



# Xcelent NEWS

MARCH 2020

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## In the News...

- Road Trip: Kansas City, Las Vegas and The Bay on Presidents Day
- Three Weapons for Effective Blocking
- RECRUITING: How Do You Want to Set Yourself Apart from the Hundreds of E-Mails?
- College Commitments
- Drum Roll, Please! Alumni Update
- Nutrition & Fitness

## PARENTS & ATHLETES:

- Help Your Child Be The Best Backup Player As Possible
- Lawnmower Parents: You're Ruining Sports!
- A Letter from Jim Ross to Xceleration Staff
- Why Do You Pay So Much Money For Your Kids to Do All Their Sports?
- Dear Little Volleyball Girl
- Prepvolleyball: Perspective

## OFF-SEASON CAMPS & CLINICS:

- It's Almost Time to Hit the Beach: The Differences Between Indoor and Beach Volleyball
- Registration is Now Open!

**Xceleration  
Volleyball Club**

John B. David, Editor

## On the Road Again!

### A Busy Three-Day Weekend! 12 Teams in 5 Cities and 3 States for Triple Crown, Las Vegas Classic, and Presidents' Day Tournaments

On the road again

I just can't wait to get on the road again

The life I love is [playing volleyball] with my friends

And I can't wait to get on the road again

On the road again

Goin' places that I've never been  
Seein' things that I may never see again  
And I can't wait to get on the road again

**Xcelent NEWS** pays a quick homage to country crooner Willie Nelson as Xceleration teams faced off against the highest levels of competition in Kansas City and Las Vegas when the prestigious invite-only Triple Crown NIT and SCVA Las Vegas Classic were held during the President's Day break. Our other teams, however, stayed local but still got on the road to various venues to do battle during the long weekend. NIT organizers once again offered a bid to Xceleration to compete in the widely acclaimed tournament that is considered to be one of the best of the volleyball season, the club gladly accepted without question. Triple Crown organizers are proving to the nation that this is the place to be. One has to have the credentials and the ability to compete at a high level to be in this tournament. Xceleration was honored.



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





Hello Xceleration,

Last week we shared news and updates from [USA Volleyball](#) and the [Center for Disease Control and Prevention \(CDC\)](#). Undoubtedly, you are also reading and hearing a lot about the spread of COVID-19, globally and here in California. While the immediate health risk from COVID-19 is still considered low for the general American public, there are basic measures we want you to take in support of your health and wellness:

#### Reminders and precautions to stay healthy:

- **Wash hands** frequently with soap and water for at least 20 seconds – don't miss the backs of your hands, between your fingers and under your nails
- **Use alcohol-based hand sanitizer** when soap and water is not available –at least 60% alcohol
- People who are sick should always **cover their coughs and sneezes** using a tissue or a the crook of their elbow, wash your hands after using a tissue to wipe your nose or mouth
- People who are sick should **stay home from work or school** until they are well
- **Avoid touching your eyes, nose or mouth** with unwashed hands
- There could be people with symptoms in public places, **put distance between you and them**...try for 6 feet, but even a little distancing is helpful
- In case there's a need to stay in the home, **have a sensible supply of food staples, medication, water, essential household supplies**
- **Bookmark the website of your local health department** so you have reliable source of news
- For those with children in school, **understand school / daycare closure protocol**
- If you are sick or think you may have been exposed, **contact your medical provider immediately**. Before visiting a doctor's office or emergency room, call ahead and tell them about your recent travel and symptoms.

We cannot stress these important precautions enough and, with this being said, we will also do our small part to prevent illnesses in the following ways:

### Coronavirus (COVID-19)

COVID-19 is a new coronavirus that has been identified as the cause of an outbreak of respiratory illness globally.

#### SEVERE SYMPTOMS

- High fever (100.4 or higher)
- Pneumonia

#### PRIMARY SYMPTOMS

- Fever
- Runny nose
- Dry Cough
- Shortness of breath
- Fatigue
- Body Aches

#### TRANSMISSION

Spread from person to person through sneezing or coughing.

Respiratory droplets containing the virus can remain on surfaces even after the ill person is no longer near.

**PLEASE READ**



Out of an abundance of caution, we're taking decisive steps for the health and safety of our players and families to minimize exposure. This includes providing you with the facts, so we can avoid disruption to our season schedule. Lastly, as a reminder, the best defense is good personal hygiene. Please visit the following sites for more guidance.

- [CDC's Handwashing](#)
- [COVID-19 Fact Sheet](#)
- [COVID-19: How to Protect Yourself Video](#)
- [Flu Myths & Facts](#)
- [How to Protect Yourself from the Flu](#)
- [How Much Do You Know about Colds and Flu?](#)



## CORONAVIRUS

- Fever
- Cough
- Shortness of Breath, or difficulty breathing
- Symptoms appear 2-14 days after exposure

## FLU

- Fever
- Chills & sweats
- Cough
- Congestion
- Muscle aches
- Sore throat
- Fatigue & weakness

## ALLERGIES

- Sneezing
- Itchy nose, eyes or roof of the mouth
- Runny, stuffy nose
- Watery, red or swollen eyes

## FACTS NOT FEAR

As many people start to get sick with the flu or experience allergies, here's a look comparing the symptoms between the coronavirus, the flu and seasonal allergies.

