



CEL^{lent} NEWS

JUNE 2019

VOL. 6, ISSUE #6

In the News...

- Victories are Just Icing on the Cake: Season-End Report
- Year-End Parent Survey
- The Feel-Good Story of Nicole and Kylie
- Special Olympics Coach Emma Lorge
- Collegiate Club Volleyball with Jordan Minney and Carly Porep
- How to Deal with Setbacks: Bounce Back from Life's Hurdles
- An Open Letter to the Volleyball Player I Used to Be
- What's the Role of the Coach?
- Recruiting Dish: The Secret Role of Warmups
- A Chat with Coach Rob Browning
- It's Time to Hit the Beach
- Sand Volleyball: What's Not to Love?
- Exercise Harder on the Beach
- Post-Season Announcements
- Summer Camps

**Xceleration
Volleyball Club**

John B. David, Editor

Xceleration Shines at Far Westerns, PLRs and Bayview

2019 Season in the Books

FOLLOW YOUR DREAMS...

FOCUS... WORK HARD...

FINISH STRONG...

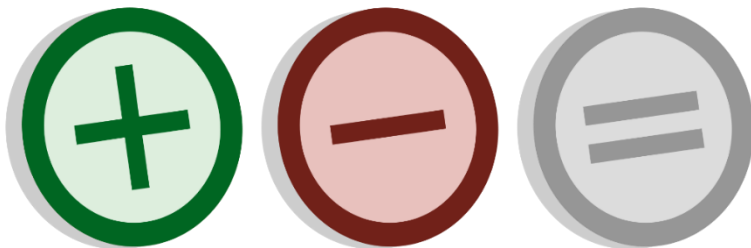
These are just some of the themes and phrases we often hear during competition. And most likely so did all of our players throughout the season. The victories in a tightly contested match or a big tournament are wonderful records of our accomplishments to hang our hats on, but these buzzwords are the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

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

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



HELP! PLEASE COMPLETE OUR YEAR-END PARENT SURVEY – Click on Signs Below



In addition to ensuring that our players' skills are developed and improved over the course of the season, Xceleration also strives to become a better club each year. Please take a few minutes to complete this Parent Survey. It will help us gauge our effectiveness and also identify areas that we need to work on. All responses received will be kept in the strictest confidence, and you may choose to remain anonymous. Thank you.

18s – Thanks for choosing Xceleration ... good luck in your future endeavors!



NEW! Indoor Summer Camp with Coach Andy

Summer Indoor Camps: Incoming/Outgoing Seniors/Alumni
Now - August 15

- Wed: 7:30 PM – 9:30 PM / Sat: 7:45 AM – 10:00 AM
- \$30 per session or Summer Pass for all sessions \$440

Click [here](#) to register



Photo Galleries

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

Instagram

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

XCELERATIONVBC



Instagram

Facebook Group Page

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

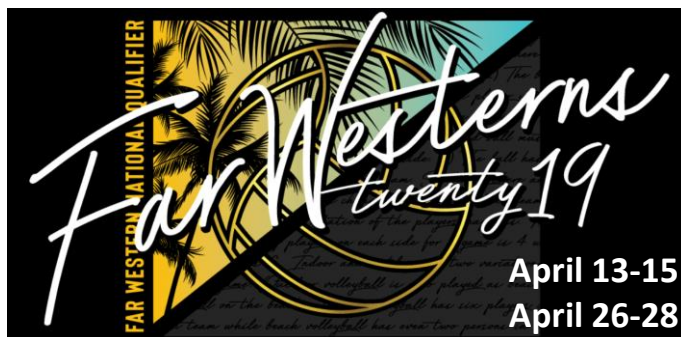


Find us on:
facebook®



*USAV 18s Junior Nationals –
American Division 17/64.*

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



Team	League Record	Final Rank	Final Finish	FW	Finish	BayView	Finish
12 Blue	9-7	11	Silver	NA	NA	NA	NA
13 Blue	9-16	35	Challenger I	4-6	55	2-5	43
14 Blue	18-11	26	Bronze	7-3	16	7-1	3
14 White	14-13	20	Challenger I	4-4	25	6-3	6
14 Gray	16-12	18	Challenger II	3-5	97	4-3	39
15 Blue	17-10	21	Silver	4-3	45	8-1	3
15 White	9-17	35	Challenger I	4-3	29	DNP	NA
16 Blue	13-12	12	Gold	5-3	18	4-4	5
16 White	15-12	26	Challenger I	6-2	9	1-7	11
17 Blue	12-12	7	Gold	3-4	17	DNP	NA
18 Blue ¹	13-5	1	Gold	DNP	NA	DNP	NA
18 White	13-14	9	Silver	NA	NA	DNP	NA

¹ USAV 18s Spring Junior Nationals – American Division, 5-3, 17th.



