



CELent NEWS

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**Xceleration
Volleyball Club**

John B. David, Editor

15 Years Later...

Xceleration keeps true to its founding principles to begin 2020 Season

When Xceleration's founder and then-owner **Jon Segall** started the club in 2005 to give volleyball players in the area a competitive club in which to participate and to learn proper volleyball skills, his founding principles were simple and could be summed up in three lines:

- Compete because you love to compete

- Win because you love to win

- Play because you love the sport

Fast forward 15 years later, under the ownership of **Jeremy Swann**, those principles are still the foundation of the club. While Xceleration has grown quite a bit (146-member strong in 2020), the club has not lost sight of those principles.

Initially started with 30+ players on a 3-team club, Xceleration has grown each season, both in number of teams and competitiveness of the players. The club works hard each year to reach its goal of providing training to serious-minded volleyball players. It believes in providing the very best training available with highly qualified coaches and this year is no exception. The club also strives to provide a well-rounded program that teaches skills, leadership sportsmanship, and a strong work ethic. Lastly, Xceleration sets a high standard for its administration, coaching staff, and players.



The club's programs are designed to develop the ultimate volleyball potential in its athletes. Whether they are new to volleyball or have years of experience, Xceleration is always ready to take them to the next level!

Conversely, the club asks that its players also put in the work in school and on the courts with fervor and to the best of their abilities, taking advantage of the opportunities presented to them throughout the season, including private/group lessons and strength & conditioning programs to supplement their volleyball training. Through hard work, success will follow. And as you all move forward each day of the season, remember to embrace these opportunities and time with your teammates, while also minding the club's founding principles. They have served the club well in the last 15 years.

Listen to Leslie

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

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

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

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

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

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

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

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

Leslie



Photo Galleries

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

Instagram

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

XCELERATIONVBC



Instagram

Facebook Group Page

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



Find us on:
facebook®



All photos courtesy of
Tomas Pineda, unless noted.

J-Ross Speaks

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

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

We kicked off the season with our annual CD seminar on Saturday, December 7. The attendance was overwhelming and, we hope it was an informative session. Players and families were given an outline that covered the "do's and don'ts" of recruitment, how to navigate the college recruiting process, information on what the recruiting process entails, and how to create "options" for players that will give them the best opportunities to fulfill their desires to play volleyball at the college level.

If you missed the seminar and wish to learn more about this club program that is free of charge to current players, please contact me after reviewing the [Xceleration College Development Handbook](#). The handbook will give you the outline we discussed at the seminar as well as forms at the end of the handbook that we need completed by all 15s-18s players who want to use our services. These forms that need to be completed are as follows:

[XCEL Prospective Student-Athlete Questionnaire](#) [XCEL Player Profile Form](#)

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

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

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

Jim Ross (jrosses@aol.com)



Jim Ross

College
Development
Director



Queens of the Court: All-League of Our Own

Xceleration's Top Bay Area Talents

Xceleration is proud to announce all of its current players who have completed their high school seasons. Congratulations to these athletes who were particularly honored by their respective leagues for standout performances during their season, resulting in All-League selections. This marks the 7th consecutive season (since we've tracked all-league selections) that at least 20 players on the club are all-league honorees.

Player/League/Team	High School
Bay Area - BCL	
Olivia Anderson (18 White)	Bentley
Ariana Jackson (17 Blue)	Bentley
Isabella Lipacis (MVP) (18 Blue)	Head-Royce
Diablo - Valley Division	
Brianna Biniak (15 Blue)	Benicia
Isabella de Leon (16 Blue)	Benicia
Brenna Duggan (17 Blue)	Clayton Valley Charter
Sara McBride (18 White)	Benicia
Diablo - Foothill Division	
Haleigh Brown (18 Blue)	Alhambra
Amber Chu (15 Blue)	Miramonte
Paris Haraguchi (16 Blue)	Northgate
Madi Risch (18 Blue)	Acalanes
Sydney Sowarby (18 White)	Acalanes
East Bay Athletic League	
Emma Engstrom (18 Blue)	San Ramon Valley
Sadie Peete (MVP) (18 Blue)	
Ishana Ram (18 Blue)	California
Isabel Strand (18 Blue)	Foothill
	Monte Vista
Monticello Empire	
Emily Casner (18 Blue)	Vanden
Coco Ikpe (MVP) (18 Blue)	
Taylor White (18 Blue)	Vanden
	Vanden
Tri-County - Rock Division	
Claire Conners (MVP) (18 Blue)	Albany
Chloe Ortega (18 White)	St. Patrick-St. Vincent
Dayna Riggio-Kerley (18 Blue)	Albany

Note: Names were sourced from public information as announced and made available by the respective leagues. Apologies in advance if some players are inadvertently not included above.



LIAISON

12BLUE

[Kate Canova](#)

13WHITE

[Jamelya Curtis & Isha Brown](#)

15BLUE

[Theresa Ajari](#)

15WHITE

[Lawrence Ballard](#)

16BLUE

[Natalie Doane & Grace Lau](#)

17BLUE

[Josette Sayama](#)

18BLUE

[Jennifer Graham](#)

TESTIMONIAL

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

Dede Nieto

Xceleration Welcomes 146 Athletes for the 2020 Season

Many of you have already met most of our coaching and administrative staff personally at our pre-tryout clinics, at tryouts, or at Signing Day. We could not be more excited about the mix of coaches that we have on board for the 2020 season. Our highly talented staff is primarily comprised of individuals with plenty of experience, both playing and coaching, that will directly benefit the 146 players on our rosters this season and provide the countless opportunities to improve their skills. Our coaches have already held several meetings with the club administration and club Technical Adviser **Rob Browning**, head coach at St. Mary's College, to implement drills, practice plans, and skills instruction for the season. We are extremely excited to get the season started with our returning and new coaches.

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

Now... just a little bit about our coaches for 2020. Much of what makes up our club is the result of our tremendous staff. They are skilled volleyball players and coaches who are trained by the Xceleration staff in the methods that we want them to develop in our players, under the guidance of Coach Browning. In addition, we make sure to only employ coaches that are being good role models on and off the court. We have very high standards for our staff that ensures that your daughters are being taught good life lessons both in and out of competition.

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

2020 Coaching Roster

12BLUE	Gayle Swann Jeremy Swann
13BLUE	Lindsey Ray Natahlee Wilson Imani Moreen
13WHITE	Leslie Ray Ashley Mulshenock
14BLUE	Haley Walsh Salomon Leon
14WHITE	John Vuong Kristen Root
15BLUE	John Vuong Malia Bolko Dana Pineda
15WHITE	Patrick Samples Taylor Elliott Jennifer Uresti
16BLUE	Lucas Abbott Kayla Coleman
16WHITE	Todd Ajari Michaela Gardner Michelle Hector-Branner
17BLUE	Leslie Ray Lindsey Ray
18BLUE	Andy Schroeder Brett Leggitt
18WHITE	Salomon Leon Haley Walsh
Lessons Coach	Ruth Lawanson
Setting Coach	Mary Strong
Strength & Conditioning	Marcus Maxwell



2020 Executive & Support Staff

Owners

Jeremy & Gayle Swann

Club Director

Leslie Ray

Technical Advisor

Rob Browning

College Development Directors

Jim Ross

Paul Harrison

Travel Coordinator

Normie Pineda

Media/Communications

John David

Media/Photography

Tomas Pineda

Headquarters

Xceleration Sports Facility

360 Ferry Street
Martinez, CA

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

Welcome to the 2020 Season and let's meet your coaches in the pages that follow.

12BLUE: Jeremy Swann & Gayle Swann



JEREMY SWANN – CO-HEAD COACH 12BLUE

Jeremy is owner of the Xceleration Volleyball Club. He is in his 12th season at Xceleration (including coaching 18Blue with Andy Schroeder for 10 years) and in his 16th season of coaching junior girls' volleyball. Jeremy will also serve as the Co-Head Coach of the 12Blue team this season with Gayle Swann. Prior to joining Xceleration, Jeremy was the Head Coach at Monte Vista HS in Danville for two seasons and led his teams to North Coast Section (NCS) appearances each season. Jeremy played volleyball at St. Mary's College in Moraga, CA and soccer at Cal State East Bay in Hayward, CA.

GAYLE SWANN – CO-HEAD COACH 12BLUE

Gayle is a Bay Area native that played basketball and ran track at then Cal State Hayward. She worked as an athletic trainer and a teacher in sports medicine at California HS (Cal High) in San Ramon, CA for 10+ years. Gayle also served two years as Assistant Coach of Cal High's varsity boys' volleyball program and two years as Assistant Coach for Monte Vista high school's varsity girls' volleyball program in Danville, CA. Gayle runs Xceleration's Winter Workout and Co-Ed Beginners programs. She also leading the program's Beginner's Club for girls 12-and-under.