- **Have hand sanitizers readily available at practice**
- **Ask players to wash their hands before and after play**
- **Sanitize volleyballs regularly, using guidelines provided by Molten\***
- **Advise staff to stay home if they are ill**
- **Ask coaches to send sick players home immediately**
- **Ask players, staff, and families to self-quarantine and see a medical provider if they may have potentially come in contact with a third party who *may* have been exposed to COVID-19/Coronavirus**
- **Enforce a 50-maximum capacity in our practice facility (i.e., social distancing), in compliance with Contra Costa County Health Services recommendations for mass gatherings, meaning that parents should not congregate inside the courts**

Similarly, the NCVA will have sanitizers available at all score tables and tournament desks at the large venues. In an effort to minimize contact, the NCVA has also asked that no teams high-five, handshake, or have hand-to-hand contact during pre- and/or post-game.

This brings up a few important questions regarding our participation in upcoming tournaments. Because the situation is very fluid, dynamic and ever-changing, we are monitoring the situation closely and on an ongoing basis with tournament organizers. We are also consulting with other entities and advisors for guidance to help our decision-making with respect to this issue. At this time, the Xceleration ownership and leadership teams have concluded that the general risk to our players is low, as the most vulnerable and at-risk populations are more likely to be affected. Of course, we will re-assess the situation as new information comes in. We realize that this may place undue burden on teams and families should a late-minute decision be made to cancel our tournament participation; this will ensure the health and safety of our members.

In the end, it is ultimately up to each parent to make the decision whether their child should opt to stay home or participate in our scheduled tournaments. In the event that your daughter will not be available to participate, our coaches would appreciate advance notification so that adjustments can be made accordingly.

Stay healthy and safe.

Jeremy



*\*Molten has received many inquiries regarding how best to clean and/or sanitize volleyballs, as the 2020 club volleyball travel season continues in the midst of the current virus unease.*

*In brief analysis, the use of sanitizing wipes inclusive of bleach or similar disinfectant have proven to be effective against emerging viral pathogens. However due to the porous surface of the leather and composite volleyballs, tests have not confirmed the ability to kill the novel coronavirus.*

*When using the wipes, it is suggested to place the wipe in one hand while thoroughly rotating the ball to ensure cleaning of the entire surface. Once the entire surface has been cleansed, the ball will need to dry prior to being placed back in use.*

*Please note due to the chemical properties in the wipes, some of the ink on the ball may be removed. Alcohol wipes have resulted in damage to the product and are not recommended at this time.*



12Blue: Thank you and good luck in your last PL\* – see you back in the gym soon...



Gina Giacomazzi Hageboeck  
Xceleration Volleyball Club

February 15 · 🌐

12B ready to shine at the San Mateo tournament!  
#youngstrongmighty  
#onewinssofarkeepgoing



Like

Comment

Share



Gayle Saunders Swann Ahhhhh!!!  
Cuties!!!

Like · Reply · 5d



Leslie Ray 🌟 The future of Xcel

Like · Reply · 4d

## Photo Galleries

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

## Instagram

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

**XCELERATIONVBC**



Instagram

Photos courtesy of Tomas Pineda.

[Click here to see more.](#)



# 13Blue: Work hard, be kind and amazing things will happen.

Conan O'Brien



**Leslie Ray** My dream team love them 🇺🇸🇺🇸

Like Reply · 4d



**Gita Rader** Thank you for the wonderful photos! 📸

Like Reply · 17h

*\* PL2 has been postponed by NCVA until further notice.*

## 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®**





13White: Do or do not. There is no try.

Yoda





14Blue: Dream big, stay positive, work hard, and enjoy the journey. Uriah Faber



**Normie Tayjasanant Pineda** Great job! It was so much fun to watch the team play on Saturday!

Like Reply · 3d



**ReggienLeah Pagtakhan** CONGRATULATIONS 14 Blue! 🍌🍌🍌

Like Reply · 3d



**Serena Davis-James** They were awesome! Great job girls!! 🥳🥳🥳

Like Reply · 3d



**Anna-Lisa Muraoka** Congratulations!!!

Like Reply · 3d



**Gina Giacomazzi Hageboeck** Way to go girls!!






# 14White: It's hard to beat a person who never gives up.

Babe Ruth





14 White worked hard this weekend and went 3-4 with some hard fought matches and tough losses, great work especially considering we had an injured player out for the tournament. Some highlights included being down 18-13 and Bella serving 12 points in a row to win, and another match where Aliyah served us 12-0 to start. Proud of this team!

Kristen Root

 **Kristin Anderson** Lots of hard fought points fueled by teamwork! Love watching these girls play. Love the friendships even more 

Like · Reply · 2d

 **Jenniffer Kibby** The love and support these girls have and give each other on and off the court is a beautiful thing  so proud of them

Like · Reply · 2d





**15Blue: A dream doesn't become reality through magic; it takes sweat, determination and hard work.** Colin Powell





# 15White: Work harder than you think you did yesterday.

Alex Elle



Presidents Day tourney for 15White is a wrap. 4-4, started #8 and finished #24. Certainly an up and down weekend but filled with so many memories with amazing effort, hustle and play by these young ladies. We shut down Santa Clara Saturday night, as the last match played, with a come back 3 game win that had all the emotions for our players and especially our parents. Great weekend and now heading to league #1 with a lot of momentum.

Power League #1 is a wrap for 15White. We went 2-2 and stayed in the Aqua division. Slow starts with furious come backs was the recipe for the day. The take away from this weekend, these ladies don't quit until the last whistle. Played against some good teams and shows that we have work to do. Back in the lab tomorrow !! We will hit the California Classic strong in 2 weeks !!