*follow
your
dreams*







WORK
•HARD•
DREAM
=BIG=



**THINK STRONG
FINISH STRONG
*BE STRONG***

XCELERATION





Hustle
& Thrive

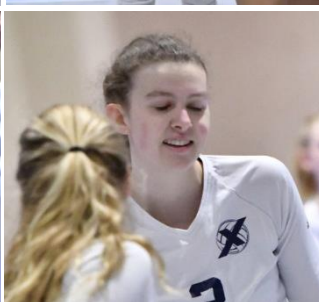
XCELERATION



be fearless in
the pursuit of
what sets your
soul on fire.

16s

XCELERATION

XCELERATION



17s



The Feel-Good Story of Nicole and Kylie

By Jim Ross

Congratulations to Nicole Chamorro for committing to Chapman University!

Congratulations to Kylie Greenberg for committing to Southern Connecticut State University!

You might have seen these celebratory headlines on our Facebook fan page and website recently and you might have thought, “Good for them – another talented Xceleration player has found a good home!” And you would be correct in thinking that. However, what you might not know is the whole story behind Nicole and Kylie getting those offers and making those commitments. It’s one we wanted to share with all of you.

Four years ago, Nicole and Kylie showed up at our 15’s tryouts, which are normally where we have our greatest numbers, and that year was no exception. In the gym that day, we had over 100 players in that age group and we had planned to fill two 15’s teams which would mean we only had space for 24 players.



Nicole and Kylie tried hard in that workout but they were not selected to play on one of the two teams. However, we managed to generate enough interest to put together a 15/16 combination team that would play at the 16’s level as our third 16’s team (16-3). Many of the players at our 15’s and 16’s tryouts were offered spots on that team. Most of them turned down our offer, mainly because they did not want to have to play on a third team. Nicole and Kylie accepted our offer and their journey began.

That first season the team struggled. They lost quite a bit more than they won. Some members of the team became disillusioned with the situation. Losing is a tough thing to accept. Losing a lot is even tougher. But Nicole and Kylie hung in there. Both their games needed work and they realized that. They worked as hard as they could on their games and it slowly started to show. And even through the trials and tribulations of that season another trait of theirs began to show – they never stopped smiling! They were learning how to play the game on a team that lost quite a bit, on a “3’s” team that many would never want to play for, and they were always smiling!! And over the next 4 years with our club, those smiles NEVER disappeared.

Another thing became readily apparent to all of us at Xceleration who watched them. They NEVER missed a practice, a match, a clinic, a passing session, or a lesson. Any



The Feel-Good Story of Nicole and Kylie

chance they had to get their feet on the court to learn and practice more, they were always there. Extra lessons during the season? They were the first to sign up. Summer sessions? The first to enroll. When we started our Summer Beach Program 3 years ago, they were the first two signups we had. They were at SO many of our club events that we started to notice when they WEREN'T there, and that was not often. They were literally at everything. That pattern was one that we would see not just that first season, we saw it for the better part of the next 3 YEARS!

The season after their initial 16-3 season, both girls were selected to play on our 16-2 team, where they continued to work on and grow their games. They made their High School teams (a big accomplishment at that time in their careers) and continued to come to our "Sunday sessions" even though that meant volleyball 7 days a week on some weeks. They were once again a



fixture at our summer indoor and beach programs.

The following year they both not only made their High School Varsity teams; they were playing a lot and important pieces of their rosters. When club season rolled around, they attended tryouts for our 17's teams, but were offered spots on our 18-2 team. With the amount of work, they had put in, you might have expected them to be disappointed and perhaps look to play somewhere else where they might have made a "1's" team. Not these two. Nicole and Kylie willingly accepted the spots and began immediately working with their teammates to make both themselves and their teammates as good as they could be.