12 BLUE

3	Evelyn Canova
5	Clara Chequer
9	Danielle Choulos
4	Phoebe Gerlings
10	Christina Hageboeck
8	Saige Jageman
13	Anna Motes
6	Hailey Rogers
7	Tallulah Swann
1	Ainsley Swann
24	Samantha Swift
11	Reese Westphal



13BLUE: Lindsey Ray, Natahlee Wilson & Imani Moreen



13 BLUE

21	Anne Baker
15	Bella Cruz
8	Clara Diaz
12	Paige Dorward
28	Chloe Farzaneh
30	Hoda Hekmat
10	Danica Pagtakhan
5	Mischa Pena
3	Matti Sena
1	Alexis Sunia
31	Ella Szyrko
2	Natalie Wojnakowski

LINDSEY RAY – CO-HEAD COACH 13BLUE

Lindsey is back for her 7th season with Xceleration. She will also serve as the Associate Coach of the 17Blue for the 2019-2020 season. Lindsey completed her collegiate volleyball career at the Cal State East Bay volleyball team after finishing a celebrated high school career in Southern California at volleyball powerhouse Long Beach Poly. She capped her 2012 prep season by being named “Long Beach Century Club Player of the Year” and “Long Beach Press Telegram All-Area Player of the Year” after leading Poly into the 3rd Round of the California Interscholastic Federation (CIF) State Championships. An exceptional talent, Lindsey is looking forward to teaching volleyball and working with Xceleration’s players in a sport she loves and is passionate about.

Lindsey is currently the head coach of the Miramonte HS women’s Varsity volleyball team in Orinda, CA.

NATAHLEE WILSON – CO-HEAD COACH 13BLUE

Natahlee is in her first season of coaching club as a Co-Head Coach for 13Blue for the 2019-2020 season. She is finishing up her senior season at Cal State East Bay and she is so excited to start positively impacting her players like she’s been with her past coaches. As a Southern California native, she played on the varsity team as a starting libero and an outside hitter at John W. North HS in Riverside, CA and played one year of club at Mavericks VBC. Coming from a family with a strong volleyball background, she was always surrounded by coaching from her mother and her cousin and she looks forward to guiding girls to their full potential like her family did with her.



IMANI MOREEN – PRACTICE COACH 13BLUE

Imani joins Xceleration as practice coach of the 13Blue this season. The Orange, CA native graduated from Foothill HS where she played four years of varsity volleyball and won the League Championship as a senior, helping her team make it to the semi-finals of the CIF Tournament. She earned 1st Team All-League and Coaches Award as a senior, 2nd Team All-League as a junior, and All-League Honorable Mention as a sophomore. Imani earned Honor Roll all four years and

spent three years as a member of the Young Black Scholars. Imani played for the Tustin Volleyball Club, Goldenwest Volleyball Club, Mission Gold Volleyball, and Momentous Volleyball Club.

She is currently on the roster of the Cal State East Bay volleyball team and is majoring in Psychology. Her hobbies include hanging out with her friends, listening to music, and finding new places to go when she has free time. She also enjoys eating Anything and loves trying new food.



13WHITE: Leslie Ray & Ashley Mulshenock



LESLIE RAY – HEAD COACH 13WHITE

Leslie returns to Xceleration for her 7th season with the Club where she will serve as Head Coach for both 17Blue and 13White in the 2019-2020 season. Leslie is also in her 7th season as an assistant coach at Cal State East Bay (CSUEB) in Hayward, CA. Leslie was a starting Libero at CSUEB for two seasons before graduating with a degree in Child Development. Prior to CSUEB, Leslie attended Golden West JC and prepped at Long Beach Poly HS,

where she was a high school All-American. Leslie played six seasons of club volleyball with the prestigious Mizuno Long Beach VBC. A fierce competitor on the court, Leslie brings a love of the game to her coaching. She is an excellent student of the game and is able to convey both the skill and passion to her players.

ASHLEY MULSHENOCK – ASSOCIATE COACH 13WHITE

Ashley returns for her 3rd season as assistant coach, after serving as the



13 WHITE

15	Isis Brown
5	Elina Bugaran Cook
4	Olivia Canova
9	Jayden Claeys
8	Makaylah Coleman
6	Ellie Doane
11	Fabiola Farias
7	Leila Fite
30	Reese Nichols
3	Abigail Rader
21	Aili Selvin
19	Sophia Swett
13	Cecilia Volm



Co-Head Coach of the 15White last season. She enjoys being able to bring the gift of volleyball to other people and be a step in their path to get them where they want to be. The Oakland native has been coaching since 2015 for CYO, Jr. Club, Club, High Performance, and Clinics. She previously coached at Core and played Middle in college. Her favorite athlete is Nyjah Huston.

14BLUE: Haley Walsh & Salomon Leon



HALEY WALSH – HEAD COACH 14BLUE

Xceleration alumnus Haley Walsh returns to the club for her 2nd year and 1st season as Head Coach of the 14Blue. She is also serving as Associate Coach of the 18White for the 2019-2020 season. She is proud to coach at her former volleyball club after a storied volleyball career as a Defensive Specialist at both Grand Canyon University in Phoenix, AZ



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

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



14 BLUE

2	Molly Baumer
25	Mika Bocobo
10	Monica Dikova
1	Tatum Haggerty
18	Mina Ismen
15	Camille Jacala
13	Schelby James
5	Jade Profilio
12	Olivia Roesch
18	Tea Smith
28	Samantha Thompson
8	Alexis Tucker

SALOMON LEON – ASSOCIATE COACH 14BLUE

Salomon joins Xceleration for his 3rd season after coaching the 15White in 2018 and 18White in 2019. He is also serving as Head Coach of the 18White this season. He was a four-year letterman at Ygnacio Valley HS in Concord, CA. At Ygnacio, he trained as a Setter, Outside Hitter, and Libero. As a player, he has earned Bronze at the Boys Junior National Championships and MVP honors at Ygnacio. He played club volleyball for PacRim VBC. Salomon has been coaching club for 7 years. He has coached at PacRim, Solano, and Core VBCs. As a coach, he has earned a Bronze medal at Nationals. Salomon loves to watch his athletes grow. He finds joy in the overall process of player development throughout the season. Salomon has a strong love for the game and wants to share this passion with his future team.

14WHITE: John Vuong & Kristen Root



JOHN VUONG – HEAD COACH 14WHITE

John is joining our staff for the upcoming season. John has been a high school coach for over 25 years at both Notre Dame in Belmont and Campolindo in Moraga. He guided Campo to the State Championship in 2012 and a runner up finish in 2010. John will be Head Coach for both the 15Blue and 14White teams this season.



KRISTEN ROOT – ASSOCIATE COACH 14WHITE

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

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



14 WHITE

2	Lauren Anderson
15	Rachel Andre
5	Annabelle Attia
17	Mia Iams
3	Avery Jackson
9	Zoe Latimer
6	Marina Miller
26	Aliyah Palwick
7	Jenna Payne
4	Monique Plummer
20	Matisse Smith-Vuong
10	Gianna Stassi



15BLUE: John Vuong, Malia Bolko & Dana Pineda



JOHN VUONG - HEAD COACH 15BLUE

John is joining our staff for the upcoming season. John has been a high school coach for over 25 years at both Notre Dame in Belmont and Campolindo in Moraga. He guided Campo to the State Championship in 2012 and a runner up finish in 2010. John will be Head Coach for both the 15Blue and 14White teams this season.

MALIA BOLKO - ASSOCIATE COACH 15BLUE

Xceleration alumna Malia Bolko rejoins the club as the 15Blue Associate Coach after playing for the 2015 team under her favorite coaches, Andy Schroeder and Jeremy Swann.

In her four years after Xceleration volleyball, Malia enjoyed a historic collegiate volleyball career at the University of California, Davis (2015-2018). There she earned multiple defensive specialist of the week awards as a Libero in the Big West Conference, and finished her successful career as the All-Time Dig Leader in UC Davis Women's volleyball history with 1,855 digs. A four-time Big West Honor Roll recipient, Malia graduated with a Bachelor of Science degree majoring in Managerial Economics with an emphasis in Business. Prior to her

college career, Malia attended St. Patrick - St. Vincent HS where she helped the team to four North Coast Section playoff appearances, capturing the CIF-NCS Banner in 2013. She was a three-time Tri County Athletic League first-team selection after garnering TCAL Rookie of the Year in 2012. Malia is happy to be back and excited to help young athletes grow and learn the game of volleyball.

DANA PINEDA - PRACTICE COACH 15BLUE

Dana is an Xceleration alum and in her 1st year coaching with the club. She started playing volleyball at the age of 10 and immediately fell in love with the sport. She played varsity at St. Joseph Notre Dame (SJND) HS in Alameda, CA for three years as a starting setter and was co-captain her senior year. During her high school career, Dana led the team and ranked first in the Tri-County Athletic League in assists her junior and senior years. She also received an All-League Honorable Mention and was named the All-League Second Team her junior and senior years, respectively. During her time at SJND, she helped lead the team to two North Coast Section finals and one Northern California final appearance.



15 BLUE

9	Dayna Ajari
30	Lauren Atis
22	Siera Bandy
33	Brianna Biniak
5	Amber Chu
11	Anna Dendinger
10	Hannah Hageboeck
25	Ella Ismen
51	Eden Labaniego
72	Brittany Soun
20	Gisele Torres
3	Olivia Wiseman

played six seasons at Xceleration where she was the starting setter and captain of her 16's and 17's teams. In 2015, her 18's team won the SoCal National Qualifier in Anaheim and went on to compete in Junior Nationals in New Orleans. Last club season, Dana was the assistant coach for the La Jolla Volleyball Club 14-Barb team down in San Diego. Now back home after graduating from San Diego State university, she is excited to return to Xceleration as a coach.