**Coach Patrick Samples**

*Photos courtesy of Tomas Pineda.*

[Click here to see more.](#)



**Xceleration Photos** Lovin' the smiles - lookin' forward to visiting with you all at Golden State Classic!

Like · Reply · 9h



**Jill Zimmerman-Penman** Like the way you put that Coach! Great season and it will just keeps getting better.

Like · Reply · 7h



**Jeremy Swann** Great to hear the progress of 15White coach, thanks for sharing! Go Xcell!

Like · Reply · 7h







We had another player out due to illness and the ladies stepped up and performed very well. Thanks to our families who organized our food and tent set up. Great job done by all. Power League #2 is coming and we'll be ready 👍🏆

## Coach Patrick Samples



**Tomas Pineda** ▶ **Xceleration Volleyball Club**

4 hrs · 🌐

Since 15W and 15B have different practice times they couldn't scrimmage each other. So they decided to do it at the championship match yesterday at the Golden State Classic tournament.



Michael Wiseman So great!!

Like · Reply · 3h



**Trina Blas** Congrats to both teams!

Like · Reply · 3h



**Charlene Capitulo** Great games, love these girls!!!

Like · Reply · 2h



**Glecy Tesico-Torres Congratulations!**

Like · Reply · 2h



**Gina Giacomazzi Hageboeck** Super stars all the way around

Like · Reply · 49m

 Like

 Comment

 Share

**Cassie Janiec Johnson** And that's Alex my fave ref!

Like · Reply · 1d



Glecy Tesico-Torres Woot! Woot! Go Xcel!!!

Like · Reply · 1d



ReggienLeah Pagtakhan Way to go Xcell!

Like · Reply · 1d



**Patrick Samples** 15 Blue won a hard fought, well played, 3 set final !! Congrats to 15Blue 👍

Like · Reply · 1d



**Jennifer Craw Uresti** It was a great match! Back and forth to the end. 🍌🍌🍌🍌🏆💙💙

Like · Reply · 23h

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



# 16Blue: Everybody has talent, but ability takes hard work.

Michael Jordan



Triple Crown is a wrap. This team is starting to show true signs of greatness. We are excited to see the team's potential be realized. Bring it on PL#1 next Sunday!!

16B showed plenty of upside at PL1. We were a mere 2 points away from a potentially perfect day and moving to gold but alas we lacked a bit of consistency and ended up 3-1 and will fight to rise out of Silver in a couple weeks.

Coach Lucas Abbott



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



## 16Blue: Power League Marathon



Yesterday, 16B was at the gym for a solid 12 hours for our PL2. It was a very up and down day and we will stay in the Silver Division. After very long and sometimes very frustrating days coaching, it is nice to open your iPad to review the stats and see these images... THIS is why I coach. Not necessarily for the wins or the losses, but for the KIDS!!!

(Disclaimer- I am very competitive and love winning but being a good coach has a lot more to accomplish in a season than just the X's and O's)

16B is a great group and Kayla and I are lucky to get to coach them! They are all solid gold in my opinion!!

Coach Lucas Abbott

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



16White: There are no secrets to success. It is the result of preparation, hard work, and learning from failure. Colin Powell



Photos courtesy of Lala Nguyen, Tracy Conley-Moran, and Tomas Pineda. [Click here to see more.](#)



# 17Blue: Success is sweet, but the secret is sweat.

Gen. Norman Schwarzkopf



Diana Ortega ▸ Xceleration Volleyball ... Club

February 16 · 🌐

18 White went 3-0 today at SCVA Las Vegas Classic 🏆🏆🏆 Great job ladies and Coach Salomon! — with Chloe D. Ortega and Andrew Ortega at Mandalay Bay Convention Center.



43

5 Comments  
1 Share



Julian Mary You girls ROCK! Congratulations!!!

Like · Reply · 4d



Jeremy Swann 🌟 Way to play ladies!! Go Xcel!!!

Like · Reply · 4d



Leslie Ray 🌟 Yes go 18 white

Like · Reply · 4d



Courtney Wheeler Anderson Great job today ladies!!!

Like · Reply · 4d



Serena Davis-James Congratulations!! 🎉



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



# 18Blue: Nothing that's worthwhile is ever easy. Remember that.

Nicholas Sparks



**Congratulations!**

**2020 USA Volleyball Girls 18s  
Junior National Championship**  
Reno, Nevada  
MAY 01 - 03, 2020

Xceleration is proud to announce that 18Blue has qualified in the American Division of the Girls 18s Junior National Championship (GJNC18) that will be held in Reno Tahoe, from May 1-3, 2020, at the Reno-Sparks Convention Center.

The GJNC18 is expected to draw approximately 300 teams, nearly 3,000 players and over 5,000 family and friends of the players from across the country. The event will crown champions in five age divisions: Open, National, USA, American and Patriot Divisions.

"We are excited to bring our Girls to the Championships," said Coach Andy Schroeder. "We're confident that we can make a good showing in this big event with preparation, hard work and believing in the process."

*good luck*

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



18Blue: No matter how hard you work, someone else is working harder. Elon Musk



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





**18White:** After you've worked hard to get what you want, take the time to enjoy it. H. Jackson Brown Jr.





## 18White: Bronze Champions at Sierra National Qualifier



# Congratulations!



Andrew Ortega ▸ Xceleration Volleyball Club

Yesterday · 🌐

**Congratulations** to Xcel 18 White for placing 1st in Bronze in the American Division at the Sierra National Qualifier in Reno. The ladies battled through adversity this weekend and were rewarded with t-shirts they can proudly wear 🏆🏆 — with Chloe D. Ortega and Diana Ortega.

