



Xcelent NEWS

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UPCOMING DATES

Commitment Deposit

- Due within 7 Days after Acceptance

First Day of Practice

- November 8

Club Dues - First Installment Payments

- Due Now for 18s
- November 15 for all other teams

**Xceleration
Volleyball Club**

John B. David, Editor

In the midst of... we plow through!

Moving forward under difficult circumstances

COVID-19, wildfires, social unrest, politics: 2020 is an American nightmare that's wearing us out.

First the global pandemic, which has directly affected 8.7 million people in America and 43.6 million globally. With these staggering numbers, we have to be vigilant and cannot let our guard down, making sure that we strictly follow health guidelines to keep us and those around us safe. As we move into the competitive club season, please follow Xceleration and NorCal Courts mandates that are discussed on the next page.

Then natural disasters from extreme weather — wildfires in the west are bigger, deadlier and more frequent than in years past. This has also impacted our programs throughout the summer, with air quality indexes deemed unsafe that required us to shutdown our beach and indoor camps.

Add the headlines: Schools head to virtual classrooms... Power shutoffs to thousands of customers due to severe high winds... and gasp — could the Lakers and Dodgers pull off a double title championship? ... and on and on and on!

Many of us are vacillating between horror and disbelief at what can only be described as an American nightmare. Devastation doesn't cover it. It's impossible to know if the worst is behind us or still lies ahead.

Apart from our own suffering, constant exposure to suffering of others exacts a toll. Experts say what many of us are experiencing is "disaster fatigue."

Against this litany of events as a backdrop, we at Xceleration will plow through at whatever comes our way, with plans to be flexible and be patient during the upcoming competitive volleyball season. **Leslie Ray** and the staff will make every effort to give our athletes the best opportunity to play and the best way to do this is to ensuring that we strictly follow health guidelines, being selective in our tournament participation by minimizing long distance travel, and being good stewards of our finances. We realize that our families are making certain that they are financially sound through this uncharted territory and we are always cognizant of everyone's situation. It is incumbent upon all of us to practice patience and understanding to make this all happen.

For those of you who have already given us your commitment, THANK YOU for selecting and trusting Xceleration as we all maneuver through these unprecedented times. Conversely, we are committed to having another successful season in 2021 to alleviate disaster fatigue or prevent it from spreading.

PUBLIC SERVICE ANNOUNCEMENT

Yearning to Connect But We Need to Do It Safely

Distancing efforts have increased feelings of social isolation and loneliness for many people, including teenagers who have been separated from their peers and have avoided get-togethers since the Spring.

Human beings are naturally social animals. So social isolation can be particularly unpleasant. But it can be really hard to stick long-term with a behavior that can feel like it's all downside and no upside. The trick is to balance physical distancing with social connectedness. In the pandemic setting, this is like thinking about the way the world was before COVID-19. A chat before or after practice with a group of friends and teammates, going to team events, or even a live concert are all things that people miss in today's world – and it's hard not to dwell on the things you're not getting to do. But while thinking about them can bring back fond memories, it can also encourage you to engage in risky behaviors.

With that said, **we have had several age groups who have repeatedly been told to remain 6 ft. apart while waiting outside of our practice facility and continuously disregard this facility mandate. If this and other mandates set forth by the NorCal Courts are not followed, we are at risk of losing our court time, as well as putting our health and safety at risk from the pandemic.**

We as a club cannot tolerate this and are issuing a warning that if the rules of the facility are not followed, we will have to remove the habitual offenders from their cohorts/teams and will not be issuing refunds. Just a few of the guidelines that are continually being overlooked are the following:

- **Not wearing a mask or face covering:** Masks must be worn at all times once outside of your vehicles until you arrive to your pods/cohorts designated area.
- **Not standing more than 6 ft. apart:** Proper social distancing is required while waiting outside of the facility and walking in and out of the facility (there are markings outside for the athletes to use to help keep them properly spaced out). All athletes must maintain 6 ft. apart while waiting to enter the facility, no excuses. Even if you are in a pod together and arrive onto the property together. Everyone must remain 6 ft. apart!

