique is there is absolutely nowhere to hide. The ball can't bounce the wrong way; no one else can take the shot; there aren't many gray-area judgment calls like interior line holding in football. You battle one-on-one, and when it's over, you

shake your opponent's hand. You stand next to him as the referee raises his arm high in victory -- over your head, in front of the whole gym. You gotta look him in the eye, and give him his due. For the 90% of you who won't have a kid cutting down nets or raising up hardware Saturday, your gift to him is to encourage him to hold his head up and offer the other guys a "good game" with the sincerity of a man, not the begrudging of a boy.

3. Give them a minute to lick their own wounds; don't immediately try to make them feel better about tomorrow.

I spoke with a mom from Blair last weekend who asked me to share words of comfort with her son. He'd just lost his shot at state with an unexpected disqualification on the final day. She wanted me to let him know that it's not always going to hurt this much, and I did. She was surely right -- it won't hurt like this forever, and our kids need to know that.

But thinking about it later, maybe this never-before-known ache in his gut shouldn't be too quickly mended. She said it was the worst thing they'd ever experienced.

There's opportunity in that. Perhaps when we let our kids experience this pain, that's when change happens. This is where the learning occurs, when character development becomes more important than winning or losing.

If this seems heartless, think of it this way: While it tears you up to watch your child reach for a dream and fall short, know that soon, scar tissue will begin to cover these fresh wounds.

This is GOOD scar tissue. The growth happening underneath these scars is precious, and will serve your son or daughter well. From this experience, your child will be able to acknowledge



the success of others, even at personal cost. Your child will know what it means to work on a team to the benefit of others before self, what it means to take direction, to accept responsibilities, and to put forth their very best, leaving it all on the field/court/mat.

And your kids will know how to respond when even their best isn't enough. All this happens to our kids so the next day, they pick up the ball, and head back to the gym. Working hard, getting better with that dream still alive.

Kids who can get knocked down like that and get back up are ready for all that life will throw at them. And isn't that really the point of all this? To get our kids ready for real adversity?

4. Oh, and hug them like crazy.

Know that none of what you say to your child in those first moments matters as much as what you do. In those very first moments, when the agony of defeat is washing all over them, just grab your kids and hold on tight. Tell them you love them. Tell them the love is unconditional. Tell 'em you're proud.

This is your job. And you'll never have a more important calling.

Enjoy the games everyone.

***Congrats to photographer Curt Hinline (of the Oakland Independent) on this epic shot.*



Assist From Sloane: Team v. Being Seen

By Sloane Green. Reprinted with permission from Prepvolleyball.com

A couple of weekends ago, I was at a qualifying tournament and I saw something I have never seen before. I was watching an 18's team. This team did not have a libero, but instead rotated each of its three outside hitters to play that position. I thought, "These outsides-turned-liberos were all still playing and working on their ball control... no harm done."

A father of a player on this team threatened to remove his outside daughter if she was in the libero jersey. Then, just before a match was to begin, I watched the father march onto the court and follow through with his threat. He took his daughter home in the middle of the tournament, moments before the match's first whistle blew.

I was blown away. Maybe she hadn't committed to a university. Maybe the pressure of *not* playing or *not* being seen as an outside hitter was the worst thing at that time. It had me thinking about what it's like to be on a team and working for the goals of qualifying and winning, as well as being recruited and preparing for the next level. What is it like to be selfish in the pursuit of *your* next level, while also playing for the needs of the team?

I played before the era of highlight reels on YouTube, and before college coaches were able to look me up in a hand-held database. I remember my sister sending VHS skill tapes to universities. (Do players know what VHS is?).

College coaches looked up court assignments and match times on paper tacked to a bulletin board in the middle of a convention center. At tournaments, it's almost absurd to remember that recruiters walked around and just noticed talent wherever and whenever they saw it.

It was rare that athletes committed to universities before their junior year, so my parents never felt pressure that I wouldn't find my place at the next level.