👍❤️ 47

2 Comments

👍 Like

💬 Comment

➦ Share



Leslie Ray 🌟 love this great weekend 18 white

Like · Reply · 1d



Jeremy Swann 🌟 Yes! Winning the division is tough to do- what an accomplishment!! 🏆🏆

Like · Reply · 1d



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



# Lindsey Berg: 3 Weapons for Effective Blocking

Reprinted from SportStars, January 13, 2020

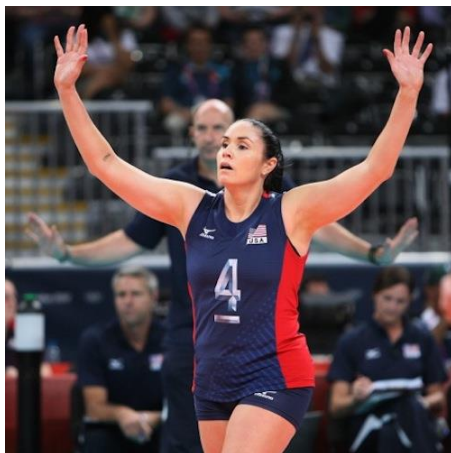
**ABOUT LINDSEY BERG:** Lindsey Napela Berg is a former Olympic and professional volleyball athlete, born in Honolulu, Hawaii. Lindsey played volleyball for the University of Minnesota and in three Olympic Games for the US national team, winning two silver medals. She's setting out to build an inspirational platform, focused on female volleyball athletes, to provide a positive resource for those coming up in the sport.

Hi volleyball friends. Lets pick up where we left off in my last blog. We are discussing weapons for small blockers. This post covers hand positioning! These are my 3 Weapons For Effective Blocking. Lets dig in.

For smaller blockers, it's very important to be disciplined so the defense can dig around you. Know the game plan and what you are taking, and let your back row know. Even if you are not high over the net, a solid, stable block is very effective. A touch can be just as valuable to your team as a block back to the other side.

With your hands, your goal is to be low and tight.

What I mean by this is you should have the least amount of space between your hands/arms and the net. Your block move should be one fluid motion. It's not up, then over. It's just directly over the net. If you try to go up first with the idea that it will help you get your hands higher, that split second could lead to more of a slapping motion and cause the



timing of your hands to be off. That means more space between the net and your arms, which can lead to you being tooled.

Making sure your hands are big is also important, especially for undersized blockers. You should feel the webbing between your fingers stretching so your fingers are spread wide and the surface area of your hands is as big as possible.

## 1. SOFT BLOCKING

As much as it may seem like a disadvantage not to be able to get way up like the bigger girls, there are positives. When your arms are not as high, they're not as much of a target for the hitter to use. One technique that has been used forever by shorter players is called "soft blocking." If you're a setter who can't get even one bit over the



Making sure your hands are big is also important, especially for undersized blockers.



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



## Lindsey Berg: 3 Weapons for Effective Blocking

net, it's useful to learn how to soft block. Here are the two biggest differences between soft blocking and regular blocking:

1. The objective is NOT to get your hands over the net because you're not looking to send the ball back into your opponent's court but, rather, deflect it upward so your teammates can play it.

2. Your wrists go the other way, so your palms are facing up rather than angling downward toward the other side of the court. Again, this is about how you want the ball to deflect off your hands. The more it pops up on your side of the court, the easier it will be for your teammates to dig it and transition into a good offensive play.

### 2. SWING BLOCKING

Swing blocking is another technique that can benefit shorter blockers.

The motion allows you to reach a higher point over the net. Why is that?

Well, swing blocking is almost like an approach to hit, which gives you more momentum and a higher jump. Another reason is that it allows you to start inside to help with the quick attack, then get out to the pin more efficiently.

Coaches teach this skill differently, whether it's the footwork or the way you swing your arms. The footwork that I found most effective was:

- Big first right step
- Smaller left-right step, like a gather

Initially, your arms should be up in front of your face or even higher to help with the quick ball. Then, as you see that the set is going outside, keep your elbows and arms tight to your body as you do your footwork.



To soft block, position your hands back so you can deflect the ball up.

Eventually, swing your arms low and tight over the net, trying to grab the ball on the other side. You and your middle blocker should be in sync as you do your movement to the outside. It's important to practice this footwork and timing alone and with your middle blockers to feel comfortable. There will be times you feel out of control. Don't worry. You'll get the hang of it!

### 3. THE JOUST

Another skill you'll want to work on is the one- or two-handed joust. The main key here is to jump later than your opponent and touch the ball second. This gives you leverage to push the ball to the other side of the net. If you can push last, the ball will likely end up on your opponent's side rather than your side.

These are my 3 Weapons For Effective Blocking. Next time we'll talk about blocking techniques and finding what works for you! Stay tuned.