Please review the Xceleration and NorCal Courts guidelines, which was required in order to participate in our club programs and go over them with your athlete.

Thank you for your partnership on this. We know you all want your children to continue to have the opportunity to train as we do and it is critical that we all do our part.



PLEASE READ: IMPORTANT MESSAGE

#wearamask
#sixfeetapart



ATTENTION

**PLEASE
MAINTAIN
SOCIAL
DISTANCING**





Off-Season Programs Conclude with Fall Ball

Xceleration's off-season programs, including Summer Indoor and Beach camps and Fall Ball sessions, will officially conclude at the end of the October. Though some teams still need to be filled for the 2021 season, normal tryouts are not being planned due to continued health concerns. The best way to get on any of our teams that still have openings would be to send in an Interest Form, see next page for link.



Practices begin November 8, 2020
See back page for details

*Fall Ball photos courtesy of
 Tomas Pineda.*



*Interested?
or...
Committed!!*



ARE YOU INTERESTED IN PLAYING FOR XCELERATION?

As the club continues to form its teams for the 2021 club volleyball season, Xceleration has created a [Play for Xceleration Interest Form](#) for any prospective players who would like to notify us of their interest in joining one of our teams. Due to the limited number of players that we could accept in the Fall Ball camps, many players were not able to attend any of the sessions to allow our coaches the time to evaluate their play. We will get each player connected to their age-specific coaches and the player can arrange how our coaches will be able to see them in action – whether it's through a recruiting video or other alternatives that they can schedule with the coach. During these times, the video is the preferred approach and we'll gladly review footage for assessment.





ARE YOU COMMITTED TO PLAYING FOR XCELERATION?

As previously noted, Xceleration is using the Fall Ball sessions as part of our evaluation process. If you have been given a **“Play for Xceleration Offer”** from a coach during one of the Fall Ball sessions and you are ready to accept the offer, please secure your spot on the team as soon as possible by reviewing, completing, and submitting all required forms in your specific team’s [Signing Packet](#) and by remitting your [Commitment Deposit](#); both must be completed.

13 → 14 TRYOUTS
[**register now**](#)

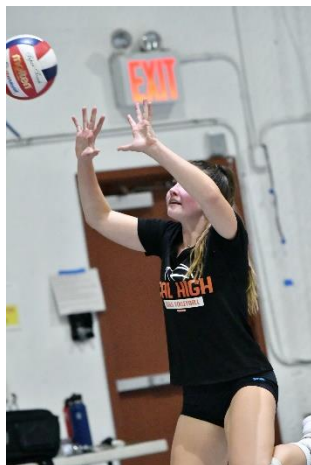
Xceleration is offering a free tryout for 13s/14s this upcoming season. We currently have open spaces on our roster. This roster will be a combined team of 13/14s and will practice twice a week. Monday and Wednesday 6:00 pm -7:30 pm.

Please email [Leslie Ray](#) if you are interested and fill out the online waiver:

Xceleration Sports Facility
 360 Ferry Street
 Martinez, CA 94520

**Wednesday, October 28, 2020
 6:00 pm -7:30 pm**

- Temp Checks will be required
- Mask will be necessary for check in
- Please READ [Xceleration Guidelines](#)
- PLEASE READ AND ACKNOWLEDGE COMPLETION OF WAIVER FORM
 CLICK [WAIVER OF LIABILITY](#)



Let's Hit the BEACH

Xceleration's beach program continues to expand each year and interest has never been higher. Not only have we extended the program to two five-week long sessions but the club has also hosted two in-house tournaments that were open to all Xceleration program participants.

The following pictures were taken at the second tournament that was held on September 12 at Moraga Commons.



Below is a reprint from Junior Volleyball Association to supplement your skills learned in our camps.

5 Keys to Forearm Passing in Beach Volleyball

Teaching the keys to good consistent passing can help young athletes become stronger partners. Here are 5 passing keys to apply on and off the court to help beach athletes improve their game from the coaches at Beach Nation.