I felt that the better I did personally, the better my team would do; thus, I would be noticed. College coaches gravitated to the winning courts – and they still do! That's where the "good kids" played. I never had the conflicting battle of, "I need to be seen *more than* I want my team to succeed," because they were one and the same. I've talked to many club coaches recently that have a goal of finding a place for all of their players who want to play collegiate volleyball. This means they're talking to college coaches at tournaments, responding to their interest e-mails, helping players make skill videos, and preparing their players in practice and individual lessons. At the same time, coaches are gunning for championships, qualifying wins, and higher rankings. They're competitors, too. Because of this, you can't rely solely on your coach to get you recruited.

So, as a player, how do you do both: win for your team, and be seen by collegiate scouts?





Assist From Sloane: Team v. Being Seen

We can talk all day about “we over me,” working hard in practice, and being a selfless player... that’s an important conversation. It’s all good until tournament time rolls around and a couple of players don’t play.

Instead of truly caring about playing time or qualifying for nationals, what I hear is the frantic race to commit. I hear parents comparing their daughter to others her age: where she’s going, who she’s being recruited by, and why haven’t we heard anything?

First of all, comparing anything is unhealthy. Secondly, this hysterical, nervous stress makes you act selfishly. Your kids hear it, and then they begin to feel it, too.

There becomes a divide in the team between those who are committed, and those who are uncommitted. I’m not sure I need to say it, but this doesn’t lead to too much team success! Who wants to play with and for teammates you feel are “too good” for you?

I did it. It happens before you know what’s going on. As a 5-8 setter, I got some looks, but girls in my club I felt I was better than, but happened to be 6-0, got to go to big-time schools. By my 17s year, we stopped talking about our dreams, because I felt that my dreams weren’t as valuable as my teammates going to Minnesota and Stanford. I ended up waiting and waiting to find something higher-tier, and then just choosing a school. I transferred later to a better-suited option.

My point is that if you want to play volleyball in college, I think there’s room for that to happen.

Focusing on the team goals is what will prepare you for college.

Investing in your club program does not mean you’re not thinking about yourself, too. Competing will never make you a worse volleyball player. Being recruited is an individual thing that happens in pursuit of team goals.

Whether you play or not, and because sending video is queen nowadays, college recruiters will see you. Whenever you step onto the court, whether you play the whole time, or not at all, make sure you add value.

That means, if you’re a serving sub, then set out to string points together for your team. If you’re used as a blocking sub, put pressure on your opponents. If you’re a setter in a 6-2, make it so your team is more “in rhythm” with you than without you. If you’re a libero, or trying to get recruited as one, but you’re playing DS, make it impossible for your coach to *not* play you. If you don’t play, help your teammates by helping them find ways to score. If the only time you play is in warm-ups, then taken them seriously.

The beauty of sending video and contacting colleges you’re interested in is that, if you are on a coach’s radar, you will be seen. The coach watches you on the bench, and how you either sulk or cheer for your teammates. The coach wants to see you do athletic things on the court, but she also wants to see how you react and respond when you make a mistake. Coaches watch how you prepare, and how you talk to your club coach, parents, and teammates.

As a coach, watching that father grab his kid from the situation is a



red flag. It tells me that the dad likes to make the rules, and that his daughter is used to someone else doing the hard things for her. That worries me.

Coaches build their programs based on the people – not just players – they have, and they are careful about balancing their personnel: not too many direct, “I’ll tell you what I think” kids, and not too many nice, “I’m staying away from confrontation” kids.

How you act *all the time*, and not just when you’re winning or playing six rotations, tells the coach more about your character than you think.

Striving to be the best individual helps your team succeed, just like competing for team success motivates each player to improve. Cheer for your teammates’ success; that means it’s your success, too. Push your teammates in practice; not only will they get better, but so will you. It’s amazing how that works.





Facts About Junior College Volleyball and Why It Might Be a Smart Move

By Matt Sonnichsen, Next College Student Athlete (NCSA)

While many student-athletes focus on playing for a big-time Division 1 sports program, there are actually many reasons why junior college might make sense instead. Not only are junior colleges much more affordable and tend to be generous with athletic scholarships, but they also offer an opportunity to boost your grades before transferring to a bigger university. Additionally, many junior college rosters have talented volleyball players on them and well-known programs like to recruit players from junior colleges because they know they're getting athletes that have college experience and can play right away.