15WHITE: Patrick Samples, Taylor Elliott & Jennifer Uresti



PATRICK SAMPLES – HEAD COACH 15WHITE

Patrick is in his 2nd season with the club as head coach of the 15White after guiding the 14White team last season. A former Setter and Outside Hitter, Patrick has over eight years of coaching experience at the club and high school levels for both girls and boys. Patrick attended Vacaville HS and later earned an Associate Degree in Medical Assisting. He enjoys teaching and watching players

progress. Patrick's favorite athlete is tennis great Roger Federer.

TAYLOR ELLIOTT – ASSOCIATE COACH 15WHITE

Taylor is a former Xceleration athlete and returns to join the coaching staff in her 3rd year after serving as an Associate Coach for 14White last season and 13Blue the year before. Taylor attended Bishop O'Dowd HS in Oakland and played varsity volleyball for two years when the



15 WHITE

64	Lauren Ballard
10	Annika Blas
5	Ha-ly Carlson
4	Lauren Fitzgerald
15	Sophia Obnial
32	Vitali Pena
7	Grace Penman
12	Samantha Schweiger
6	Aunyka Uresti
23	Carly Vomund
11	Lyanne Wang
9	Georgia Winkles



Dragons won the North Coast Section title both years. After playing for Xceleration in her junior and senior seasons, Taylor attended the University of Tennessee at Chattanooga as a freshman and went to nationals on the club volleyball team. She returned home to attend The College of Alameda in 2013 when the team made it to the first round of the CCCAA playoffs. The following year, Taylor landed on the First Team All-Conference team. Taylor has played outside hitter, right-side hitter, and her main position, middle blocker.



Her coaching career started during her senior year in high school with mPower VBC. She has also held head coaching positions at One VBC with the 14s and the 15s and as an assistant with the 18s, and with HC Synergy 16s and 18s as an assistant coach. Additionally, Taylor was previously JV head coach and Varsity assistant coach at Encinal HS in Alameda. Taylor also worked as the women's varsity assistant coach at Branham HS in San Jose.

JENNIFER URESTI – PRACTICE COACH ISWHITE

Jennifer is in her first season at Xceleration. She has coached all levels of high school volleyball and club with over 15 years experience. Jennifer's volleyball success started early on. She was a CIF Div. III State Champion her senior year of high school, and a First Team Jr. College All-American at Kings River Community College where they also finished 4th in State. Jennifer attended Fresno State University on full scholarship and was an All-WAC selection as a middle blocker during her Senior year. Jennifer still holds the record

for the most blocks in a single game. She started her coaching career while playing college volleyball, coaching in the club scene for Sierra Pacific Volleyball Club and Central Cal Volleyball Club. Jennifer secured her first high school varsity head coaching job her first year out of college.

Jennifer stepped away from the game as she started her family and has been back in the gym for the past six years here in the Bay Area. Jennifer has enjoyed picking up coaching again with her two children who are actively thriving in the sport. Currently, Jennifer is coaching the JV Boys and Frosh-Soph Girls teams at Berean Christian HS in Walnut Creek. She has also been an assistant coach for Girls 14's and Boys 17's age group at BAVC.

Jennifer's excited that she is back in the gym and can share her love of the game with all of the players she comes in contact with. She has a passion for teaching younger players that strong fundamentals and a good work ethic can carry them through their years of playing and beyond.



16BLUE: Lucas Abbott & Kayla Coleman



LUCAS ABBOTT – HEAD COACH 16BLUE

Lucas returns for his 9th season with Xceleration and has coached or played volleyball for almost 25 years. In 2018, his 15Blue team finished Top 5 in the Open Division at the AAU Girls' Nationals in Orlando. Also, in the 2018 Final National 15s Club

Rankings, Prepvolleyball ranked his team at #45 (of 80 ranked) in the nation and was the highest ranked 15s team in the NCVA!

Lucas was a Middle Blocker and All-League performer at Las Lomas HS in Walnut Creek, CA before heading off to play D1 volleyball at Humboldt State University in Arcata, CA. While at

Humboldt, Lucas was the team's starting Middle Blocker for four seasons and team captain his last two seasons, and led the squad to Nationals twice. His playing career continued until 2013, culminating with a season playing professionally with the PVL/NCVA's NorCal Premier. Lucas is currently Girls' Varsity Head Coach at Berean Christian HS in Walnut Creek, CA. He has taken his team to the NCS playoffs all five of his seasons as the Head Coach including making it to the CIF State playoffs twice. He has also served as the assistant coach for the PVL/NCVA Men's NorCal Premier in previous seasons.

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



16 BLUE

11	Audrey Baumer
12	Briana Davisson
19	Isabella de Leon
8	Emalie Depew
6	Grace Doane
10	Paris Haraguchi
2	Ilyssa Ocampo
18	Olivia Ostler
13	Caili Raymond
4	Gianna Szyrko
23	Amira Vontoure
5	Lauren Whyte

KAYLA COLEMAN – ASSOCIATE COACH 16BLUE

Kayla returns for her 9th season with Xceleration after a break from coaching last year. Kayla has assisted coaching the 13White, 15Blue, 16Blue, and 17White teams during her previous seasons with the club. Kayla graduated from Holy Names University (HNU) in Oakland where she was the starting Libero for the volleyball team for three seasons. During her career at HNU, Kayla made the All-Conference team twice and was selected Libero of the Year in her senior season. The Turlock native was her league MVP for two years in high school. Kayla received her professional doctorate degree in pharmacy and is a registered pharmacist for Blue Shield.



16WHITE: Todd Ajari, Michaela Gardner & Michelle Hector-Branner



TODD AJARI – HEAD COACH 16WHITE

Todd enters his 2nd season with Xceleration as Head Coach of the 16White after coaching 14Blue as an associate in 2019. Originally from Hawaii, Todd is now a Benicia, CA resident where he has coached at the club, and high school JV and Varsity teams at Benicia HS. As an assistant coach, Todd has taken two of his club teams to Junior Nationals in Minneapolis in 2017 and Detroit in 2018. Todd has also coached fast-pitch softball, baseball, and wrestling.

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

military. Todd then continued to play men's club teams until 2007 when he focused on coaching his kids in sports.

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

MICHAELA GARDNER – ASSOCIATE COACH 16WHITE

Michaela returns for her 2nd year with Xceleration as the 16White associate coach, following last year's coaching stint as co-head coach of the 15White. Michaela played on the club's 18-1 team and completed her collegiate volleyball career at Ashford University, Cal State East Bay, and Bellevue University. Michaela has assisted at Diablo Valley VBC and Premier VBC in Nebraska and has also



16 WHITE

2	Kaili Angulo
32	Genesis Branner
18	Leila Caralos
12	Alexis Doyle
4	Taylor Hubbard
17	Katie McClain
5	Kenna Moran
1	Rochelle Mosley
7	Parker Sockwell
16	Emma Stechschulte
8	Daniella Walker
11	Allie Wilson



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

Bellevue, her team made it to nationals both years. She is currently finishing her psychology degree.

Michaela said, “I first fell in love with the game of volleyball my freshman year of high school, after I was asked by the coaches to join because I’m so tall. I told them I didn’t know how to play but they convinced me to try. From my first practice my love for the game grew profoundly. I started out on the freshman team; the game seemed so much more fun and easier to get the hang of than basketball, which I had been playing since the third grade. By the end of my freshman season I was pulled up to varsity for post- season and I was determined to play volleyball in college. I was able to accomplish this goal by hard work and the guidance of the Xceleration family.”

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

MICHELLE HECTOR-BRANNER – PRACTICE COACH 16WHITE

Michelle is in her 2nd year with Xceleration and in her 3rd at the club and middle school levels. The Oakland resident played high school volleyball at George Washington HS in San Francisco where she was an All-City Middle Hitter. Previously, her 12U team won its regional championship while at Club Kalani. Michelle said, “Leadership and motivating people to be their best self is what I do. Fun is a necessity to life and I love the outdoors.” She followed, “I enjoy coaching, to assist girls in becoming the best player they can be. Teaching girls the true meaning of team. We win together, we lose together. Success is what you make it.” In addition to volleyball, her favorite sports are water and snow skiing. Michelle has a BA in Psychology and an MBA, and is currently working on a doctorate in Organizational Leadership. Her favorite athletes are Serena Williams and Klay Thompson.



17BLUE: Leslie Ray & Lindsey Ray



LESLIE RAY – HEAD COACH 17BLUE

Leslie returns to Xceleration for her 7th season with the Club where she will serve as Head Coach for both 17Blue and 13White in the 2019-2020 season. Leslie is also in her 7th season as an assistant coach at Cal State East Bay (CSUEB) in Hayward, CA. Leslie was a starting Libero at CSUEB for two seasons before graduating with a degree in Child Development. Prior to CSUEB, Leslie attended Golden West JC and prepped at Long Beach Poly HS, where she was a high school All-American. Leslie played six seasons of club volleyball with the prestigious Mizuno Long Beach VBC. A fierce competitor on the court, Leslie brings a love of the game to her coaching.