## Helpful Tips

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

## Transcript from The Art of Coaching Volleyball

### WHICH EMAILS GET NOTICED?

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

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

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

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

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

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

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

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

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

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

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

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

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

*(Continued on the next page)*



## SAY WHAT?!

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

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

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

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

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

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

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

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

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

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

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



## Which E-Mails Get Noticed?

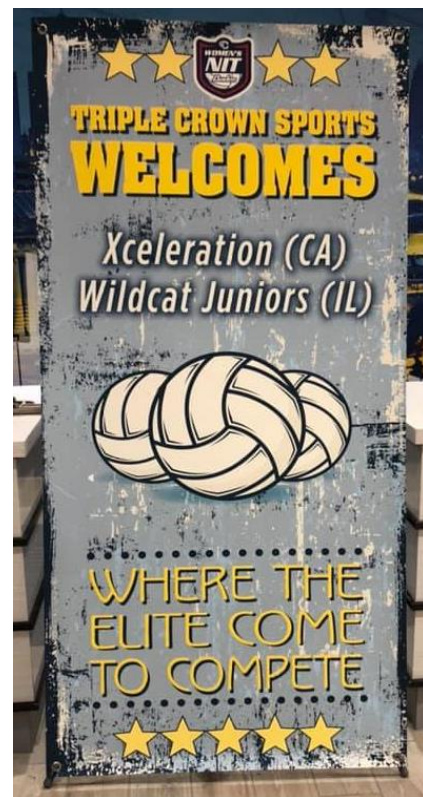
### (Continued)

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

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

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

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



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





# CONGRATULATIONS

## Recruited & Committed... with more to come!

### 2021 Commits

Emma Engstrom - Dartmouth

### 2020 Commits

Emily Casner - UC Riverside

Claire Conners - Simmons University

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

Taylor Whyte - Chico State University





# Drum Roll, Please...

## Xcel Alums Hit the Books as Hard as the Ball

Xceleration was well represented in several athletic conferences throughout the country as season ending academic honors were rolled out. Earning spots on Academic Honor Rolls are former Xceleration student-athletes selected for 2019 Academic honors.



**New England  
Women's and Men's  
Athletic Conference**  
Nikki Jensen – Castro  
Valley HS Class of 2017  
Wellesley, Economics &  
Political Science

**Southern Collegiate  
Athletic Conference**  
Meaghan Hohman –  
Miramonte HS Class of  
2019  
Colorado College



SCAC Has 459 Student-Athletes Earn Academic Honor Roll Recognition



**2019 FALL  
ACADEMIC HONOR ROLL**





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



### Mountain West

**Samantha McGrath – Bishop O'Dowd HS  
Class of 2016**

**San Diego State, Interdisciplinary Studies**



### Mountain West

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





## Drum Roll, Please... Season-end Honors



Xceleration alums ('19) and Solano College freshmen middle blocker **Lindsey McLaughlin** (left) and setter **Kayla Somontan** (right) earned first team nods in the Bay Valley All-Conference during the most recent volleyball season... Congratulations!



Lindsey led the BVC in hitting percentage (.459), blocks per set (1.10), and she was second in the conference for aces per set (.770) with 67 total aces. On the state level, she was second in hitting percentage (.459) and fifth in the state in blocks per set (1.10).



Kayla led the team with 316 assists in conference play, good for second in the conference in assists per set, with 673 total on the season. She added 142 digs overall.

Lindsey was also named the Solano Athletics November Athlete of the Month.

Co-captain of the Solano women's volleyball team and a All-Bay Valley Conference First Team selection, McLaughlin led the 2019 Falcon squad in several stat categories (hitting percentage, solo blocks, block assists, and service aces), while leading the BVC in hitting percentage (.574) and blocks per set, while ranking second in services aces (70). She ranked third in the entire state for hitting percentage, fifth for service aces, and ninth for blocks per set. Her solid all-around play helped lead the Falcons to an undefeated BVC run and postseason appearance.

"[Lindsey] is the strongest middle that I have coached coming in as a first year player," Solano women's volleyball head coach Darla Williams said. "Her serving is very strong with her location, aces, and percentage."



# Nutrition & Fitness

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



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

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

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

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

## Where we stand:

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

## HIGH-ALTITUDE PERFORMANCE

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

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

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

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

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

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

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

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

*(Continued on the next page)*

## THE ENERGY BALANCE

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





## Nutrition & Fitness (continued)

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

### CARBO-LOADING

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

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

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

### THE MENU BEFORE THE COMPETITION

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

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

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

Breakfast: Oatmeal + banana + orange juice



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

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

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

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

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



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

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

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

Dinner: Chicken + ½ baked potato + water

*(Continued on the next page)*



### A Tip When Flying

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

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

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

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



## Nutrition & Fitness (continued)

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

### Pre-Exercise Meal Foods:

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

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

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

- Granola bar
- Sports drink
- Fruit
- Vegetables

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

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

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

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

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

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

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

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

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

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



### A Tip When Flying (continued)

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

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

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

*Reprinted from Competitor.com*





## Nutrition & Fitness (continued)

### Preparing for High-Altitude Competition

#### DID YOU KNOW?

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

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

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

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

##### 3. Hydrate!

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

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

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

##### 5. Workout Intensity

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

##### 6. Recirculation and Recovery

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

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



#### Altitude Acclimatization

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

Just want to add and share base on my experience races I have done and completed not to be able to hit the wall or getting fatigue that I experience myself getting muscle cramps and other muscle complication including injury is to proper intake on carbohydrates/ glycogen and calories base in individual body mass weight one to two weeks before competition like carbo load and drink enough fluid. Every Sport are different but if it come to conditioning, getting enough energy so Athletes can perform well I believe they are all the same procedures to follow besides properly warming/stretching up. Just want to share and help out.