Xceleration BEACH!



#1 Passing Posture

The first key is “good passing posture”. Good passing posture is an athletic stance in a balanced, loaded position so you can move quickly in any direction to get to the ball. In serve receive you try to get a jump on where your opponent is serving by watching their toss, arm swing and contact. Then react quickly and get your feet to the ball.

*Beach photos courtesy of
Tomas Pineda.*

Xceleration BEACH!

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Beach Photos

More photos can be found in the gallery link above. The galleries are organized by pair and each image or the entire gallery can be downloaded free of charge. If you see a “Buy Picture” button as you view images, purchase functionality is turned off. Xceleration does not charge for members’ images. Xceleration also does not assert licensing or copyrights on images contained at this share site, therefore site users are solely responsible for how the images are used.



#2 Platform and Forearm Contact

The second key is to “present your platform and forearm contact”. After you have moved into position to pass, an early presentation of your platform can insure good forearm contact and an accurate pass. Using the first key, “good passing posture”, your arms are bent and at your sides to

Xceleration BEACH!

assist in movement. Once you have gotten into position you extend your arms and put the heels of your hands together presenting a solid platform for the ball to rebound. You want to expose the inside part of your forearms and have the ball contact your forearms from about 1-2 inches to approximately 6 inches above your wrist. Keep your body still and relaxed. This will insure the most ball control and consistency.

#3 Platform Angle

The third key is “angle your platform to the target”. There are two angles to be concerned about – the vertical and the horizontal angles of your platform. The vertical platform is very important in the beach volleyball game. You have to be concerned about giving your partner enough time to get to your pass. Since you will most often be passing halfway between you and your partner, the horizontal angle is ever so slight. When you cannot take the ball within the midline of the body, the horizontal angle becomes much more significant. To horizontally angle your platform, lift your outside shoulder, which will angle your platform to your target. Don’t swing your platform to direct the ball, just present a good angle and let it do the work.

#4 Movement to the Ball

The final and fourth key is “simple movement to the ball”. You always want to make sure your platform makes good contact with the ball. In some cases you may have to lift the ball on contact, and in the case of a high speed serve it may be more like relaxation once the ball makes contact with your platform. A perfect pass in “normal” conditions will reach the height of the antenna top, be 5 feet away from the net and be 5-8 feet towards your partner’s side of the court.

#5 Effective Communication

In addition to improving passing technique it is critical to talk with your partner. One of the more difficult or most vulnerable situations is being



served down the middle of the court. By design, a middle serve can create confusion between partners of who will pass the ball. Before each serve, talk to your partner and let them know if you are taking the middle or if you want him/her to take it. Most often, the player who is crosscourt from the server will take middle serves. Remember to always call the ball when passing. Accurate passing is critical to success at all levels. With a lot of hard work using the keys as a foundation and constant communication, you will be on your way to becoming a great passer.

[Click here for related beach education.](#)



17Blue Ilyssa Ocampo, 18Blue McKenna Keowen sign commitment letters to join Warriors, Rams

COMMITTED



Westmont College is a private Christian liberal arts college in Montecito, CA. It was founded in 1937. Westmont College teams, nicknamed athletically as the Warriors, are part of the National Association of Intercollegiate Athletics, primarily competing in the Golden State Athletic Conference.



Suffolk University is a private research university in Boston, MA, located at the downtown edge of the historic Beacon Hill neighborhood. Suffolk University teams participate as a member of the NCAA's Division III. The Rams are a member of the Great Northeast Athletic Conference and the Eastern College Athletic Conference.



Congratulations!



Catching Up with McKenna Keowen

Xceleration News took a few minutes of McKenna's time to give us a glimpse of this new Suffolk University recruit from the club.

1. What would you tell players who would like to play volleyball at the college level?

I would tell younger players to reach out to schools that they are genuinely interested in attending, regardless of volleyball. It will take a lot of effort because there are a lot of schools out there with so many different things to offer. Every bit of work pays off at the end when a commitment offer is made.