She is an excellent student of the game and is able to convey both the skill and passion to her players.

Leslie is currently the head coach of the Miramonte HS women's JV volleyball team in Orinda, CA.

LINDSEY RAY – ASSOCIATE COACH 17BLUE

Lindsey is back for her 7th season with Xceleration. She will also serve as the Head Coach of the 13Blue for the 2019-2020 season. Lindsey completed her collegiate volleyball career at the Cal State East Bay volleyball team after finishing a celebrated high school career in Southern California at volleyball powerhouse Long Beach Poly. She capped her 2012 prep season by being named "Long Beach Century Club Player of the Year" and "Long Beach Press Telegram All-Area Player of the Year" after leading Poly into the 3rd Round of the California Interscholastic Federation (CIF) State Championships.



17 BLUE

8	Colbie Atlas
15	Mora Braggs
1	Samantha Carelock
2	Alexandra Cataldo
4	Brenna Duggan
12	Elisa Gonzalez
9	Ariana Jackson
7	McKenna Keowen
6	Lauren McGrath
5	Jaiden Reilly
10	Alissa Sayama
11	Adriana Walker
14	Madison Xiong



An exceptional talent, Lindsey is looking forward to teaching volleyball and working with Xceleration's players in a sport she loves and is passionate about.

18BLUE: Andy Schroeder & Brett Legitt

18WHITE: Salomon Leon & Haley Walsh

ANDY SCHROEDER – HEAD COACH 18BLUE

Andy is entering his 12th year with Xceleration and 15th year as a club volleyball Head Coach. Prior to joining Xceleration, Andy spent four seasons coaching at Odyssey VBC and NorCal VBC. As a player, Andy played D-1 volleyball for Cal Poly San Luis Obispo. He was an AA-ranked beach volleyball player and, in 2007 was voted into the Seaside Beach Volleyball Hall of Fame. In 2015, Andy was named a finalist for the PrepVolleyball.com National Club Coach of the Year. In the last 10 years, Andy has coached Xceleration's 18Blue teams that have consistently qualified for the USA Volleyball (USAV) Junior National Championships, with three teams finishing in the Top 5 in 2010, 2012, 2013, and 2017. During his coaching career at Xceleration, more than 150 of his former players have gone on to play in college.



Top, left to right: Andy Schroeder and Brett Legitt

Bottom, left to right: Salomon Leon and Haley Walsh

BRETT LEGGITT - ASSOCIATE COACH 18BLUE

Vacaville native Brett Leggitt is in his 3rd year coaching with Xceleration and his 2nd with the 18Blue. Growing up he played basketball and ran track at Canyon HS in New Braunfels, TX. He then attended Southwest Texas State University, now known as Texas State. After studying Agriculture Business, Brett later joined the U.S. Air Force and spent four years on active duty, and another six years as an active member of the Reserves. He fell in love with the sport and learned to play while serving in the Air Force. He played Middle Blocker for his squadron's team.

Brett joins the Xceleration staff with 10 years of coaching experience. He also served as the Head Coach of the freshman team at Vanden HS in Fairfield, CA for the 2012 season. He has coached all levels of club from 13U through 18U. Brett has been volunteering for the USA Volleyball High Performance National Team Tryouts for the past six years. Brett has been invited to work USAV High Performance Training Camps the past two summers as an assistant coach. Brett loves coaching as it allows him to be a part of the lives of so many amazing young people. He enjoys seeing athletes succeed both on the court and off as they move on through the different phases of their lives which he finds rewarding.



18 BLUE

16	Haleigh Brown
20	Emily Casner
11	Claire Conners
14	Emma Engstrom
4	Coco Ikpe
8	Isabella Lipacis
18	Sadie Peete
6	Ishana Ram
17	Dayna Riggio-Kerley
5	Madison Risch
1	Isabel Strand
12	Taylor Whyte

18 WHITE

22	Olivia Anderson
4	Carly Coffee
6	Olivia Elliott
13	Tate Huisinah
5	Sara McBride
10	Aisha Mohanty
1	Chloe Ortega
12	Julia Remigio
15	Jessica Ruiz
3	Daisy Sibley
7	Sydney Sowarby
9	Kylie Wood



SALOMON LEON – HEAD COACH 18WHITE

Salomon joins Xceleration for his 3rd season after coaching the 15White in 2018 and 18White in 2019. Salomon will also serve as the Associate Coach of the 14Blue this season. He was a four-year letterman at Ygnacio Valley HS in Concord, CA. At Ygnacio, he trained as a Setter, Outside Hitter, and Libero. As a player, he has earned Bronze at the Boys Junior National Championships and MVP honors at Ygnacio. He played club volleyball for PacRim VBC. Salomon has been coaching club for 7 years. He has coached at PacRim, Solano, and Core VBCs. As a coach, he has earned a Bronze medal at Nationals. Salomon loves to watch his athletes grow. He finds joy in the overall process of player development throughout the season. Salomon has a strong love for the game and wants to share this passion with his future team.

HALEY WALSH – ASSOCIATE COACH 18WHITE

Xceleration alumnus Haley Walsh returns to the club for her 2nd year as the 18White Associate Coach and 14Blue Head Coach after a storied volleyball career as a Defensive Specialist at both Grand Canyon

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

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

Haley is currently the head coach of the Acalanes HS women’s volleyball team in Lafayette, CA.



Consulting, Coaching, College Development & Support Staff

JIM ROSS – COLLEGE DEVELOPMENT DIRECTOR

Jim is in his 11th year with Xceleration. He began his involvement with Xceleration as a volleyball parent during his daughters’ participation in club volleyball. His initial role was the establishment of the club’s College Development Program that helps athletes navigate through the often-daunting world of college athletic recruiting. That program currently has over 500 coaches and programs



Top, left to right: Jim Ross and Paul Harrison

in its database and is nationally recognized for its role.



Jim picked up the additional role of Xceleration's Club Director in 2009 through 2016 to handle the day-to-day operations of the club that included planning, administration, and managing the teams and coaching staff. During that time Xceleration has doubled in size from 6 to 12 teams.

PAUL HARRISON – COLLEGE DEVELOPMENT DIRECTOR

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

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

MARY STRONG – SETTING COACH

Nominated for an Emmy as the host of the Fox Sports Net show "Dig" and the Directv Sports Mix, the vibrant and dynamic Mary



Strong discovered her love for sports at an early age. After watching her aunt play volleyball for Pepperdine University, she decided to follow in her

footsteps and set her sights on earning a scholarship to play volleyball in college.

Strong joined the Notre Dame HS volleyball team where she received All-CIF and League MVP honors, and eventually landed a full-ride scholarship as a NCAA Division I athlete on the women's volleyball team at Loyola Marymount University. Strong helped lead LMU to victory as the WCC Conference Champs and parlayed her love for sports into a life-long career as a broadcast journalist and professional athlete.

Strong traveled the country working for NBC and CNN where her extensive journalistic experience garnered her an Edward R. Morrow Award for her work in continuous LIVE news coverage both as a field reporter and anchor. She eventually combined her love for sports with her passion for storytelling by becoming a sports broadcaster for Fox Sports Net and NFL Network. Strong was one of the first women in sports broadcasting, covering PAC-10 football, AVP pro-beach volleyball and the World Series of Poker for Fox Sports Net.

Eventually Strong circled back to the sport she loved and played professionally on the AVP pro-beach volleyball tour both nationally and internationally, ranking top 20. She would often find herself stepping off the court, wiping off the sweat and sand, and grabbing her microphone to go LIVE for the AVP broadcast on Fox Sports Net.

Strong currently coaches volleyball and teaches yoga in the East Bay. Strong was recently inducted into the Notre Dame HS Hall of Fame for her outstanding achievements in



volleyball, allowing her to come full circle and thank her coaches, teammates and family for their contribution to her life in sports.

Strong's approach to coaching integrates her high-level achievements in athletics and business with the powerful yogic principles of mind over body, "Often times we think as athletes that physically showing up is enough, but your mind must be fully present or you're only operating at half capacity. In order to consistently achieve the highest level at anything you do, you must train your mind to operate in the now. That's how games are won, and more importantly, how you can make what appears to be impossible, possible." Read more [here](#) and watch [here](#).

ROB BROWNING: INDOOR COACHING TECHNICAL ADVISOR / BEACH DIRECTOR

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



RUTH LAWANSON: LESSONS AND CLINICS COACH

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

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

A setter and hitter during her career she was a member of the 1992 U.S. Olympic team that won the bronze medal in Barcelona, Spain. She spent four seasons with the U.S. National Team, playing on the 1991 World Cup squad that earned a bronze medal in Japan and the 1990 World Championships team that won a bronze medal in China. She was also honored with the national team's 1991 Judy Bellomo Players Award and won a gold medal with the 1992 U.S. Olympic Festival West Region team.

