



Xcelent NEWS

MAY 2021

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Xceleration
Volleyball Club

John B. David, Editor

SENIOR CLASS OF 2021

CONGRATULATIONS

What a year! A year like no other and hopefully one that will never repeat. Despite the trials and tribulations of 2020, we look forward to a new horizon.

BEHIND YOU, all your memories...
BEFORE YOU, all your dreams...
AROUND YOU, all who love you... and
WITHIN YOU, all you need.

As you all move on to the next chapters in your young lives, go confidently in the direction of your dreams. Live the life you have imagined. We want you to believe deep in your heart that you're capable of achieving anything you can put your mind to that, you will never lose!

This is my wish for you: comfort on difficult days, smiles when sadness intrudes, rainbows to follow the clouds, laughter to kiss your lips, sunsets to warm your heart, hugs when spirits sag, beauty for your eyes to see, friendships to brighten your being, faith so that you can believe, confidence for when you doubt, courage to know yourself, patience to accept the truth, love to complete your life.

Ralph Waldo Emerson



Mora Braggs

Mora will be attending La Sierra University in Riverside, CA.

Mora plans to pursue a Business Management Degree while also advancing her modeling career. She will also be playing for the Eagles at La Sierra University. Mora is excited at the thought of continuing her education and looking forward to the college experience. I am sure that she won't miss home too much considering that her BFF will also be attending the same school.

Mora started playing volleyball and was deemed a Middle right away. In her Freshman year, she attended El Cerrito High School and played on their volleyball team, as well as for the Golden Bears, coached by Coach Laura. In her Sophomore year, she played for Fairfield HS and Solano Volleyball Club, coached by Coach Ken and she played the Middle position. Her position and skill ability elevated in her junior and she played as a middle for Vanden High School, coached by Cindy and Chris, Xceleration Volleyball Club, coached by Leslie Ray. She also had the opportunity to get one on one coaching from Ruth Lawson (an Olympian). In her Senior year, she also played again for Vanden and Xceleration.

She was a captain on her HS team and made The Monticello Empire League team.



Dear Mora,

It has been a privilege to watch you grow as a young lady and as a student-athlete over the years.

We remember when you first started playing volleyball in 7th grade and you (nor the coach, which was the 6th-grade math teacher) did not know much about the sport and it was a hot mess. You knew then that you had a love for volleyball, even though you were not very good at it, but we supported you every step of the way. We watched you practice and condition almost every day (even in the summer) for the past 7 years. After a lot of sweat, tears, and determination you have become a more confident and consistent player. It is awesome and inspiring to have watched you progress in the sport as well as scholastically. We are so proud of you babe. The sky is the limit for you because you have shown yourself that with hard work and determination you can do ANYTHING!

Continue to BELIEVE in yourself and don't be afraid to let your light shine bright. Just remember that with hard work and determination you can obtain all things in life. We got your back always!

Love you to the moon and back!
Mom, Dad, and AJ



Genesis Branner

Genesis will be attending The College at Brockport, State University of New York to major in Kinesiology and Sports Management. During her prep career, Genesis is a three-year varsity player and has been named Most Dedicated Player, Most Valuable Player, Most Improved Player, and School Captain.

Academically, Genesis has been recognized on the African American Honor Roll and Student-Athlete of the semester. She is also in the Black Student UNION and Women's Sport Club. Before committing to play volleyball at the College of Brockport, Genesis was also accepted into 18 colleges.

Genesis,

We are so proud to call you our daughter. You have a heart of gold, a kind spirit, and the tenacity for greatness. These four years of high school have gone by quickly and watching you take on challenges, beat and exceed them has been worth all of the long nights of coaching, training, and motivating you.

We always knew you were a true athlete and it has been fun watching you persevere in any sport you played. Then, 5 years ago, you chose volleyball as your primary sport. Watching you conquer and grow with determination has paid off. I appreciate you multitasking and remaining on the honor roll, taking on leadership rolls at school, participating in Girl Scouts and other community service programs.

Genesis, continue to be extraordinary; let everyone know that you are the best, because you have earned it!