## Helpful Tips

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

By Janis Meredith, Reprinted from The Art of Coaching Volleyball

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

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

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

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

## Stay tuned into the game

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

## Keep up the hard work in practice

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

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

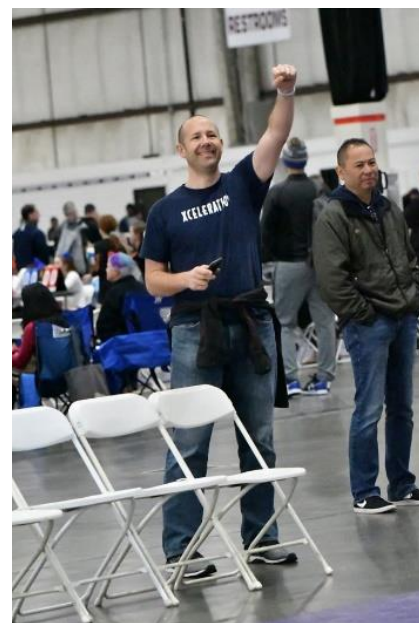
Athletes should always "leave it all on the field (or court)." That lets them feel good about the fact that they have done their very best, no matter the outcome.

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



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

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







# Lawnmower Parents: You're Ruining Sports!

By Amanda Goodman

**Dear Lawnmower parents,**

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

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

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

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

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

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

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

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



## Things to Say After a Volleyball Tournament

By Ed Kerns, Ed.D

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





# A Letter from Jim Ross to Xceleration Staff

## Why do you pay so much for club volleyball?"

- I pay to assure you are pushed beyond your perceived limits
- I pay coaches to challenge you at every practice and match
- I pay coaches to push and challenge you to your limit
- I pay coaches to build up your confidence
- I pay coaches to make you a better player and become more self assured on the court
- I pay for you to learn how to set goals and chase dreams
- I pay for you to learn that you can achieve these goals
- I pay for you to learn that not every goal is achieved and how to deal with that
- I pay for you to be more caring and responsible
- I pay for the life lessons that victories and personal/team accomplishments can provide
- I pay for the life lessons that losses, frustrations and disappointment can provide
- I pay for you to have opportunities to take pride in your actions on and off the court
- I pay for you to be accountable to others (coaches, teammates, club personnel)
- I pay for you to understand that you are not the center of the universe
- I pay for you to understand that giving your best effort not only honors you, but your teammates
- I pay for you to have leadership opportunities volleyball offers
- I pay for the opportunity for you to improve as a person and a teammate
- I pay for the opportunity for you to help those around you improve as a person and teammate
- I pay for you to understand that you will forever be surrounded by more talented people and less talented people, and that a true leader has the humanity and patience to work with both
- I pay for you to learn that it is the accumulation of hours of practice and personal sacrifice that will make you a success
- I pay for the time and conversation I have with you in the car on the way to and from practices
- I pay for the smiles and sense of purpose volleyball gives you
- I pay for the lifelong memories you are building with me, your coaches and teammates
- I pay because club volleyball reinforces the life lessons of hope, compassion, hard work and commitment



### *Xceleration Staff:*

*Being involved in youth club volleyball is a HUGE responsibility that we all should and MUST take very seriously. I would hope that we also love doing it and that is why we are involved, so it should really not be a huge effort for us. But we can never lose sight of what the parents and players expect, and should expect, from us.*

*I ran across a note on one of my blogs that I am sure that you've seen in the past. As someone who has been through it (as we all have or are), it contained a lot of things I agree with. It is a good article, written by a father – to his daughter, about why it is that he and his wife pay so much for club volleyball. His reasons are ones that we should read, understand and make an effort to bring with us every time we are around our players. The question he was asked is "Why do you pay so much for club volleyball?"*

*I just think it's something that we all should be aware of all the time. Our families are using their hard-earned resources for these reasons and we must always be aware of it.*

*These are the kind of things parents expect from us folks. We have a responsibility here to, in a small way, assist in building young lives. We might not always get the kudos, or the thanks, or the handshakes or the hugs, but welcome to the world of being involved in youth sports. If you can honestly look parents in the eye at the end of a club season and feel good that you provided these tenets to their daughters... you have had a successful season.*

*Jim*





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

Here's another variation on the same question, with similar responses.

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

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

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



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

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

~Unknown





## A Letter from a Volleyball Mom

Dear Little Volleyball Girl,

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

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

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

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

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

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

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

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

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

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



Jennifer Kibby is with Kyle H Kibby and 2 others.  
February 16 at 6:51 AM  
Xceleration family legacy right here 📍 current, alumni & future ❤️





## Dear Little Volleyball Girl

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

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

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

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

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

Be appreciative of all the help along the way.

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

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

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

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

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



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

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

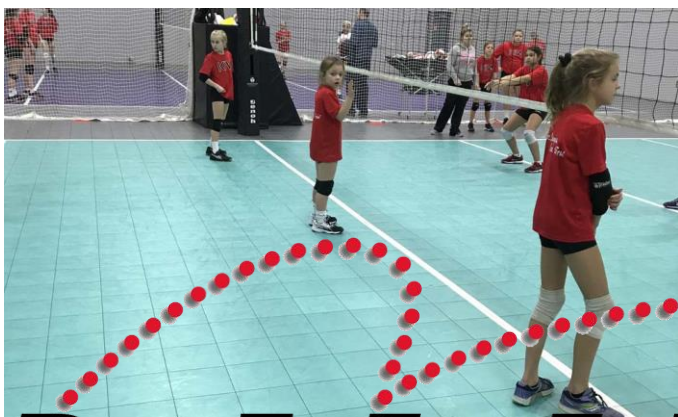
♥🏐\*\*If this spoke to you, please share!\*\*🏐♥

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

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







# PrepVolleyball.com

## Perspective

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

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

It's all a matter of perspective.

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

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

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

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

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

You know, the important stuff.

Stuff that puts our game into perspective.

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

It's all in the perspective.