By this time, Nicole and Kylie's games had truly transformed from those 16-3 days – no longer were they timid and unsure. With all the work they had put in, all the time on the court, all the lessons, all the touches on the ball, all the conditioning, they had started to become confident. They believed in themselves and their games. They had put in the work so that physically they were stronger. Mentally they were tougher. As one of the co-directors of our College Recruiting Program, it became apparent that Nicole and Kylie, if they continued to put in the effort, did have the possibility of playing in college.

And this is where both players and their families once again dove headfirst into the program and put in the work, effort and hours it takes to become a Prospective Student Athlete (PSA). They attended our recruiting seminars to learn the "ins and outs" of college recruiting.



The Feel-Good Story of Nicole and Kylie

They met with our recruiting staff to formulate plans on their recruiting. They listened to us and did exactly as they should have every step of the way. They picked colleges and programs that appealed to them academically, geographically, and financially and were very realistic about their ability to play at the levels they were looking at. It was no shock to all of us that they both entertained multiple offers to play in college. In fact, Kylie participated in a pre-tournament showcase at JVA and was recognized as one of the Long Beach Showcase Standouts!

So, when we as a club and staff sit back and reflect on how far Nicole and Kylie have come over the past 3 ½ years, it is truly awe inspiring! There is almost no possible way any of us could have foreseen that they would get to the levels they are at now. But, a LOT of people believed in them and worked with them. First and foremost, Nicole and Kylie believed! Secondly their families believed! Third, we had coaches who believed! Coaches went out of their way to work with the girls simply because they both showed that they wanted to work that hard themselves.

There is one final piece to this journey – LOVE. Both Nicole and Kylie LOVE the game of volleyball. It's impossible not to notice it when you see them. They practice with a passion. They play with a passion. Everything they do around volleyball speaks to this passion. This passion drove them to attend all the events and workouts they did. They would NOT be where they are today if they had not been passionate about what they are doing. It required too much effort to

just “fake it” or to “go through the motions.” They love doing it. They still do.

So, to our players reading this who might be on a “2’s or a 3’s” team. Nicole and Kylie are testaments to what you have to achieve if you put your heart and mind behind something. Ask yourself how much you love the sport of volleyball. Ask yourself if you could put in the effort that these two girls did. Ask yourself if doing that would be hard because you might be giving something up or would doing it make you happy. Nicole and Kylie had to answer these questions and put in the effort, knowing that just putting in the time and effort still might not get them to where they wanted to go. In fact, they both had stumbles and disappointments along the way and did not always succeed, but they got back up and were determined to work even harder. They took that chance because they loved the game of volleyball that much.

Nicole and Kylie are two amazing young women and we hope that their story will inspire you. The interesting thing is that we truly believe that if it wasn't volleyball, they both would have succeeded at something else they might have tried. When you put your mind and effort into things, you can truly realize your goals.

Congratulations to Nicole Chamorro for committing to Chapman University!

Congratulations to Kylie Greenberg for committing to Southern Connecticut State University!

There is always a LOT behind a headline.



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

SPECIAL OLYMPICS COACH EMMA LORGE GIVES BACK TO SPECIAL ATHLETES

For the past two years, **Emma Lorge** has been quite busy with volleyball. Her Xceleration schedule, combined with her role as an assistant volleyball coach for the local Special Olympics chapter, leaves little down-time for the recently graduated Stanley Middle School student and soon-to-be freshman at Acalanes High School.

The perky Emma, a Libero for the 14White team under Coach Patrick Samples, used to be a competitive gymnast but now volleyball is her only sport. Emma's love of the game has transcended into her wanting to give back to the community by teaching volleyball to Special Olympians, comprised of two teams totaling 15 athletes in the 17-to-40+ age group.

Emma said, "I work out with the team whenever I can during the season. There are two practices a week and I try to make as many as I can. It can be difficult to fit it all in but it is worth it." The practices at Foothill Middle School in Walnut Creek last about an hour and a half, which may also mean that Emma has to shuttle to the Xceleration facility in Martinez on several occasions to make her 14White practices. She followed, "I don't mind the grueling schedule. The Special Olympics season only lasts three to four months with one big tournament in the



Spring. Last year, the team won gold and this year we won silver! It was such a great accomplishment for these athletes." The season-ending tournament is held at Amador Valley High School in Pleasanton with about eight different teams from Contra Costa participating in the big event.