We are proud of the woman you have become and continue to reach for the stars!

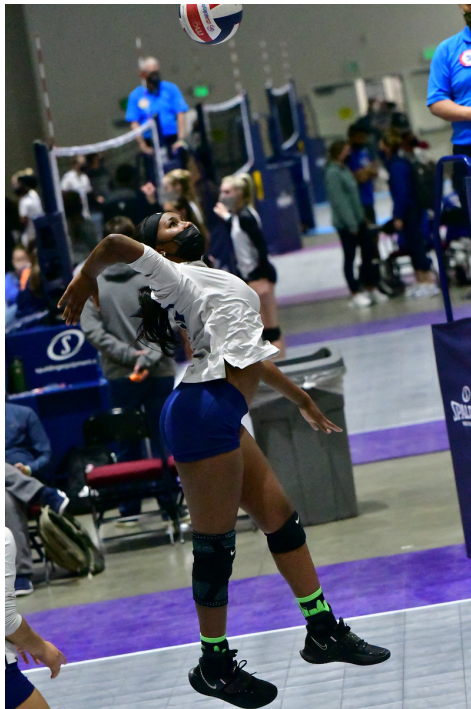
We love you,

Mom, Dad, Michaela (and our entire village)



Photos courtesy of Michelle Branner.





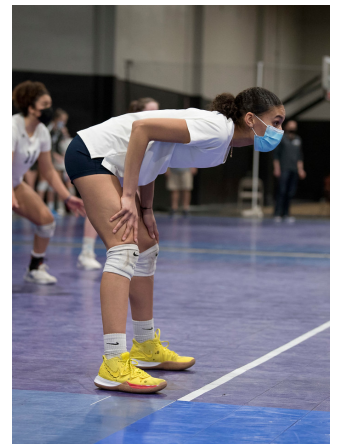
The College at
BROCKPORT
STATE UNIVERSITY OF NEW YORK



Samantha Carelock

Samantha will play for Marymount California University in Rancho Palos Verdes, CA. There she will pursue a degree in Biology towards becoming a Marine Biologist.

Samantha led the Monticello Empire League with 68 kills in her senior year. In her junior year, Samantha recorded 83 kills and 46 blocks. Samantha is also the top-ranked high jumper in the San Joaquin Section Division 3 with a height of 5'2".



Sammie, our lil sunshine!

9 years ago, when you first stepped foot on the court, we had no idea how much you would fall in love with this game. From day one you have always been the spirit and cheerleader for your teammates, lifting them up and keeping them going. As you begin your journey in a new place, with a new team, please keep that spirit.

We are all so proud of you. Keep working hard baby and always stay true to yourself. You have a bright future and we are so excited for you.

We love you to moon and back infinity times!

*With all our love,
Daddy, MumMum, Numms, Bubba,
Alyssa and Mycah*



MARYMOUNT
CALIFORNIA
UNIVERSITY

Photos courtesy of Cheri Carelock.

Alexandra “Allie” Cataldo

Allie will be attending Diablo Valley College.

Allie has been on the Clayton Valley Charter School’s Deans List all the way through high school, with 4.2 GPA. She double lettered in Varsity Volleyball and Track & Field and was offered academic scholarships to Gonzaga (Regent’s Scholarship) and Texas Christian University (2 scholarships to TCU). Allie graduates from CVCS as a member of the Medical Academy, while continuing to be extremely active in her extra-curricular sports activities, including varsity track and volleyball. As always, her heart remains golden as she continues to be supportive of her friends and family as well as in her giving back to the community.

Allie is excited about moving forward and continue her medical education in college. She has been accepted to several universities and is in the process of mapping out the “perfect for her” educational plan. She is gearing up to take her EMT training in June and will begin college in the fall where she plans to continue competing on the court as well as pursuing her career goals. From there she will continue to finish up her undergraduate schooling at university. Her top contenders are UC Berkeley, UC Irvine and UC Santa Barbara.