There are more than 300 junior college women's volleyball programs in the US, and internal NCSA research shows that many volleyball coaches recruit from junior colleges. In fact, 77 percent of D1 coaches, 94 percent of D2 and NAIA coaches and 72 percent of D3 coaches recruit from junior colleges.

So, if you're interested in how the junior college recruiting process works, here are 6 facts to guide you, as well as how to take advantage.

1. How involved are junior college coaches in the recruiting process?

In general, most families and student-athletes will find that junior college coaches are more involved in the recruiting process than high school coaches. Some programs want to be known as prominent feeder schools for bigger programs and help their athletes along the way. However, some do not. In the

end, volleyball athletes and their families should be the ones who are the most active in outreach and communication with college coaches.

2. Is it a bad look for a junior college athlete to transfer out after one year?

The coaches at four-year schools don't think so! While junior college coaches would like to hold on to volleyball athletes for two years, coaches at four-year schools simply want to find the best talent they can get, whether that's a one-year JC player, two-year JC player, international player or four-year transfer player.

3. Do coaches from four-year schools recruit junior college players for starting roles?

Yes. Generally, coaches from four-year schools look at junior colleges for impact players that can help them right now. With high school volleyball recruits, coaches have more time for them to develop and transition into the system. With junior college athletes, coaches want someone to compete for a starting position, get on the court and help win games right away.

4. When should junior college volleyball athletes start the recruiting process?

Four-year college coaches are always recruiting, so it's smart to start outreach and communication in your first year of junior college. Some coaches may have a roster spot open in their sophomore class and may want to fill it with an experienced volleyball player. Some may have an opening right away.





Facts About Junior College Volleyball and Why It Might Be a Smart Move (Continued)

The important thing is to not wait until your second junior college season is done, as it may be too late to find a spot.

5. Is video important for getting recruited out of junior college?

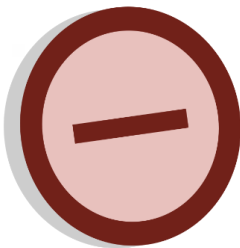
Yes. When scouting high school athletes, college coaches often like to attend high-profile tournaments where they can get a firsthand look at a lot of players. But many junior colleges are located in a rural area and may be difficult to travel to for college coaches. That's why video is a critical part of the recruiting process for junior college athletes. Also, NCSA research shows that college coaches favor game highlights over skills footage but tend to evaluate through a mix of both.

6. Is the junior college search more targeted than in high school?

Possibly. Student-athletes want to reach out to as many schools as they can but having one or two years of college classes under your belt tends to make the process more focused because of academic goals that are more defined. For example, if you're looking to major in Engineering and a university doesn't offer that major, it wouldn't make much sense to play there. Also, your athletic abilities should be more defined at this point, making it easier to tell which division level offers the right fit.

While there are still many more questions about the junior college recruiting process for volleyball, these should get you started off on the right foot.

PULSE SURVEY



The Colorado Crossroads roughly marks the half-way point of the season and we'd like to hear from you about your Xceleration experience to date. Please take a few minutes to complete our mini-pulse survey to gauge whether or not we're meeting expectations. We value your input to help us grow the club. Thank you in advance for your time. Click on the image above to begin the short survey.



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

Helpful Tips

Parents & Athletes: 6 Ways to Relieve Stress of Being a Sports Parent

By Janis Meredith, reprinted from *The Art of Coaching Volleyball*

Watching your child play sports is fun; facing the stress of the financial, emotional, and physical demands is not. What is it about your child's sport that stresses you? Do you worry she will not play well? Are you pulled in too many directions trying to keep up with the demands? Can you stand another game listening to overprotective and whining parents? Do you breathe a sigh of relief after each game that your child did not get hurt?

After being a sports mom for 21 years, I've felt all of those stresses. You will face them too, and here's how to handle the stress.

Find a safe place to vent.

Choose one person—husband, friend, sister, parent—who can sympathetically listen without feeding your frustration. That one person should not be your child.