Left to right: Rob Browning and Ruth Lawanson





Left to right:
Normie Pineda,
Tomas Pineda
and John David



TRAVEL COORDINATOR: NORMIE PINEDA

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

TOMAS PINEDA – MEDIA / PHOTOGRAPHY

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

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

JOHN DAVID – MEDIA / COMMUNICATIONS

John has been affiliated with Xceleration since 2011 when his daughter Sam joined the club, and ever since the media team was created in 2013, he has become the club's historian – archiving and reporting highlights and accomplishments of its current and former athletes.

John also supports the club's various online registration and communications needs, such as content development for and management of its website, presence in social media circles, creation of marketing and digital materials (e.g., Player Recruitment Profiles), and publication of the club's monthly newsletter, XCELlent NEWS, which currently is in its 7th season.

The PAPA-razzo

pa·pa·raz·zo *noun*

pä-pə-'rät-(,)sō\:

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

Many of you have already met **Tomas Pineda**. He will be roaming the courts throughout the season to take action and team photos for Xceleration's use on its website, newsletters, Instagram, and Facebook page. His photos will also serve as our memories of the 2020 season. Xceleration will assume that it has your permission to use his photos for the purposes noted above. If you do not wish to release any photos of your child, please send [Tomas](#) an email, with your child's name, team, and jersey number to opt-out.

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



Fresno State Retires #15, Xceleration's Olympic Medalist... Congratulations, Coach Ruth!



14 White and 15 Blue Coach Ascends to Top of Prep Volleyball World... Congratulations, Coach John and the Campolindo Cougars – 2019 D1 NorCal Champions!



Welcome Back... Xceleration Alumni Returns to Club as Coaches

Xceleration is extremely excited and proud to welcome back its former athletes who have chosen to stay with the Xceleration family – as coaches! Thank you for giving back to teach the next generation of young players to learn the Xceleration way!

Clockwise from top left: Michaela Gardner (16White), Taylor Elliott (15White), Haley Walsh (14Blue and 18White), Dana Pineda (15Blue), and Malia Bolko (15Blue).



**By Elizabeth Bernstein, Wall Street Journal,
Reprinted from August 2016**

“You rock!”

“Great job in difficult circumstances.”

“You should be really proud of yourself.”

He's my scuba instructor.

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

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



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

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

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



What Coaches Really Teach (continued)



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

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

Remember your seat.

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



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

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



What Coaches Really Teach (continued)

Fence to fence, not to win.

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

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

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

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

Fatigue will not be a factor.

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

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



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

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

Be proud.

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

What Coaches Really Teach (continued)



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

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

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

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



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

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

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

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

2020-2021 Commits To Date



DARTMOUTH



2020 Commits

Emily Casner - UC Riverside
 Isabella Lipacis - Colorado College
 Chloe Ortega - Cal State East Bay
 Sadie Peete - Cal Lutheran
 Ishana Ram - Emory
 Madison "Madi" Risch - University of Pennsylvania
 Isabel Strand - UC San Diego

2021 Commits

Emma Engstrom - Dartmouth

During the season last year and the early signing period that began in early November, five Xceleration athletes have officially committed to continue playing volleyball at the collegiate level. We congratulate and wish them the absolute best as student-athletes, and we look forward to watching their future teams play in the Fall of 2020. More intent-to-play announcements will be coming soon!

Since the club's inception, Xceleration has helped its players fulfill their dreams of continuing to play volleyball in college, and the club currently has more than 40 former players on active college rosters. We are proud of all our players and our track record of success in sending over 150 Xceleration alumni to play college volleyball.

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

Private/Group Lessons with Coach Ruth

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





“

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

The cameras are always on and coaches are always watching.

Everything begins with attitude, even during warm-ups.

Do your research and get on the coaches' list.

”



Do's Don'ts of College & Athletic Recruiting

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

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

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

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

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

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

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

Do's Don'ts of College & Athletic Recruiting

(Continued from the previous page)

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

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

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



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

Always assume that someone's watching you. It can be at anytime; you're being watched, even when you're line judging.

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





Contact Information:

Jim Ross

jrosses@aol.com



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

Stephanie & Rob Doud, Parent Alums



Key Points and Action Items

- Notify your school counselor that you are a Prospective Student Athlete (PSA)
- Complete player registrations – “NCAA Eligibility Center” (formerly NCAA Clearinghouse)
- Complete Xceleration’s Prospective Student/Athlete Questionnaire (15s – 18s only) as soon as possible. Click [here](#).
- Complete Xceleration’s Player Profile Form (15s – 18s only) by February 1. Click [here](#).
- Review NCAA Guide for Recruiting College-bound Athletes
- Set up a “one-on-one” meeting with Jim or Paul.
- Complete “Prospective Student Athletes” questionnaires that are available on school athletic websites.
- Write brief introductory email to potential coaches – write a “grabber” to get their attention.
- Do your research on universities and colleges, and their volleyball program.
- Create 2-4 minute video of game highlights and post on YouTube, Vimeo, etc.
- Be proactive and write follow-up/thank you emails after coaches come to see you play at tournaments.
- Keep [Jim](#) and [Paul](#) updated, and correspond with both to ensure that you are making progress.



Video in the Recruiting Process: Simple and Significant

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

Reprinted from JVA Blog, May 16, 2017

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

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

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

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

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

WHY A HIGHLIGHT VIDEO?

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

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



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

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

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

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

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

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

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

WHAT WOULD YOU LIKE TO SEE IN A HIGHLIGHT VIDEO?

1) A short highlight video – average is 3-5 minutes.

2) Show a few seconds before and after - I want to see your body language, communication with teammates and reactions to plays, points earned and lost.

3) Clips of you doing your positional skills well.

- Middles: hit, block, handle a free-ball pass, serve.
- Outsides: hit, block, PASS, serve & dig.
- Setters: setting in system and out of system (all sets, including entry footwork), dig, serve, block.
- DS/Ls: PASS, PASS, dig, serve & set.



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

WHAT DO COLLEGE COACHES WANT TO SEE BY POSITION?

Attackers

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

Passers

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

Setters

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

UNEDITED MATCH FILM

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

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



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

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

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

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

5. A complete set, edited only for timeouts.



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

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

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

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

In closing, if you are involved in the recruiting process at any level, you know that the utilization of video currently is a **KEY** component. With the technology at hand in regards to cell phones, countless editing resources and emerging video production companies that can film and produce high quality highlight and match films, providing college coaches with a video that represents who you are on the court along with your email is essential in kick-starting their interest.

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

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

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





Recruiting Questions College Coaches Ask

By Jessie Cooper, About Sports.com

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

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

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

1. Do they make their teammates better?

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

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

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

3. What is elite about them?

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



4. Do they meet my recruiting needs?

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

5. Are they interested in my school?

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

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

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



Ways for Student-Athletes to Balance Academic and Athletic Demands

By Chelsea Mottern, Reprinted from JVA Online

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

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

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

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

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

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

1. Get organized!

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

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

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

3. Pick classes you are excited about.

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



4. Study together!

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

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

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

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

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

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



Team Bonding and Cohesion Guides Teams to Success

By Emily Winters, SportsEngine

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

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

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

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

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

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

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

To further the growth of these relationships, Virginia Elite organizes a “Big Sister, Little Sister” round of speed dating during the lock-in. For





Team Bonding and Cohesion Guides Teams to Success (continued)

90 seconds, the girls interview each other and then rank their top three choices for players to be paired with for the rest of the season.

The matches are made on a mutual selection process, with older girls partnering with younger ones to provide advice about several topics, including college recruiting and the challenges of learning new volleyball skills. The duos also send encouraging text messages to each other before big games.

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

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

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

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

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

Similar strategies are used at Grand Strand Juniors in Myrtle Beach, South Carolina, where coaches lay the groundwork for making their teams more cohesive prior to the year.

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

The club also throws a big preseason event that includes an intra-squad scrimmage in which players get acclimated to their teammates, adjust



to subbing into a game and prepare for playing in the first tournament.

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



15 White's Gracie Penman "Pawses" to Lend a Hand, Let's Help Her Out – Buy Organic Dog Treats!

Xceleration's Gracie Penman of the 15 White is doing an organic dog treat fundraiser. Half of all sales go directly to local causes including a family in need to provide Christmas meal and help meet basic needs.

Please consider getting treats for all the dogs on your list and helping the community too.

- \$5 bag, organic ingredients: pumpkin, peanut butter, whole wheat flour, egg
- Available at these Martinez locations:

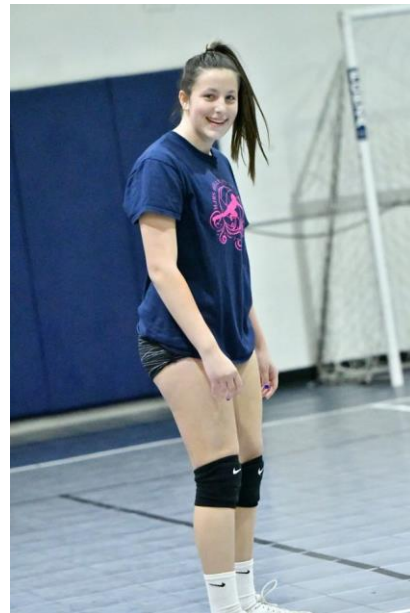
Gilded Frond Textiles
826 Main Street

Lavendar Moon Interiors
724 Main Street

Santa House (near Starbucks) 700 Main St.