Allie always has her eyes on her target whether on the court or academically. She has lettered in both varsity track and volleyball. Her journey has been inspired by many of her teachers and coaches. Allie aspires to make a positive impact on the lives of many in the world as a physician’s assistant. With her fierce determination and passion, she is certain to achieve anything she sets her mind to.



Photos courtesy of Kristine Ingraham.



Alexandra...

My sugar plum, my 'lil Lioness, my brown-eyed girl: "Oh the places you'll go! There is fun to be done! There are points to be scored. There are games to be won. And the magical things you can do with that ball will make you the winning-est winner of all."

Watch out world, she is comin' for you. She will move mountains, calm the storm and bring peace, healing, love and much light to this world. "So be sure when you step, Step with care and great tact. And remember that life's A Great Balancing Act. And will you succeed? Yes! You will, indeed! (98 and ¾ percent guaranteed) Kid, you'll move mountains."

I have more faith in you than all the mustard fields in the world. You WILL move any mountain you see or face! "He replied, "Because you have so little faith. Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you." - Matthew 17:20 NIV

I couldn't be prouder of you. You are smart, resilient, adaptable, compassionate, passionate, laser-focused, loving, driven, enthusiastic, athletic, inquisitive, spiritual, a change-maker, leader, an individualist that is not afraid to stand up for your rights, beliefs and to be a voice for others.

Sugar, "You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. You're on your own. And you know what you know. And YOU are the one who'll decide where to go..." You've got this sugar. Go get 'em my 'lil lioness!

I love you to the moon, the stars & beyond forever & ever. We are always here for you no matter where "here" or "there" is. Just a text, phone call, drive or plane flight away. Meet for coffee in Paris?

xo, Mama

Allie... though I'm new on the scene, I have been amazed and impressed with your incredible heart, determination and drive... and look forward to watching you knock down targets and achieve all the things you have dreamed of!

Keep pressing in to achieve your goals... and don't ever let up! You'll have me and your Mom cheering you on every step of the way. Learn more than you need, serve more than expected, and always Thank God for each day that you can be a blessing to those who you... and ONLY you... are equipped to serve!

Love you BIG Allie, and so glad to be a part of your life and to have you as a part of mine!

~Rick



Alexandra:

You are a brilliant, strong, independent and powerful young woman, but you are still, and will always be, my “Baby Girl”.

We are all very proud of all you have accomplished as an athlete and as a student. You dominated your high school years, but now it gets real and I know you are very well prepared to succeed and exceed. The fact that you are on a constant mission to improve yourself and compete at the highest levels in everything you do, will serve you well all of your life – keep doing that!

While you are out conquering the world, remember we are always here for you. We are all so excited to see how far and how high you will go!

Love Dad, Cher, Ronnie and Nana



Photos courtesy of Ron Cataldo.

Brenna Duggan

Brenna will be playing for Head Coach Chris Herron and the Ichabods of Washburn University in Topeka, Kansas. She will enter the university with an Undeclared major.

Academic Achievements:

- North Coast Section, CIF President's List 2018-21
- North Coast Section, CIF Distinguished Scholastic Team 2017-21
- Clayton Valley Charter Honor Roll 1st and 2nd Semesters 2017-21
- Clayton Valley Scholar Athlete 2018
- Harker School Scholar Athlete Award Winner 2019
- 2019 CVCHS Student Athlete of the Month September
- 2021 CVCHS Athlete of the Year nominee (awards held 5/21)

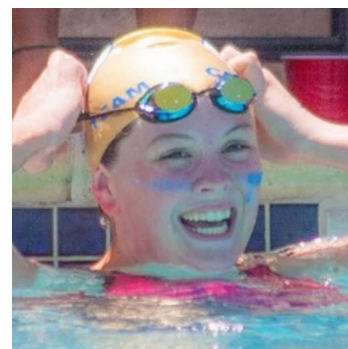
Athletic Achievements:

- 2018 Contra Costa County Swim Meet Champion
- 2018 Concord City Swim Meet Champion
- 2018 Concord City Swim Meet Record Holder
- 2017 Contra Costa Swim Meet Champion
- Terrapin Swim Team Top 10 Record Holder
- Captain BAVC 2014-16
- Captain of Xceleration Girls 17 Blue, 18 Blue Team
- 4 Year Varsity Volleyball letter winner
- 3 Year Varsity Volleyball Team Captain
- Diablo Athletic League All-League Second Team 2017-18
- 2018 Colorado Crossroads College Watchlist
- Girls Junior National Volleyball Tournament Detroit 2018
- Clayton Valley Coaches Award 2019
- Diablo Athletic League All-League First Team 2019-20 (MVP runner-up)
- Finished 9th at USAV Junior National Volleyball Tournament Columbus 2021

Washburn University Volleyball Commit 2021

Extra Curriculars:

- Blind Baby Foundation volunteer
- Swimming Saves Lives volunteer
- Certificate of Recognition from the City of Clayton for "Exemplifying great courage and responsibility" during fire October 2019
- Assistant Volleyball Coach Foothill Middle School 2017
- Assistant Volleyball Coach Xceleration VC 12 Blue 2021
- Contributor to Headstrong Foundation



Well Roo, that went by fast! It seems like yesterday that we were driving home from volleyball in Berkeley and you wanted to put the booster seat in front so you would look more grown up! One of the most beautiful things in life is seeing someone excelling at what they love. It has been my blessing to watch all of your hard work and perseverance uncovering the athlete inside you. I can't wait to see you at the next level! **Love you! – Dad**

Congratulations, bestie. I hope you like going far away to play volleyball. I love you sissy! – **Patrick**

Brenna, you began swimming competitively at age four and by age six it was more than obvious that you loved to compete. Whether at practice or in meets you always gave 110%. You could always be seen smiling behind the blocks and making friends with the competition outside of the pool. While you continued to still swim fast year after year it became clear at age 14 that your love was volleyball. You continue to study the best in volleyball and learn and grow in the sport. It has been an honor to always watch you conduct yourself with grace, humility, patience, and good sportsmanship. While you have been tested both mentally and physically in the game, you have risen above it all and are stronger because of it. Your dedication, determination, and discipline, plus your competitive spirit will serve you well as you move on to the college level.

– **Love you Roofus. – Mom**

Congratulations on the end of your club career! Great job!! Thank you for being a great sister! I love you, stupid rat! – **Finnian**

Dear Brenna, congratulations on the end of your club career! You always work very hard and are dedicated to the sport. I don't play volleyball, but it's still very impressive what you do! You are a fantastic player, I can tell that you're going places! Good luck in the future of your volleyball endeavors!

– **Sincerely, Carrick**

Brenna, congratulations on another success and achievement of your goals. You have worked hard, made a commitment to the sport you love, and exemplified good sportsmanship, leadership, and made many friends. You are determined, competitive, and always have fun. I'm proud of all you have done and anticipate following your future in college. I love you to the moon and back.

– **Grandma**

Brenna, your accomplishments and efforts in volleyball are noted even in far away places like Connecticut. Proud of you, Brenna. Keep up the good work. –

– **Love Grandma and Grandpa Duggan**

It has been so much fun for us to witness Brenna's passion for volleyball. While we haven't had the chance to get out to any games, we're always excited to watch her latest video and hear all about her tournaments, near and far. Our kids love playing and learning about volleyball from Brenna. She has also taught them about good sportsmanship and high character, both of which she exemplifies. We are all very proud of her accomplishments both on and off the court and are excited for her next chapter in college.

– **Uncle Dave, Aunt Marilee, Ella, John, and Aidan**

Baaa, woof, meow, neigh, bleat, squeak, blub blub, week week.

– **The Animals**



WASHBURN
UNIVERSITY™

Elisa Gonzalez

Elisa will be attending California State University, San Marcos in the Fall of 2021, majoring in Business Administration.

At Vintage High School, Elisa has participated in 2 years of Varsity High School Swimming and 4 years of High School Volleyball (1 year of JV and 3 years of Varsity).

Elisa began playing club volleyball at Evolve Volleyball Club when she was 12 years old and joined Xceleration 4 years later, joining the 17 Blue team in 2019-20 followed by the 18 Blue team as setter during 2020-21. She has served as captain in her early years of club and currently in her high school volleyball team.