Face your fears.

Ask yourself: what am I really afraid of and what is the worst that could happen? For instance, if you worry about your child being injured in a volleyball game, what's the worst that could happen? Maybe she would miss a few games? Or her season would end? Or she'd have to get surgery? If that happens,

the world will not end. If she loves the sport, she will be back stronger than ever.

Sometimes, looking ahead to the worst and thinking about how we would deal with it, helps us face today with more confidence and less worry.

Give your kid credit.

I'm pretty sure that parents worry more about their kids' frustrations than kids do. In some ways, kids are tougher than we think. Give them a little credit. Maybe they can fight the battle without you wielding the sword for them.

There have been many times when I itched to step in and take care of my child's problem, but held back. And boy, am I glad I did! Not only would I have made an idiot of myself, I would have missed seeing my child resolve the issue in his own way and robbed him of some character growth in the process.

Learn to say N.O. every time you say Y.E.S.

Is your life busy now? If so, how can you possibly take on more without adding stress? You can maintain some sanity by exchanging every yes for a no. For every new task or responsibility you take on, let one go.

(Continued on the next page)



The club season is into full swing and you are feeling a lot of stress – driving your daughter to practices and tournaments, signing her up for private lessons, making sure she's eating healthy and nutritious food, just to name a few that factor into compounding the pressures of being a sports parent.

In this article from Janis Meredith, she provides a few tips on handling and alleviating the stress that are unfortunately part of sports.



6 Ways to Relieve Stress of Being a Sports Parent (Continued)

Your child doesn't have to be in three sports at once. It's okay if you aren't the team mom this year. And honestly, your house does not have to be spotless during a busy sports season. Don't worry about what others think; it's okay to be picky about your time.

Avoid the craziness.

If it's over-the-top parents that add stress to your life. Avoid them. If it's obnoxious spectators that make your blood boil, move your seat. If you can't stand the coach, practice detached cordiality (you don't have to be his best friend, but you don't have to be an enemy either).

Sometimes it's just better to step back from the fray and let the chaos continue without you. Others may perceive you as reserved or even snobby; but you know you are merely staying sane.

Get a life!

I have wanted to say that to many parents who are so wrapped up in their child's sport that they lose

sight of what is really important. Their fanatical behavior screams "I have no life other than my child's sports!" Can you imagine the stress in that household!

I love the way my kids maintained a life outside of sports—hanging with friends, going to youth group, even going on trips. Having a life outside of sports gave them balance and reinvigorated them to get back at the game.

As you and your child-athlete walk away from youth sports, you will know that if you learned to cope with stress within the snapshot of sports, you can learn to handle it in the bigger picture of life.

Janis B. Meredith, sports mom and coach's wife, writes a sports parenting blog called JBM Thinks. She authored the Sports Parenting Survival Guide Series and has recently launched a podcasting series for sports parents. You can also find her on Facebook and Twitter.



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

Communication with the Coach: 6 Ways to Approach Your Coach

Teaching advocacy is an important part of helping them succeed in sports

By Priscilla Tillman, reprinted from *The Art of Coaching Volleyball*

If your child has played youth sports for any number of years, you know there comes a time when coaches need to find various consequences (usually unfavorable) to correct poor performance, attitude or other things that need to be addressed. It's the name of the game. And the name is usually synonymous with burpees, push-ups, suicides, gassers, shuttle runs, one-on-one, ball-on-one – we all know the drill

But what happens when we think a coach has gone too far? As parents, we're usually trying to strike a balance between looking after our young athletes and teaching them how to advocate for themselves. There's a fine line between questioning a coach's technique and questioning a coach's character.

For athletes 12 and under, it's best to advocate one-on-one with the coach

away from the child. But for athletes over the age of 12, teaching them the valuable skill of advocacy is our best bet as a parent.

"Sports don't create character, they reveal it," says Joe Jardine, a licensed marriage and family therapist in California. "Parents, parenting, home life – that is where character is created."