We are grateful for the support of our stores!

If needed we can take orders and arrange pick up/delivery at practices. Call, text or email to place orders.



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alumni news

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



Meaghan Hohman



Outside hitter [Meaghan Hohman](#) was named **Freshman of the Year** in the ballot of the league's head coaches. Hohman became the sixth Tiger to be named 2019 Southern Collegiate Athletic Conference (SCAC) Freshman of the Year. She ranked fourth in the conference with a .326 hitting percentage, as well as fifth on the team averaging 2.21 kills per set. Hohman, who started 12 of the 19 matches in which she played, put down double-digit kills on three occasions, including a season high 12 against Illinois College when she hit .846 on 13 swings with just one misfire.



Cat Helgeson



Freshman [Cat Helgeson](#) headlined the All-SCIAC awards, earning the 2019 Southern California Intercollegiate Athletic Conference (SCIAC) **Newcomer of the Year** after a stellar rookie season. Helgeson was also named to the All-SCIAC Second Team. Helgeson has appeared in every single set the Panthers have played this season. As Chapman's starting libero/defensive specialist, she led the squad and ranked second in the conference with 355 digs against SCIAC opponents. The Walnut Creek native led the conference with 6.34 digs per set as the Panthers posted a 14-2 conference record. In her debut season, Helgeson tallied double-digit digs in 11 of 16 matches against SCIAC opponents, including a career-high 31 digs in a 3-1 victory over Whittier.



Earlier in November and for the second time this season, freshman [Cat Helgeson](#) was named the SCIAC Specialist of the Week. Helgeson wrapped up the regular season of her award-worthy freshman year with another 47 digs in two sweeps. In back-to-back sweeps that locked up the second seed in this week's SCIAC Tournament, Helgeson put up 26 digs against Caltech and another 21 over Pomona-Pitzer. She averaged 7.83 digs per set for the

alumni news

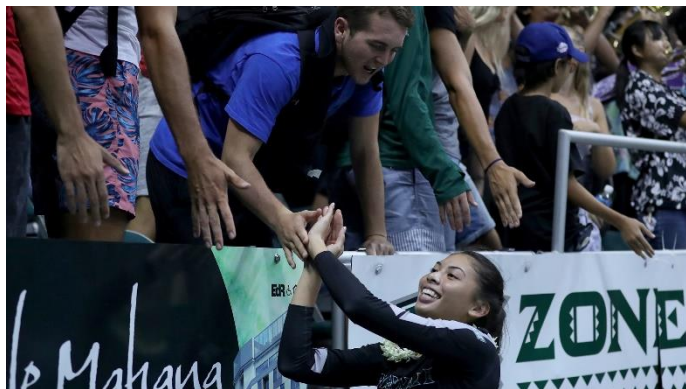
week to up her season average to 6.08 digs per set. She ranks 13th in Division III in digs per set, which is also the highest average for a freshman in Division III.



JANELLE GONG: Still In It, To Win It!

Good luck Janelle and the University of Hawaii Rainbow Wahine in the NCAA D1 Tournament!

No. 18/12th-Seeded Hawai'i Sweeps No. 20 San Diego To Advance To Sweet 16



#3 Mickayla Sherman



Sojourner Sherman: Today is senior night for Cal State LA's #3 **Mickayla Sherman** and we have so much gratitude for Xceleration VB Club!! You prepared her well for her journey to play at a collegiate level. I especially want to thank **Andy Schroeder, Jeremy Swann, Jim Ross, and Paul Harrison** for playing a huge role in her success as an athlete, student and a human being. Thank you from the bottom of our hearts. We love you much!!



alumni news



**Volleyball
Academic
All-Conference**



Wellesley Earns At-Large Bid to 2019 NCAA DIII Volleyball Championship

Blue Volleyball Earns Four NEWMAC Academic All- Conference Selections



NIKKI JENSEN: Two-Time NEWMAC Academic All-Conference team

Great job, Nikki. Honorees must have met the following criteria: earned a minimum cumulative GPA of 3.5/4.0 scale or 4.35/5.0 scale after the 2019 spring semester, achieved second year academic status at their institution, and been a member of the varsity team for the entire season.

ASHA JOHNSON: Fitting Right In

What a great freshman season for Asha Johnson (Xcel Class of 2019) and the Howard Bisons... a MEAC title and an appearance in the NCAA Volleyball Championship tournament.



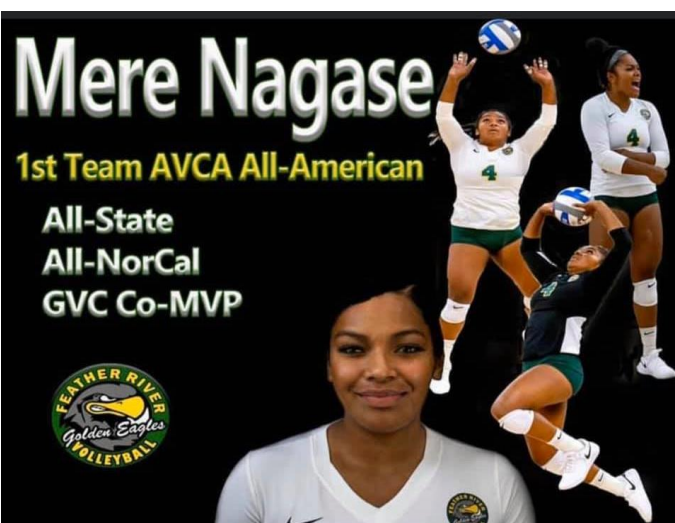
FIVE BY FIVE: Howard Wins 2019 MEAC Volleyball Championship



alumni news

MERE NAQASE: All-State, Tourney MVP, Champion!

Naqase, an All-American First Team selection in the regular season, accomplished a triple-double with 10 kills, 39 assists and 27 digs (plus three blocks). Her quick sets and spectacular all-around play was complemented by the big hitting of Tuia and Carnes, who each drove home 16 kills. Thomas was the only FRC player to reach double figures in all three state tourney matches as she slammed 13 kills (and four blocks) while hitting .345.



2019 CCCWVCA STATE ATHLETES OF THE WEEK

Week #10

NORCAL

Mere Nagase, Feather River College
Setter, Sophomore (San Leandro High, Oakland)



Considered one of the most versatile athletes in the state, Nagase's statistics don't do her justice. She has helped Feather River to a state-best 30 victories and has twice this season performed triple-doubles in kills, assists and digs. Her averages are 1.8 kills, 1.9 digs, 7.1 set assists, and 0.5 aces. In three wins this year v. top-ranked squads such as Fresno, San Joaquin Delta and American River, Mere totaled 44 kills, 105 assists, 22 digs and six aces in just 13 sets. She had 10 kills and 45 assists with five aces in two conference wins last week.



Kill Machine sends Feather River to first state women's volleyball title



Chalk Talk

Coaches gathered to talk and share thoughts about practice strategies and routines because they can't wait to get started. Club Director Leslie Ray continued the gatherings as we lead up to the official start of practices, which started December 1.



Volleyball and Society

By Tim O'Connell

A volleyball team is a reflection of society. You have so many things going on in the same circle. You have doers. And

you have takers. You have leaders and you have followers. You have the highly motivated, and you have those thinking, "let's get this over with." You have the hard worker who would never leave the gym 'til you turn the lights out, and you have the ones who look at you like you are crazy for saying we will practice tomorrow.

The very makeup of the team is also a reflection. The setters are your bosses. They dictate the workload and who gets what. The middles are your managers who make sure your outsides are taken care of. And they, the outsides, are the specialists; that elite group that puts the finishing touches on what the laborers (backrow players) have worked so hard to get ready for them. Just like any job, if one group struggles, the

whole group fails. There are those that seem more important, but in reality, in real life, they are not.

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

They help them get steeped in reality. They learn that if you don't outwork someone else, you will be replaced. If you don't



show up, you'll be shown the door. If you can't follow direction, you'll be directed out. If you can't be a team player, you won't be a team member.

This is all important.

That's why most former athletes make good employees.

Why they make good members of society.

And that's where we all end up eventually.



XCEL Strength and Conditioning Program with Performance Training Coach Marcus Maxwell

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

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

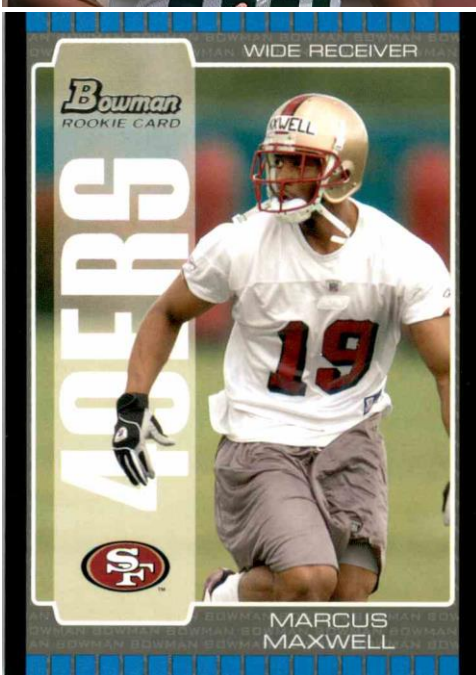
Over my seven-year athletic playing career, I used my experience as a stepping-stone to propel my athletic coaching development outside of football. From 2005 to the present, I have spent countless hours working with a number of industry professionals to assist with sharpening my skills and building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

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

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

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Nutrition & Fitness: Fueling for Success

by Jill Daniels, MS, RD, CSSD

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

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

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

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

Eat well, play hard, and have fun!