Elisa has maintained an average of 3.8 GPA during her 4 years of high school while playing sports and earned a Lamp of Knowledge all 4 years. Elisa would like to continue playing volleyball as she moves on to college.



Elisa,

You are a bright spot for us all and we are so proud of your accomplishments. We continue to be amazed at your strength, your sincerity and your sense of humor. We are confident that with your perseverance and your qualities, you will reach your goals. Don't stop learning and enjoy every moment.

We love you!

Mom, Dad and Kate





California State University
SAN MARCOS

Paris Hariguchi

Paris will attend UC Irvine to pursue a major in Computer Science, with a minor in Chinese.

At Northgate High School, Paris was named the 2018 MVP. In 2019, she was a Diablo Athletic League 2nd Team All League honoree and was a Northgate High School Bronco Legacy recipient.

With a 4.3 GPA, Paris received the French Bilingual Seal, a Key Club Member/Officer, and Northgate's EPA President. She is also a member of UNICEF Club and New Leaf Club at Northgate.



Paris,

It's been a lot of fun chasing you around the country to watch you play some great volleyball! We've enjoyed watching you make the transition from a passing libero to a setter that digs a lot of balls! Your dedication to learning how to set started at 8 years old and you've never stopped learning and fine tuning your skills for the love of the game.

We hope the memories and experience you've gained from being a student athlete will propel you far into the future as you pursue your computer science degree. No doubt it will be a challenging field and we know you'll be ready to handle whatever comes your way since you've always been cool under pressure whether it be serving at game point or running the offense. So huge kudos to you Paris for demonstrating maturity beyond your years!

We will miss seeing the fantastic hair styles the team whipped up on road trips and seeing the connections and friendships you've made on the court. We're so proud of how kind, genuine, smart and driven you are and look forward to what you'll continue to accomplish!

Thanks for all the fun and joy you've brought the family over the years. Congratulations, future Anteater!

We Love You! Mom, Dad, Holly & Bradley



Photos courtesy of Grace Lau and Anthony Haraguchi.

Ariana Nia Jackson

Ariana will be attending Sacramento State University in the fall, majoring in health sciences/kinesiology.

Her position is often under-appreciated; it doesn't have the glamor of laying out for a beautiful pass or the impact of a strong hit that leads to a point. However, her grit and ability to perform as a setter are a major reason the Bentley's women's volleyball team saw historic success her sophomore season. As team captain, her unmatched energy and willingness to put the team on her back are just a part of the reason she was so instrumental in the volleyball team's journey to the North Coast Section finals that season. This hard work earned Ariana Female Athlete of the Year at Bentley High School her sophomore year.

She is the true definition of what it means to leave it all on the court. As the setter on the Bentley women's volleyball team, she was tasked with running the offense and playing nearly every minute of every game, earning herself second team all-league recognition.

In a previous club team she earned the name "Mighty". Coach Toa explains why.

"On our second year with our Viper Volleyball Club, Vipers Family, we met a quiet, cute and amazingly tough young lady. She had this smile that most girls found contagious. She had such a warm and yet powerful aura about her. We nicknamed her Mighty, because when the team felt a little down, she would come in to set the ball, change the energy and just hustle.

Nothing scared Ari on the court. She could set, spike and dig any ball up with no fear. Of course, after every hard dig she would smile. She was always eager to learn and work hard. As a male coach, Ari made me feel comfortable and helped me to push her become a better player. In all honesty, I have taught a lot of athletes' male and female on how to jump set and dunk the volleyball over, it didn't take her long to learn. With Ari, she caught on with one practice we had. She made me proud, to be a setter as well. She utilized everything she learned in practice. No fear, she went on the court and did everything so much better than she did in practice. She may be little but she plays like a six-footer. Her jump serve is crazy good...and most teams do not know this but she only practiced it a couple times before she found her rhythm and never looked back.