# It's Almost Time to Hit the Beach!

## Differences Between Indoor and Beach Volleyball

### Beach Volleyball Beginner Tip #1: Court Sizes

Court sizes for indoor and beach volleyball are very different. Indoor courts are 59 ft. x 29.5 ft., with a parallel attack line that is 9.8 ft. from the center line. Back row players must stay behind this line when hitting the ball. Beach courts are smaller-- 52.5 ft. x 26.25 ft. and there is no attack line. A player may hit the ball from anywhere on their side of the net. If you wonder why the beach court is smaller, try a quick lateral sprint through the sand and see how much speed (and breath) you lose. A smaller court ensures that the ball will stay live longer and rallies will be more entertaining.



### Beach Volleyball Beginner Tip #2: Balls

Indoor volleyballs are made of leather and are heavier than outdoor balls. Indoor volleyball is a game of power and the heavier balls move quicker and can be hit harder. Beach volleyballs are softer, lighter and a bit bigger than indoor balls. The lighter weight allows them to float more in the air, allowing good players to use the weather to their advantage.



A great way to end a long weekend of indoor is hitting the sand courts for more volleyball! The 12Blue got a taste of playing on a different surface.



# It's Almost Time to Hit the Beach!

## Differences Between Indoor and Beach Volleyball

### Beach Volleyball Beginner Tip #3: Players Per Side

Indoor volleyball is played with six per side. Each person has a specialized position and there are complex rotations and switches going on throughout games to ensure that each person remains in their designated position. Beach volleyball is typically played with doubles. There are no specialized positions, only a left and a right side. Most beach players are well-rounded and can hit, dig and block.

At the higher levels, one player is dedicated to blocking and one to digging, but if you're just learning, grab a side and share the responsibilities. If you want to be taken seriously, don't play with more than two per side.



### Beach Volleyball Beginner Tip #4: Scoring

With indoor volleyball, a match consists of five sets, or games. The first team to reach 25 points wins the set. Three sets wins the match, and the fifth tiebreaker set, if necessary, is only played to 15 points. Teams switch sides after every game. In beach volleyball, a match consists of a series of best-of-three game, with each game played to 21 points. Two sets wins the match, and the third tiebreaker set, if necessary, is also played to 15 points. In both indoor and outdoor volleyball, you must win by two points. Another similarity is both games use rally scoring, meaning you do not have to serve the ball to win the point. The team that wins the rally, wins the point.



*Photos courtesy of Gayle Swann.*



**Are you ready? These are the basics, so now it's time to get out of the gym and into the sun. Challenge yourself and try a new twist on an old favorite.**

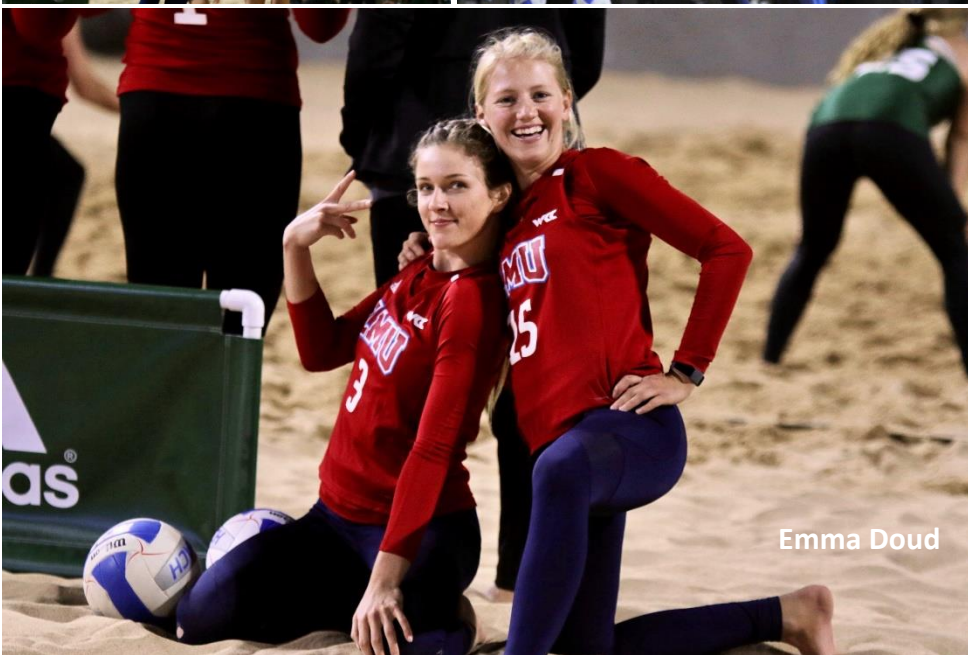
**We hope that you can join us for a fun time on the beach!**

**See the next page for more information. Registration is now open!**



## Alumni on the Beach

Four of our alumni successfully transitioned from indoor to beach for their college teams. At San Jose State, Class of 2016 **Kaitlyn Zdroik**, Class of 2018 **Cameron Blakely**, and Class of 2019 **Mafa Tuinauvai** are playing on both surfaces for the Spartans, while at Loyola Marymount University, Class of 2016 **Emma Doud** focuses on the beach for the Lions.



Emma Doud



Mafa Tuinauvai



# Alumni on the Beach



Katlyn Zdroik



*Photos courtesy of  
Paul Harrison and San  
Jose State Athletics.*



Cameron Blakely



# Registration Now Open!

## Beach Camps with Rob Browning For Boys and Girls, Ages 12-18 June 8 – July 30, 2020

Xceleration welcomes you to our 2020 Beach Volleyball Program with St. Mary's College head coach Rob Browning. We hope that you can join us once again this year for an exciting way to spend your summer on the beach, as well as continue your off-season volleyball conditioning in a fun way.