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

Reprinted from *SportsStars Magazine*, August 2015.



Nutrition habits before practice just as vital as before a game

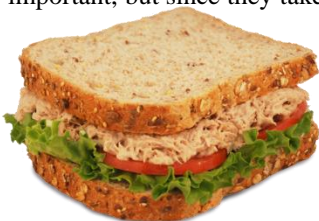


Eating well before practice is just as important as eating well before competition. If you are well fueled, you'll be better able to train hard, which mean that you'll have an edge over the competition. Many athletes show up to practice without appropriate fuel on board, which results in muscle fatigue,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

Fueling properly before practice can provide these benefits:

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

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



When to Eat What

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





Volleyball Nutrition: What to eat and when to eat it to be your best at game time

Reprinted from an article by Université Saint-Joseph and shared by 15Blue Parent Gerard Torres

Volleyball, unlike endurance sports, is stop and go. This is a good thing in terms of nutrition because there are ample opportunities to eat and drink during a match to keep yourself going. Regardless of how great you are at the skills of volleyball, your energy level and your ability to stay strong all match long will be the keys to a great performance.

Whether you are playing a match or an entire tournament day, **you must keep your body properly nourished and hydrated to play your best.**

Since a volleyball match can vary widely in length depending on the number of sets required to win, you must be prepared to go the distance at all times. A three set match could end in an hour, but a five set match can last up to three hours. Make sure you are prepared for any eventuality.

The idea of sports nutrition is to anticipate your needs for the foreseeable future and to provide your body with the correct nutrients to respond to the demands you'll require of it. If you get behind in your energy stores, it will take your body a while to recover and get back on track. The game waits for no one though, so your misjudgment can cost your team the game. Make sure you understand what your body needs to perform at the highest level.

Keep in mind that everyone is different and therefore has different nutrition needs. **Pay attention to your body and its response to the food you eat.** Did you feel good at the start of the game and then have an energy crash? Did you eat too early and find yourself hungry when the

First whistle blew? Does eating during a match give you a stomach cramp or a stitch? Adjust your intake accordingly and find what combination works best for you.

Here are some basic tips for sustaining your energy when playing volleyball:

A solid Pre-Game meal: Eat several hours before game time

On the day of a match, be sure to eat breakfast, lunch and a couple of snacks during the day. **Stick with lean meats, vegetables and carbohydrates like bread, pasta and fruit. Stay away from foods with high processed sugar and any new foods you have not tried before on game days.**

The most important meal of the day is your pre-game meal. This is what your body will primarily draw from during a match, so choose your foods wisely. **Most experts agree that the Pre-Game meal should be eaten 2-3 hours before your match.** If you're not sure what your ideal time is for pre-game, try eating two and a half hours before the match and then vary the time slightly for the subsequent matches, paying close attention to how your body responds.

Since volleyball requires a lot of quick movement and bursts of strength over a long period of time, **it is necessary to provide your body with a good amount of carbohydrates such as fruits, veggies, whole grain cereals, breads, and pastas, and low-fat dairy.** Supplement your carbo-load with protein (lean meats, chicken, turkey, fish, nonfat cheeses, dairy and

egg whites) and veggies and you have the ideal pre-game meal. The recommended ratio is 50-65% carbs, 10-25% protein and less than 30% healthy fats like nuts, nut butters, fish oils, avocado, soy, and vegetable oil based salad dressings.

During a match or tournament: Keep your energy up all game or all day long

There are plenty of chances to refuel during a volleyball match. If the match goes long or you're working harder than usual, you can use up all your stores of energy that you packed away before the game.

If you feel you need a boost during the game, this might be a good time to eat a protein or nutrition bar. Most of these bars are formulated to give you energy right away, whereas real food at this point will take longer to convert to energy. Make sure the energy bar you choose has a good ratio of carbohydrates to protein. A good choice has a ratio of at least 4:1 (carbs:protein).

If eating during a match makes you queasy or doesn't sit well, you can restore your energy with the proper hydration.

Drink a sports drink during the game in addition to water.

Sports drinks contain potassium and sodium that you lose when you sweat and the calories they provide can take care of some of the muscle breakdown you might be feeling over the course of a long match.

Volleyball Nutrition (continued)

Playing in a volleyball tournament is distinctly different than playing in one match. Instead of storing up carbs for a two-hour block of time, you need to eat and drink in a manner that will allow you to keep your energy up all day long.

In most tournaments, you will have a game or two followed by a break.

Make sure to study your schedule so you can plan the best times to eat. The best course is to eat a good, hearty breakfast and follow it up over the course of the day with high carb snacks like pretzels or a bagel. Fruits like apples, bananas and oranges make good tournament snacks as well.

Take in food when you know you have enough time for your body to process it. Ideally, you will want to take in some food every 2-3 hours. **Eat protein or nutrition bars for quick energy, but make sure you have a sandwich or something hearty around lunch time when you have a free hour or two. Eat right when you finish playing to optimize your body's capacity to store carbohydrates.**

If you don't have much time, make sure to keep your snacks light.

Playing on a full stomach when your body needs to digest will make you sluggish and will hurt your game.

Keep yourself well hydrated all day long and incorporate some sports drinks with your water to help maintain your energy level and keep your muscles from cramping.

After the match: Eat within an hour after playing

The post-game meal is often disregarded. Sure, most of us eat after a game because we've worked up an appetite. But what you eat at this meal is important because it helps you to store carbs which will help you recover more quickly.

The timing of this meal matters as well. **You should eat within one hour of the end of the game because that is when your body is most efficient at storing carbohydrates.**

In addition to taking in carbs soon after finishing play, it helps to take in some protein as well. Protein will aid in the storage of carbs and in your recovery process.

Hydration: Drink water and sports drink early and often

You should start to hydrate in the days before a match. Technically, if you're in season for volleyball, you should be hydrating all the time for practice, games and tournaments. When you are hydrating for an upcoming match, start by taking in fluids the night before and all day the



day of a game. Hydrating will keep your body running smoothly, keep your energy up and help keep your muscles from cramping. You will know you are well hydrated when your urine is light in color.

During a match, hydration can help to maintain your energy. As mentioned earlier, you should drink sports drink during a match. The calories from the drink will help give you energy as well as replace the potassium and sodium you've lost. Water alone cannot provide what your body needs.

Drinking a whole bottle of water at once is not the best way to deliver hydration to the body. It is recommended that you drink 4-8 ounces of fluid every 15 minutes during activity. This means that during each time out, you should take a few swallows of water. Spreading out your intake in this way will allow you to avoid the feeling of being waterlogged and will allow your body to metabolize the fluid throughout the match.

- **A solid Pre-Game meal: Eat several hours before game time**
- **During a match or tournament: Keep your energy up all game or all day long**
- **After the match: Eat within an hour after playing**
- **Hydration: Drink water and sports drink early and often**

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

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

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

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

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

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

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

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

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

Hand Signals You'll See During a Match



BALL IN



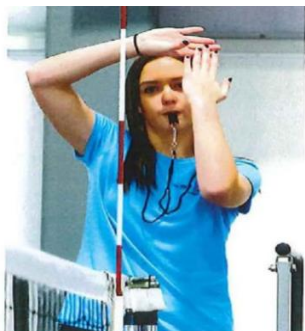
BALL OUT



TWO HITS



END OF SET



BALL TOUCHED



SUBSTITUTION

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

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

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

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

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

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

Q: What is rally scoring?