Jardine, who has a master's in clinical psychology from Vanguard University, offers 6 guidelines here on effective ways young athletes can communicate with their coach:

Invite yourself into the conversation

"Hey, Coach, is there a time we can meet and talk about my performance and the punishments/consequences

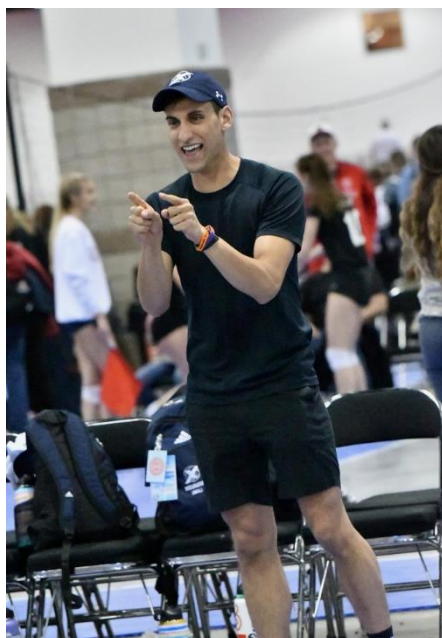
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One of the best life skills we can teach our children is how to stand up for themselves - how to respectfully interact with an authority figure. As soon as they are old enough (every kid is different), our job is to rehearse with them so they can be clear, concise and confident. Even if it doesn't bring the results you are looking for, it will provide them a path to follow for the rest of their life.



Photos courtesy of Tomas Pineda.
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Communicating with the Coach

(continued)

given at practice?" The right time to have a conversation with a coach is when you invite yourself into it. Having the coach name the time respects his role in life and on the team.

Use "I" statements

"You" statements put the other person on the defensive. Teaching children to advocate is also teaching them how to own their experience. A coach is much more apt to listen when a child says something like this: "I feel crushed when we have to do 100 burpees after we make a mistake in practice." As a parent, we can also use "I" statements at home with our children to model this practice.

Ask questions

Asking questions instead of blaming the coach will also ease tension. "That was a lot of burpees. Can you tell me how you arrived at that number? Will this make me a better passer, hitter, competitor?" Asking a question instead of blaming educates your player.

Don't criticize the coach

Criticizing comes off as a power move. If the coach wants to know what you think he's doing wrong, he will ask you.

No profanity

It's disrespectful and causes anger and frustration in the other person. When there's anger and frustration, communication and resolution are hard to accomplish.

Be thankful

Beginning the conversation with a statement of gratitude for what the coach is providing to the team (i.e. his time, expertise) and then addressing

the issue can put the conversation at ease from the start. Also, finish the conversation by thanking them for their time and for the opportunity to discuss the matter. When we begin a team sport, parents and players alike need to understand that the coach is still the leader of the team. However, if a consequence seems extreme to you or your athlete, the guidelines above are a great place to start to open the conversation.

OK... that deserves a fist-bump!



Be thankful

Beginning the conversation with a statement of gratitude for what the coach is providing to the team (i.e. his time, expertise) and then addressing the issue can put the conversation at ease from the start. Also, finish the conversation by thanking them for their time and for the opportunity to discuss the matter.



When we begin a team sport, parents and players alike need to understand that the coach is still the leader of the team. However, if a consequence seems extreme to you or your athlete, the guidelines above are a great place to start to open the conversation.

Keep in mind, the most important place we can teach a young athlete how to advocate with character is at home. The way we handle things like conflict and adversity in our home is the biggest contributing factor to how they will deal with it outside the home.

After 21 years of being a sports mom, I know that I became a better parent. No matter if your child plays 2 or 10 years, your willingness to learn and grow with them through the experience will make you a better mom or dad.



EXCELLENCE DEFINED

Seeking excellence is not the same as seeking perfection, but rather a perfect effort

By Erika Carlson, reprinted from SportStars Magazine

The term “excellence” is thrown around a lot in the world of competitive sports. I’m a fan of this word, so much that I included it in the name of my business, Excellence in Sports Performance. But like so many terms in the sports world, (i.e. “mental toughness,” “talent”) what does “excellence” really mean in the sport context?