For our beach volleyball season, no tryouts are required! Practices will begin on Monday, June 8, and runs for approximately 8 weeks that will include tournaments, usually in Santa Cruz. Beach camps are held at Moraga Commons Park, 1425 St. Mary's Road, Moraga.

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

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

### Full Season Dates

**June 8 – July 29 (Mon/Wed) / June 9 – July 30 (Tue/Thu)**

### Half Season Dates

**Session 1: June 8 – July 1 (Mon/Wed) / June 9 – July 2 (Tue/Thu)**

**Session 2: July 6 – July 29 (Mon/Wed) / July 7 – July 30 (Tue/Thu)**

### Practices

**Group A: 9:00 AM - 11:00 AM (Mon/Wed)**

**Group B: 6:00 PM - 8:00 PM (Mon/Wed)**

**Group C: 6:00 PM - 8:00 PM (Tue/Thu)**

*(Times may be adjusted depending on player count)*

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

**Cost:** \$700 per player for full season / \$350 for ½ season / \$100 per week drop in

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

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

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



# 2020 BEACH

**Moraga Commons Park  
1425 St. Mary's Road, Moraga**

**Xceleration Volleyball Club  
[Contact Us](#)**



# Registration Now Open!

## Beach Camps with Rob Browning

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

June 8 – July 30, 2020

#### Tournament Information

Below you will find links to the tournaments for the summer beach program. All sign-ups for tournaments need to be done by the athletes or their parents. There are a couple of tournaments that may spark some interest. We have multiple options since we know schedules are a little different during the summer. You are welcome to continue to participate in tournaments once the beach training has completed.

Below are tournaments that you might be interested in participating, but you have to option to participate in any tournament through the NCVA and CBVA.

- June 24, 2020: CBVA Girls, Santa Cruz, \$65.00
- July 1, 2020: CBVA Girls, Santa Cruz, \$65.00
- July 15, 2020: CBVA Boys, San Cruz, \$65.00

Below is the link for all beach tournaments through the NCVA. Summer Beach Tournaments have not yet been updated (as of March 10, 2020). [Click here for NCVA Beach Registration.](#)

Below is the link for all beach tournaments through the CBVA: [Click here for CBVA Beach Registration.](#)

Registration for all Santa Cruz events, both junior and adult, open four weeks and one day before the event date. This is to ensure all players have an equal opportunity to participate.

#### Partners:

Some of you have might have already identified a playing partner, others have not. We will help partner you up with a teammate if you don't have a partner. If you did not register with a partner, but you now know who you would like to pair with, please let beach staff know.

#### Items to Consider for Practice:

- **Water bottle, snack, hand towel, hat, and sunscreen**
- **Sunglasses and Sand Socks.** Bring sunglasses and sand socks to every session. Beach volleyball players wear sunglasses and sand socks for a reason. You might not need them every session but bring them to every session. The eye protection is especially important. It's not just a competitive advantage, but it protects your eyes. You don't need expensive sunglasses.

#### Attire for Practices:

- Tanks, T-shirt, spandex, shorts or leggings are considered practice attire.
- Please don't wear bikini tops or bottoms.

#### Beach Uniforms:

- Uniforms will be ordered for full time participants.
- We are currently working with a vendor on this upcoming season's design. If you are considering participating in a tournament prior to availability of uniforms, teams can participate in matching tanks and bottoms.





# Registration Now Open!

## Off-Season Programs

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

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

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

- June 22 - August 13, 2020 (3 days per week / 8 weekly sessions)
- Mon/Tue/Thu: 6:00 PM - 7:30 PM
- \$35 per day / \$90 per week / \$620 for all 8 weeks (\$100 discount)

Click [here](#) to register

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

- June 29 - July 30, 2020 (3 days per week / 5 weekly sessions)
- Mon/Tue/Thu: 7:30 PM - 9:00 PM
- \$35 per day / \$90 per week / \$400 for all 5 weeks (\$50 discount)

Click [here](#) to register

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

- June 16 - August 4, 2020 (1 day per week / 7 weekly sessions)
- Tue: 5:15 PM - 6:00 PM
- \$20 per week / \$120 for all 7 weeks (\$20 discount)

Click [here](#) to register

### IV. Fall Ball: Girls 4<sup>th</sup>-6<sup>th</sup> Graders

- August 24 - October 14, 2020 (2 days per week / 8 weekly sessions)
- Mon/Wed: 6:00 PM - 7:30 PM (Can select Mondays only or Wednesdays only)
- No clinic Monday, September 7 (Labor Day)
- \$40 per day - drop in / \$75 per week drop in (2 sessions) / \$275 Mondays only or Wednesdays only / \$525 for all 8 weeks (\$75 discount)

Click [here](#) to register

### V. Fall Ball: Girls 7<sup>th</sup>-8<sup>th</sup> Graders

- August 24 - October 14, 2020 (2 days per week / 8 weekly sessions)
- Group 1: Mon/Wed: 6:00 PM - 7:30 PM
- Group 2: Mon/Wed: 7:30 PM - 9:00 PM
- No clinic Monday, September 7 (Labor Day)
- \$40 per day drop in / \$75 per week drop in (2 sessions) / \$525 for all 8 weeks (\$75 discount)

Click [here](#) to register

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

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



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