Emma first got involved with the Special Olympics with her mom, who is also a volunteer for the organization. Emma wanted to share her volleyball knowledge with the Special Olympians, so she connected with the volleyball coach, who also happens to be her friend's mom. Getting involved meant getting more time on the court and she loves every minute of it. She



**Special
Olympics**



SPECIAL OLYMPICS COACH EMMA LORGE GIVES BACK TO SPECIAL ATHLETES

came out to help and was hooked. “I really enjoy the sport and working with the athletes,” said Emma. “It’s so fulfilling to get to know each of the athletes and their personalities. I also enjoy the inside jokes. More importantly, she relishes the time at the end of every practice where everyone (including the coaches) has to say what they did right and what they learned.” Emma noted that she has been trying to teach the Special Olympians the same techniques that were taught to her by her Xceleration coaches, including how to be a good teammate.

So, what does the future hold for Emma as a result of her involvement with the Special Olympics program? She would definitely like to stay involved for as long as she can even through adulthood. In fact, at this point she is thinking about looking into teaching those with special needs. Emma said, “I have learned that even though the athletes have limitations, they are just as competitive and love the sport as much as anybody. They are coachable and got a lot better. They want to win but demonstrate good sportsmanship even when they don’t.” This is what drives Emma to continue her philanthropic work.



As a plug for Special Olympics, Emma encourages everyone to go to the Northern California Special Olympics website at SONC.org to look for many of the volunteer opportunities available. She said, “It’s definitely worth your time, it’s very rewarding, the athletes love it and it’s a lot of fun.” But, if you don’t see Emma on the courts, with Xceleration or Special Olympics, you can find her volunteering at the Animal Rescue Foundation (ARF). And in her “spare” time, she’s either cooking or learning to play the ukulele.



Photos courtesy of Tomas Pineda and Ken Lorge.

You Have Options... Club Volleyball!

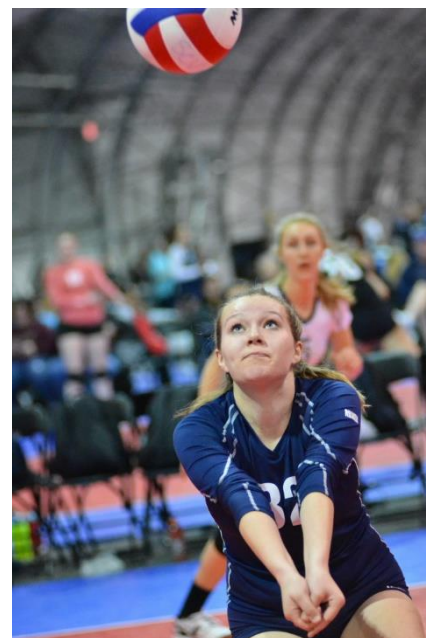
In several of Xceleration's College Development Program discussions, **Jim Ross** often notes that our players have many options after high school. Playing at the D1, D2, D3, NAIA, or junior college level may not be the right fit for all, but you have to keep in mind that you have options, as two Xceleration alums **Jordan Minney** and **Carly Porep** have been able to continue playing in college through their club volleyball teams. Here is a quick look at their experience at the University of San Diego and Auburn University.

Name	Carly Porep Class of 2016	Jordan Minney Class of 2015
Schools / Major	Acalanes HS – Auburn University - Human Development and Family Studies	Dougherty Valley HS - University of San Diego - Psychology major and Anthropology minor
Position	Libero	Middle
What made you choose playing club volleyball over going to a school where you could play intercollegiate volleyball?	I loved Auburn for its campus, people, and whole environment and I knew I didn't want to sacrifice my college experience to play at a smaller school. I joined the club team because I got to continue the sport I love at my dream school.	I wanted to go to college for my academics and realized once I got to college that I wanted to continue to play volleyball.
Time commitment for practices?	2x per week, 2 hours each	2x per week, 2 hours each and sometimes on Sundays
Do you use the same/different facilities or gym for practices and tournaments?	Different practice courts than where we play our home tournaments	Different gyms for practices and tournaments and we don't host tournaments at our school
How long does the season last?	September through April - 8 months	September through mid-April
How many games or tournaments does the team play in during the season?	6 to 8 tournaments a year	3 tournaments first semester and 6 tournaments in the spring semester. Most of the tournaments are just one day.