Let’s first talk about what it’s not. Excellence is not being perfect. In fact, it’s the solution to trying to be perfect. The perfectionist believes anything less than perfect is failure. While the intention is to push yourself to perform your best, the reality is you often feel a sense of failure, because consistent perfection is unattainable. What is excellence? It’s your personal best in a given session. It’s being clear on what you can accomplish and control. Excellence is a result of how you train on the field and in the gym. It’s also how you choose to respond to failure. It’s a process. It’s a core value of an athlete. It’s something you strive to accomplish every day. It’s not something that just shows up randomly in the heat of the moment. It’s truly “opportunity meets preparation.”

My favorite example of excellence in motion is U.S. women’s soccer player Carli Lloyd. She is truly a product of hard work and learned mental toughness. Carli is known for delivering in big games. I had the pleasure of watching her score the game-winner at Wembley Stadium in the 2012 Olympics. We saw her score a hat trick in the World Cup final. Her former coach Tony DiCicco says,

“The bigger the game, the more she wants to perform.”

Former teammate and national team teammate Brianna Scurry says, “She’s as big a big-game player as I’ve seen. A lot of great players wither on the vine, become wallflowers, when the pressure is the biggest.”

What is the secret to Carli’s experience in big games?

Physical Excellence – Always finding ways to improve herself, Carli has often sought out extra training that helps her perform at the top end of her ability. Physical strength and conditioning gives her the confidence to “just play” without the worry of running out of gas. She is always a work in progress.

Mental Excellence – Her mental game has developed most over her 10-year stint with the senior national team. Carli stated in a recent article, “Over the years and definitely over the last four years, I’ve taken visualization to another level... I’ve basically visualized so many different things on the field, making these big plays, scoring goals.” This is a key strategy to maintaining her technical skills as well. Excellent visualization is not just situational, it’s very technically detailed.

Are you striving for perfection or excellence? Knowing the difference and training accordingly will set you on a path of accomplishment and, more importantly, enjoyment and fulfillment from your sport experience.



Excellence is a result of how you train on the field and in the gym. It’s also how you choose to respond to failure. It’s a process. It’s a core value of an athlete. It’s something you strive to accomplish every day.

Excellence is your personal best in a given session. It’s being clear on what you can accomplish and control.



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

WHAT I DIDN'T SEE MADE ME PROUD

By Jeffrey Kerns, Ed.D., reprinted from Linked In

As a father I am bursting with pride tonight after my daughter's volleyball tournament. The girls fought hard and gave their best. However, on this day the other team earned the hard fought victory.

I was/am bursting with pride even though I observed her getting benched for two rotations for not playing to her fullest potential. It was this benching that allowed her to demonstrate her true character, leadership, and commitment to the team.



She cheered for her teammates as enthusiastically on the sideline as she does on the court. She put the team goal of winning in front of her personal accomplishments. She demonstrated that what a leader contributes on the court is just as important as the emotional contribution from the sideline.

I know she wanted to be out there to prove she could do it, she wanted to earn the right to be on the court contributing to the team. Her competitive drive and intestinal



fortitude was burning in her eyes as she waited for that opportunity to "prove it." As I watched her cheer, encourage, and remain fully engaged on the sidelines she proved by her actions that she is willing to fulfill any role that is beneficial for the team. But then again, I expect to see those things from her.

However it was what I didn't see that made me extremely proud of her last night. I didn't see her pouting or secretly hoping her teammate would fail. I didn't observe her once question the coaches' decision or claim it wasn't fair. I didn't see her mope between sets/games or hang her head in defeat. When she came back in I didn't see doubt, fear, or worry in her eyes. I didn't see her back down from her national champion competitors. I didn't see any hint of a behavior that would hurt the culture of the team.

Sometimes what a man doesn't see makes him prouder than what he does.



She cheered for her teammates as enthusiastically on the sideline as she does on the court. She put the team goal of winning in front of her personal accomplishments.