2. Aside from volleyball, what other hobbies or activities do you enjoy doing?

I enjoy photography. It just gives people another perspective, another window or lens to the big and small world out there.

3. Who would you say has influenced you the most?

I would say that my mom most influenced me in my life. She is very kind and caring and taught me to be nice to people all of the time and to be a team player.

4. What are your goals this upcoming season?

This season I would like to win a bid to Nationals. I am hoping that we still get the opportunity to play this season. If we do, I am confident that the 18Blue will work hard together to help us attain this goal.

5. Why did you choose a school on the other side of the country?

I chose Suffolk University because I really loved the city of Boston and they have a great study abroad program. I also really liked the coach.



12's Getting Ready for Halloween or Dance-Off?



October is Breast Cancer Awareness Month... 14Blue is doing our part to bring awareness to the masses



Under coaches **Patrick Samples** and **Ari Cruz**, the 14Blue has already started organized team events to prepare for the season and to know more about each other.

As more teams fill up, please consider becoming a team liaison/parent, which is a critical player in the team's success and experience.



**BREAKING
NEWS ALERT**

COMMITTED



At the 11th hour immediately before publication, Xceleration received exciting news that **Brenna Duggan** has committed to play for Washburn University in Topeka, KS.

Congratulations, Brenna and the Duggan family!



PRELIMINARY 2021 Tournament Schedule

(updated October 26, 2020)

Tournaments	Dates*	12B	13B	13W	14B	14W	15B	15W	16B	16W	17B	18B	18W
JVA Norcal Winter Classic - Rocklin	Jan 16-18	x	x	x	x	x	x	x	x	x	x	x	x
WCVBA League #1 & #2 - Rocklin	Jan 23-24	x	x	x	x	x	x	x	x	x	x	x	x
NCVA Presidents Day - Bay Area	Feb 13-15	x	x	x	x	x		x					
Las Vegas Classic							x		x	x	x	x	x
NCVA Golden State Classic - Sacramento	Mar 6-7				TBD	TBD	TBD	TBD					
JVA Norcal Spring Challenge - Rocklin	Mar 6-7	x	x	x	TBD	TBD	TBD	TBD	x	x			
NCVA Sierra National Qualifier - Reno, NV	Mar 5-7											x	x
WCVBA League #3 & #4 - Rocklin	Mar 20-21	x	x	x	x	x	x	x	x	x	x	x	x
SCVA Red Rock Rave - Las Vegas, NV	Mar 27-29						x	x	x	x	x		
JVA Capital City Clash - Rocklin	Apr 3-4				TBD	TBD							
Mizuno Big South National Qualifier - Atlanta, GA	Apr 2-4											TBD	
NCVA Far Westerns - Reno, NV	Apr 17-19		x	x	x	x		x					
	Apr 23-25						x		x	x	x		x
18s Spring Junior Nationals (as qualified) - Columbus, OH	Apr 23-25											TBD	TBD
WCVBA League #5 & #6 - Rocklin	May 1-2	x	x	x	x	x	x	x	x	x	x	x	x
NCVA Bay View Classic - Bay Area	May 29-31	x	x	x									
JVA West Coast Cup - Long Beach					x	x	x	x	x	x	x	x	x
AAU National Championships - Orlando, FL	May-Jun TBD						TBD		TBD		TBD		
USAV Jr Nationals (as qualified) - TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD
JVA NorCal Invitational - Rocklin	TBD				TBD	TBD	TBD	TBD	TBD	TBD	TBD		