Name	Carly Porep Class of 2016	Jordan Minney Xcel Class of 2015
What other club teams / colleges do you play against?	Clemson, Georgia, Alabama, etc.	UCLA, UC Santa Barbara, San Diego State, UC San Diego, Loyola Marymount, Cal Poly Pomona, Arizona, Arizona State, Northern Arizona
What is the talent level on your college club team like? Did most players play on a club team when they were in HS?	Yes, we are very competitive and selective when choosing girls at try outs. It's a very high-skilled team, as we just finished second at Collegiate Nationals in Division I. There is a big difference between the club team and intramural volleyball.	Yes, all the members on the team have at least played on their high school team and most of them played club in high school as well.
Is the club team supported by the university or self-support? How is it funded?	The university pays for about of half of our funds and the rest we fundraise. We have benefit nights, dues from playing, and entry fees from other university for our home tournaments help pay for our team expenses.	The club team is supported by the university and the team members who pay dues to play.
Dues per season?	\$275	\$600
Who organizes practices, schedules, tournaments, travel arrangements? Are there club officers?	Our elected 5-member executive team organizes everything as it is student run with no coach.	Yes, there are club officers and I am the President of my club, so I organize the practice times, tournaments and travel arrangements, and anything else that the team needs.
How many members are on the club team?	Currently 11 but it varies year to year.	There usually are 14 members on the team but we currently have 11.



AUBURN
UNIVERSITY

Name	Carly Porep Class of 2016	Jordan Minney Xcel Class of 2015
How does one get involved, through athletic department? Or do you just create through intramural?	Through the Rec Center and coming to open gyms and tryouts. You can find our information on Instagram or through the university's involvement page.	You just have to sign up at our Club Day event. You come to tryouts and then you become a member of the team.
Who coaches the team?	Our executive team.	We have a coach that we hire for each season.
What do you find the most satisfying being on the club team?	Being able to play volleyball with my best friends. We are all very self-disciplined and motivated, so practice is very productive and fun. Because there is no coach, I developed more of a leadership role and speaking up for drills or ideas that I have for the team. We have a loud speaker so we play music that we all enjoy.	Being able to play volleyball again with a group of girls that are all very talented. I feel like I am playing my best and it's a very fun club to be a part of.
What do you like least about club volleyball?	Occasionally the tournaments will conflict with other obligations and friends not on the team. But overall, I have no complaints.	Trying to get everyone on the team to every practice, we have hard time with that.
What would you tell or what advice would you give to an Xcel player who is thinking about playing club volleyball in college?	I would look up the club team at the university you are considering and see if how they finished at Nationals to get an idea of the level of skill the team is and if you could see yourself joining the girls on the team. Definitely consider doing club because for me I got the best of both worlds and I could not imagine playing with another group of girls. Club Sports in college is kind of like Greek life where you meet all these people from other club sports.	I would tell them to do it! Playing club volleyball is the best way to stay in shape and de-stress in college while being a part of team again so you can connect and make new friends. Club volleyball is a great experience.
Any club volleyball experiences that you would like to share? Anything memorable or otherwise?	Nationals is the best tournament of the year. This is where boys' and girls' college club volleyball teams come to one tournament to compete for 3 days. Here you are competing against competitive teams you have never played before and are surrounded by teams who genuinely love the sport. This year it was in Denver so it was great to travel to an exciting place with my team. I also saw teammates from my high school and club teams from home that was great to see.	Being a part of the team has been amazing, but being the President of the club has been a great experience that I can now put on my resumé. So, for anyone who wants to be a part of a club or even be in charge of a club can do that with club volleyball.

Helpful Tips

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

By Liz Noelcke, Reprinted from SparkPeople, Inc.

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

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

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

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

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

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

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

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

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



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

**Setbacks
will only
make me
STRONGER.**

- Daily Affirmation -
POSITIVEMOTIVATION.NET

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



An Open Letter to the Volleyball Player I Used to Be

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

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

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

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

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

sure they were comfortable the entire time they were on.

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

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

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

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

*Love,
Alexa*



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

Alexa Nicole DeClue,



What is the Role of the Coach?