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

WHY WE DON'T PAY FOR CLUB VOLLEYBALL

By Jeffrey Kerns, Ed.D., Millard Public Schools, reprinted from Linked In and inspired by posting from Shad Martin

To Our Daughter Allie,

During a recent dinner one of our friends asked, "Why do you pay so much for club volleyball?" Below is a summary of our answer, we wanted you to know what we really "pay" for and what we hope you gain from these experiences. The truth is we never intend to pay for club volleyball.

We pay to assure that you are pushed beyond your perceived limits.

We pay professional coaches to challenge you at every practice and match. We pay them to push and challenge you to the point where you might want to quit because it is so tough. We pay them to build up your confidence at the same time so you don't. We pay them to coach you in volleyball because we understand that your self-assurance on the court transcends to your everyday life.



We pay for you to learn how to set goals and chase down dreams. We pay your coaches to help install a high level of self-confidence that you can and will accomplish the goals you set for yourself. We pay so you have more caring and responsible adults involved in your life.

We pay for the days when you arrive at home exhausted from school and you don't really want to go to position training/weights/plyometrics, but you do it anyway.



We pay for the life lessons that losses, frustrations, and disappointment from competition can provide. We pay for life lessons, victories, and personal/team accomplishments that competition can provide. We pay for these opportunities because we do not have to push or force you to play volleyball, rather your desire to play is unequivocally intrinsic.

We pay for you to have opportunities to take pride in your actions on and off the court.

We pay for you to be accountable to others (coaches, teammates, club directors) and to help you understand that you are not the center of the universe. We pay for the opportunity for you to honor your teammates and coaches by always giving your best effort on and off the court.

We pay for you to have the leadership opportunities volleyball offers. We pay to provide opportunities for you to help



Dear Xceleration Families,

I ran across a letter in a volleyball publication that was written by a father to his daughter and I wanted to share it with all of you.

The letter has been forwarded to all our coaches to remind them of the responsibility they have and that you have entrusted them with for your daughters. It is a responsibility that, as a club, we take very seriously and strive constantly to uphold. We will continue to work as a group to give your daughters a complete experience in club volleyball and all the good that can come from it.

Hope you enjoy the read. See you on the courts and GO XCEL!

Jim Ross



WHY WE DON'T PAY FOR CLUB VOLLEYBALL *(continued)*



everyone around you improve as a person and teammate. We pay for you to understand that you will forever be surrounded by more talented people and less talented people, and that a true leader has the humility and patience to work with both.

We pay for you, our daughter, to learn that it is the accumulation of hours upon hours of practice combined with numerous personal sacrifices to be an overnight success.

No, it is not club volleyball that we are paying for, we are paying for the time and conversation with a teenage girl on the way to and from practice.

We pay for the smiles and sense of purpose that playing club volleyball provides you. We pay to provide lifelong memories from traveling and going to new places with us. We pay for you to experience new cultures, foods, and cities that we experience by traveling to tournaments.

We pay because it's clear that volleyball sparks your life, passion, and sense of pride.

We pay for help in guiding you down the right path. We pay because club volleyball reinforces the life lessons about hope, compassion, hard work, and commitment to yourself and others, that we have taught you, and continue to model for you.

Most importantly we pay for the bridge of understanding that volleyball provides a parent and daughter.

*Love always,
Mom & Dad*



Our sport takes time and hard work in addition to money — but supporting your child in their athletic endeavors sets up them up for success in college and beyond.

Participating in sports throughout childhood helps them build character, teaches them how to fail and rebound from mistakes, how to be resilient, and how to work in a team. Studies have shown that former student-athletes tend to get better jobs with better pay, their managers find that they have greater confidence and leadership abilities, and they are better able to focus.

That being said, if your daughter isn't interested in sports, don't push her in that direction. Students should pursue their true passions and take them to the 'next level.'



Photos courtesy of Tomas Pineda.

[Click here to see more.](#)

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 and www.ncva.com to purchase the respective memberships. (Note: If you are currently playing indoor volleyball this season and already an NCVA member, no additional NCVA membership is required; you will just need to purchase a CBVA membership.)

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. Half-season (\$350) and daily drop-ins (\$75) available.

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 if you have any questions.



Registration for Off-Season Programs Now Open!

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