* Reflects tournament dates only, excluding travel days

	SCVA Classic Las Vegas	Sierra National Qualifier Reno	Red Rock Rave I Las Vegas	Big South Atlanta TBD	
Teams	15B / 16s-18s	18s	15s-17s	18B	
Tournament Dates	Feb 13-15	Mar 5-7	Mar 27-28	Apr 2-4	
Travel ⁽¹⁾	Arranged by Parents/Players	Arranged by Parents/Players	Arranged by Parents/Players	Arranged by Parents/Players	
Lodging ⁽²⁾	Booked by Xcel	Booked by Xcel ⁽³⁾	Booked by Xcel ⁽³⁾	Booked by Xcel	
	Far Westerns Reno Week 1	Far Westerns Reno Week 2	18s Jr Nationals ⁽⁴⁾ Columbus	JVA West Coast Long Beach	AAU Nationals Orlando TBD ⁽⁵⁾
Teams	13s-14s, 15W	15B, 16s-17s, 18W	18B, 18W	14s-18s	15B, 16B, 17B
Tournament Dates	Apr 17-19	Apr 23-25	Apr 23-25	May 29-31	June TBD
Travel ⁽¹⁾	Arranged by Parents/Players	Arranged by Parents/Players	Arranged by Parents/Players	Arranged by Parents/Players	Arranged by Parents/Players
Lodging ⁽²⁾	Booked by Xcel	Booked by Xcel	Booked by Xcel Booked by Xcel ⁽³⁾	Booked by Xcel	Booked by Xcel

⁽¹⁾ Players and parents are responsible for getting themselves to tournament the day prior to start. Coaches will establish a check-in time for players to arrive.

⁽²⁾ Details to be provided to Team Parents, including booking instructions, once the tournament site opens for reservations.

⁽³⁾ In a "Stay to Play" tournament, clubs must select their stay from a list of pre-approved hotels supplied by the tournament. If teams do not use a pre-approved hotel, they cannot play in the tournament.

⁽⁴⁾ As qualified.

⁽⁵⁾ Teams listed will attend this tournament unless they secure a Junior National bid at the Open or National level. Check AAU website for actual tournament dates for respective age groups.

PRELIMINARY 2021 Practice Schedule

(updated October 26, 2020)

Break	Oct 30 – Nov 7, 2020
Practice	Nov 8 – Nov 22, 2020 (follow scheduled days below)
Break	Nov 23 – Nov 29, 2020
Practice	Nov 30 – Dec 13, 2020 (follow scheduled days below)
High School Season Limited Practice	Dec 14 – Mar 20, 2021 Sundays Only, except 12Blue and 13White
Practice	Mar 21 – End of Season 2021 (follow scheduled days below)

12Blue

Mon/Wed: 6:00 – 7:30 PM
Off Dec 17 – 27, 2020

13Blue

Tue/Thu: 6:00 – 7:45 PM,
Sun: 12:00 – 2:00 PM
Dec 14-Mar 20, Sundays Only

13White

Mon/Wed: 6:00–7:30 PM
Off Dec 17 – 27, 2020

13/14 Combo

Mon/Wed: 6:00–7:30 PM
Off Dec 17 – 27, 2020

14Blue

Tue/Thu 6:00 – 7:45 PM,
Sun: 2:00 – 4:00 PM
Dec 14-Mar 20, Sundays Only

14White

Tue/Thurs: 6:00 – 7:45 PM,
Sun: 10:00 AM – 12:00 PM
Dec 14-Mar 20, Sundays Only

15Blue

Mon/Wed: 6:00 – 7:45 PM,
Sun: 2:00 – 4:00 PM
Dec 14-Mar 20, Sundays Only

15White

Mon/Wed: 8:00 – 9:45 PM, Sun: 2:00 – 4:00 PM
Dec 14-Mar 20, Sundays Only

16Blue

Tue/Thu: 8:00 – 9:45 PM, Sun: 12:00 – 2:00 PM
Dec 14-Mar 20, Sundays Only

16White

Mon/Wed: 8:00 – 9:45 PM, Sun: 12:00 – 2:00 PM
Dec 14-Mar 20, Sundays Only

17Blue

Tue/Thu: 8:00 – 9:45 PM, Sun: 4:00 – 6:00 PM
Dec 14-Mar 20, Sundays Only

18Blue

Tue/Thu: 8:00 – 9:45 PM, Sun: 4:00 – 6:00 PM
Dec 14-Mar 20, Sundays Only

18White

Mon/Wed: 8:00 – 9:45 PM, Sun: 4:00 – 6:00 PM
Dec 14-Mar 20, Sundays Only