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

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

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

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

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

Below are some points to better explain:

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

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



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

Matt Sonnichsen



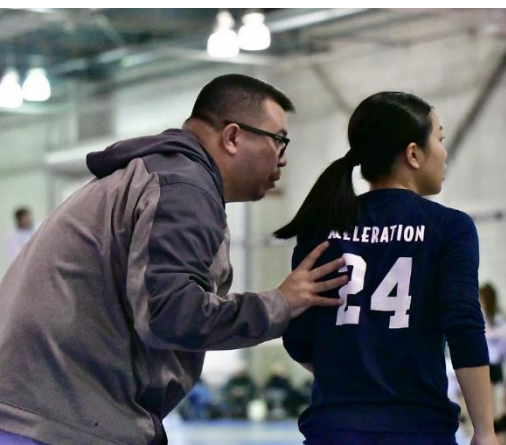
What is the Role of the Coach? (continued)

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

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



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



Recruiting Dish: The (Secret) World of Warm Ups

By Prepvolleyball, Chris Tobolski
Posted on May 24, 2018

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

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

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

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

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

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

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

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

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

“In warm ups they are going to identify really quickly who checks those boxes. You can see if setters have nice hands. You can see the hitters that can hit high and hit with range. If you are a right side, hit a ball on the left so we can see that. If you’re a middle and you can hit more than a one, show it all.”



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



Recruiting Dish: The (Secret) World of Warm Ups

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

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

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

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

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

Writing about the importance of warm ups and the potential impact it can have on recruiting takes me back to interviewing current USA Women's coach Karch Kiraly for the Orange County Register when he coached his sons, Kristian and Kory, at **St. Margaret's High**.

Kiraly was co-coach with Jeremy Dailey and before Kiraly came aboard, St. Margaret's lost every set of every match the year before. Four



years later, St. Margaret's was a CIF champion in boys volleyball. How did the turnaround happen? By not wasting a single touch.

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

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



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



thank you



A Whole Different (Same) Ballgame!

A Chat with Coach Rob Browning

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

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



More Court Time and You Cannot Hide

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



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

Improves overall agility, strength, speed, and balance

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





Practices Start June 10

Beach volleyball is an emerging sport, at the collegiate level included. Many new players each year are starting to play beach volleyball and Xceleration is taking advantage of this opportunity to transfer players' improvements into the indoor game. It provides continuity to volleyball training in a fun and relaxing atmosphere. If you're interested in joining the program, or have any questions, please contact Leslie Ray at lesrayxcelvbc@yahoo.com.



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

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

Real-time Problem Solving/Learning by Coaching

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

Developing Your Complete Game on the Beach

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

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

Different Scenery

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

Flexibility in Xcel's Beach Program

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

Sand Volleyball – What's Not to Love?

By Briana Schunzel, JVA Marketing & Membership Coordinator
Reprinted from May 2017

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

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

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

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

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

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

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



Helpful Tips

Exercise Harder on the Beach

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

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

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

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

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



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

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



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

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

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

Photos courtesy of **Paul Harrison**.

Post-Season Announcements

Class of 2021 and 17Blue's **Emma Engstrom** (Dartmouth commit) received her second consecutive nod in Prepvolleyball's annual Defensive Dandies List.

Emma Engstrom, Soph., 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.



2019 Defensive Dandies Part II: Gym Dandies



By John Tawa

Posted on May 24, 2019



alumni news

Class of 2016 indoor program alums **Kaitlyn Zdroik** (San Jose State) and **Emma Doud** (Loyola Marymount) are continuing to do great things! Kaitlyn (left) was honored with the 2019 Iron Spartan Award at San Jose State and Emma (below left) finished her season with a bronze medal at the USA Collegiate Beach Championships in Hermosa Beach, CA

The Iron Spartan



...never looked so good!



Registration for Off-Season Programs Now Open!

Indoor Summer Camps

June 24 – 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

(Costs Revised)

- June 24 - August 24 (3 days per week/session)
- Mon/Tue/Thu: 6:00 PM - 7:30 PM
- No clinics week of July 4 (Holiday Break)
- **\$90** per week/session, **Drop-ins \$30/session, Summer Pass for all remaining sessions \$440**

Click [here](#) to register

II. Summer Indoor Camps: Girls Ages 15-17

(Ages and Costs Revised)

- July 8 - August 15 (3 days per week/session)
- Mon/Tue/Thu: 7:30 PM - 9:00 PM
- **\$90** per week/session, **Drop-ins \$30/session, Summer Pass for all sessions \$440**

Click [here](#) to register

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

- Now - 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

- Now - 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.



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