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

2020 Tournaments

(updated December 10, 2019)

Tournaments	Dates*	12B	13B	13W	14B	14W	15B	15W	16B	16W	17B
NCVA California Kickstart	Jan 18	x									
NCVA California Kickoff	Jan 18-20		x	x	x	x	x	x	x	x	x
NCVA 18s Power League #3	Feb 1										
NCVA Premier League Qualifier	Jan 25	x									
	Jan 26			x							
NCVA Power League Qualifier	Feb 1-2		x		x	x	x	x	x	x	x
NCVA Presidents Day	Feb 15-17	x	x	x	x	x		x			
SCVA Las Vegas Classic - Las Vegas	Feb 15-17									x	
NIT Triple Crown - Kansas City	Feb 15-17						x		x		x
NCVA Power League #1	Feb 22		x		x	x					
	Feb 23						x	x	x	x	x
Golden State Classic - Sacramento	Mar 7-8				x	x	x	x			
Colorado Crossroads - Denver	Mar 13-15								x	x	x
SCVA Red Rock Rave II JNQ - Las Vegas	Apr 3-5				x	x	x	x			
NCVA Power League #2	Mar 1										x
	Mar 8						x	x	x	x	
	Mar 15		x		x	x					
NCVA Power League #3	Mar 22				x	x					
	Mar 29						x	x			
	Apr 5		x						x	x	x
NCVA Premier League #1	Mar 1	x		x							
NCVA Premier League #2	Mar 14	x		x							
NCVA Premier League #3	Apr 4			x							
NCVA Far Westerns - Reno	Apr 18-20		x	x	x	x		x			
	Apr 24-26						x		x	x	x
NCVA Premier League #4	Apr 25			x							
NCVA PL Regional Championships (Various TBA / Reno)	May 2-3		x	x	x	x					
	May 9-10						x	x	x	x	x
NCVA Bayview Classic - San Mateo	May 23-25		x	x							
JVA West Coast - Long Beach	May 23-25				x	x	x	x	x	x	x
AAU National Championship - Orlando	Jun 16-28						x		x		x
USAV Jr Nationals (as qualified) - Dallas	Jun 25-Jul 4		TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD

Tournaments	Dates*	18B	18W
NCVA 18s Power League Qualifier	Dec 14-15	x	x
NCVA 18s Power League #1	Jan 4	x	x
NCVA 18s Power League #2	Jan 5	x	x
NCVA California Kickoff	Jan 18-20		x
Music City JNQ - Nashville	Jan 18-20	x	
NCVA 18s Power League #3	Feb 1	x	x
SCVA Las Vegas Classic - Las Vegas	Feb 15-17		x
NIT Triple Crown - Kansas City	Feb 15-17	x	
NCVA 18s PL Regional Championships - Cal Expo	Feb 29-Mar 1	x	x
Sierra National Qualifier - Reno	Mar 6-8	x	x
SCVA Red Rock Rave I JNQ - Las Vegas	Mar 28-30	x	x
NCVA Far Westerns - Reno	Apr 24-26		x
USAV Spring JNs (as qualified) - Reno	May 1-3	TBD	TBD
JVA West Coast - Long Beach	May 23-25	x	x

* Reflects tournament dates only, excluding travel days

Tournament Survival Guide

For those of you who are seasoned veterans of club volleyball tournaments, you more than likely have your weekend routines down for the upcoming season. But we realize that there are many members of our club who are either new to volleyball or might not have participated with a club who plays in as many tournaments as Xceleration does. With that in mind we have put together a simple, but we hope helpful, guide for you. What to expect at tournaments. Suggestions on what to bring. Site rules. All of which we hope will make for a more enjoyable experience while you are watching your daughters and their teammates.

TOURNAMENT OVERVIEW

- Tournaments can be one-day league events, two-day qualifiers or three-day events (some of which may require taking a school day off for travel).
- One-day league events start play at 8 am but players need to be onsite no later than 7:15 am.
- One-day event play should normally be complete by 6 pm, but it can run later and does often.
- Two- and three-day events are split into AM and PM waves. AM waves start at either 8 am or 8:30 am and run until 2 pm – 3 pm. PM waves will start at either 2:30 pm or 3 pm and run until about 9 pm (or later). Be prepared for both waves running late! It happens often. A late running AM wave will obviously cause a late PM wave.

TOURNAMENT VENUE RULES AND REGULATIONS

- Playing sites all have rules and regulations on what you can and cannot do at their sites.
- Some allow tailgating. Some do not. Some charge for tailgating. At others it is free.
- Most charge for parking.
- Some charge spectators for entry into playing sites.
- NO VENUE ALLOWS FOOD INTO THE PLAYING SITE! Only water and small snacks that you can put in a players backpack are allowed near the courts.
- Check the website of the tournament you are going to be playing in for all their venue rules and regulations.
- All NCVA playing site rules can be found by accessing the following link: <https://ncva.com/venue-information/>

FOOD/HYDRATION

- While this sounds like a no-brainer, you'd be surprised how many people go to tournaments that are scheduled to last for hours or days, without a food and hydration plan. Running out of food and hydration will make your players experience a bad one, on and off the court. We can not stress this enough with the Nutrition articles provided above.
- Consider what an athlete's body needs to play, and to keep playing, for hours and days. Wolfing down a pizza right before you play is not a great idea.



YOUR SUPPLY BOX!

This should be taken to every tournament with essentials that you will need from almost every time you play. This is generally a team shared box (usually a large plastic storage container with a lid) that the team can replenish throughout the season. Here are some suggestions for what to put into this supply box:

- Table Cloths
- Paper Towels / Napkins
- Paper plates
- Paper or plastic bowls
- Plastic cups
- Plastic silverware
- Serving utensils
- Salt and Pepper
- Cutting boards
- Small knives for cutting bagels, fruit, etc.
- Hand wipes / sanitizer
- First Aid kit with band aids, tape, antiseptic, small pair of scissors
- Anything else you think you might need, or your teammates might need

Tournament Survival Guide (continued)

Breakfast (if you are playing in the morning):

- Players should eat something prior to arriving at the venue. Fruit, bread, muffins, cheese, fresh juices, oatmeal. Stay away from anything heavy or with processed sugars.

Breakfast (if you are playing in the afternoon):

- A slightly heavier breakfast is ok. Eggs, lean breakfast meats, pancakes are ok along with the previous breakfast suggestions.

During competition:

- No large or heavy meals! Stay away from processed sugary drinks (sodas).
- It is best to eat small bites, but often throughout the day.
- Lean meats like turkey or chicken, fruits, nuts and grains, peanut butter, vegetables, energy bars, granola, etc. If you eat pasta or salads, eat small amounts. Not a huge plateful.

After competition:

- It is very important that athletes eat after completing their daily competition!
- This is true even if you have completed a PM wave and have an AM wave the next morning. So not just let athletes go back to the hotel and go to bed. They must eat something prior to going to bed!

Hydration:

- If you are travelling to a tournament at high altitude (Reno, Denver) **start drinking extra amounts of water at least 3 days prior to departing for the tournament!**
- Plan on drinking water all day and night you are at a venue. You do not need a huge belly full of water, but keep sipping all day long.
- Stay away from sodas or sugary drinks.
- You do need salt intake over a long day, so sports drinks are OK in moderation.
- If you have a tendency to cramp, believe it or not, pickle juice works. A quick sip while cramping can help.
- You can never bring enough water to a tournament!
- Never run out of food!

OTHER THAN FOOD AND WATER – WHAT TEAMS SHOULD BRING TO A TOURNAMENT

- **Shade.** If you are tailgating, many teams bring along “pop-up” tents to keep the sun, or possibly rain, off parents and players. Tarps are also a good idea.
- **Folding tables.** If you are setting up a team camp to serve food and others.
- **Clothing.** Mornings can be cold, VERY cold. Make sure you are warm. Heavy jackets. Mittens. Heavy slippers or boots. Extra socks. Beanies. Blankets to wrap around you can sit on.
- **Portable chairs.** You can never have enough. Athletes need to get off their feet during long days! So do spectators. Check venue rules on what you can bring into the actual venues. The large two- and three-day tournaments have chairs at the courts for spectators.
- **CASH!** You will need it for extra food and water, items for sale at tournaments, parking, etc.
- **Cooler.** For food, drinks, ice, etc.



Your Individual / Personal Items

- **Jerseys** – always pack ALL your jerseys to every match you play. Do not assume you are wearing white and not bring your navy jerseys. Pack them ALL in your backpack every time!
- **Long-sleeve warmup jersey** if you are on a team that received them.
- **Spandex** – including extra pairs
- **Volleyball shoes** – extra shoe laces
- **Non-volleyball shoes** – slippers or sandals
- **Ankle braces** if you use them
- **Socks** – at least 2 pairs
- **Warmup jacket and pants**
- **Water bottle**
- **Hair bands** – bring extra
- **Whistle** – you will need it to ref at times. If you do not have one, buy one.

California Kickoff – Preliminary Wave Assignments

		Saturday AM	Saturday PM	Sunday AM	Sunday PM	Monday AM
12Blue	12 Club	SMEC	-	Santa Clara CC		
13Blue	13 Club	-	-	-	San Jose CC	Santa Clara CC
13White	13 Club	-	-	-	San Jose CC	Santa Clara CC
14Blue	14 Open	-	SMEC	-	TBD	-
14White	14 Club	-	-	SMEC	-	SMEC
15Blue	15 Open	San Jose CC	-	TBD	TBD	-
15White	15 Club			San Jose CC	-	San Jose CC
16Blue	16 Open	San Jose CC	-	-	TBD	-
16White	16 Club	-	-	San Jose CC	-	San Jose CC
17Blue	17 Open	-	San Jose CC	-	San Jose CC	-
18Blue	18 Open	-	San Jose CC	-	San Jose CC	-
18White	18 Club	-	San Jose CC	-	San Jose CC	-

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

SMEC = San Mateo Event Center

Santa Clara CC = Santa Clara Convention Center

San Jose CC = San Jose Convention Center

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

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

Weekend Pass:

\$16.00 if purchased online by 11:59 PM on January 17, 2020

\$20.00 if purchased online starting at 12:01 AM on January 18, 2020 or on-site.

One-day Pass:

\$8.00 if purchased online by 11:59 PM on January 17, 2020

\$10.00 if purchased online starting at 12:01 AM on January 18, 2020 or on-site.

Discounted Wristbands:

Children, 12 and under: Free

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

College Coaches: Free

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

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