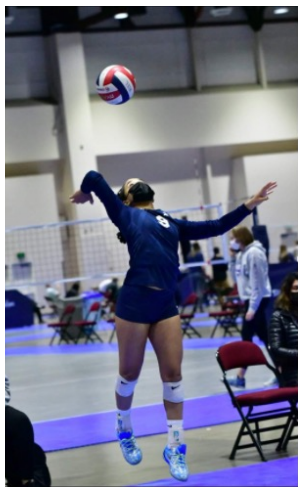
Ari is a fierce and passionate volleyball player, always learning and growing in the game. Any team was lucky to have her. I wish Ari all the best and I want her to know that Coach Toa and Aunty Arlene are so so proud of her, Our Lil' Mighty.

Ari, do not forget, Work hard, Play Hard and Stay Humble. We love you!"



BENTLEY SCHOOL

Ariana, you an awesome athlete as well as wonderful human spirit. You are very caring, humble and driven to connect with your teammates on the court and off the court as friends. So proud of the young woman you have become and looking forward to the watching you continue to grow and reach your goals. Your family and friends have been very proud of your tenacity and dedication to the sport. Watching you effortlessly fly across the court to make some great save has been amazing. You have some mad athletic skills!!! You are blessing to us all. Never forget, you are a very centered, courageous, strong, beautiful, and intelligent young lady. We know you will never let any one or anything get in the way of what you want to accomplish in this word. We love you to infinity and beyond. Remember when things may seem to be getting a bit more challenging in college or life in general say: "Meeshka, Mushka Mickey Mouse" to get through it. Study hard, play hard and have fun in this journey called life. We love you always!!!



Photos courtesy of Jaqueline Jackson and Elisa Gallegos-Jackson.

Madison Laxamana

Madison will be attending the University of Oregon in the fall to pursue a degree in Architecture.

At Las Lomas High, Madison was the Varsity Captain and in the 2019-2020 season earned 2nd Team All League (Diablo Athletic League). She hopes to play for the Ducks at the club level.



Photos courtesy of Irma Laxamana.



Dear Maddie,

What an amazing journey it has been watching you grow and learn and become such a strong and beautiful young woman. We're so proud of you and all that you've accomplished so far!

We've loved every moment of your volleyball journey. Always the smallest one on every court, in every gym, at every tournament, you never ceased to amaze us with your confidence, your passion for the sport, and your willingness to always give each game every ounce of your strength and energy. The sport of volleyball has taught and given you so much, but it has also taught us so much about you and your unbelievable physical and mental toughness. What you may lack in size, you more than make up for in grit and skill and passion. We're so proud of you for always working hard, for believing in yourself and for giving your teammates and coaches all that you've got. For every bruised hip, swollen knee and sore elbow; for all the strips of KT tape and bags of ice we've used over the years; for every win and every loss on the court; and for all of the ups and downs of every season... through it all, there have been so many valuable lessons learned and so many amazing memories made. We will truly cherish them all.

There are so many new and exciting adventures ahead of you as you head toward the college years, and we can't wait to see all the great things you will do and accomplish. Sky's the limit, Maddie. Keep "digging" deep and working hard to achieve all that you want for yourself. I'm pretty sure that famous quote is about you: "And though she be but little, she is fierce!"

We love you so very much, Maddie! More than you'll ever know.
Mom, Dad and Caleb



Alyssa Sayama

Alissa will be attending the University of Utah to pursue a degree in Biomedical Engineering.

At 10 years old, Alissa was introduced to volleyball by our uncle; he took her and her sister to open gym in Benicia once a week to play volleyball with high schoolers and other coaches. This lit a fire in her that never went out. From there, she began playing club volleyball at 11 years old and fell in love with it. Her Club Solano 12-1 team held 2nd seed in league all season. That same season, they competed at Bayview Classic and swept the 16s Division! Later, they earned a National Division Bid to Girls' Junior National Championships. In 14s, Alissa's team placed 2nd in the National Division at SCVA Qualifier in Las Vegas.

Alissa's 15 Blue team at Xcel had many accomplishments: 2nd Place at Triple Crown NIT 15U Club Division, 5th Place in Open Division at Girls' AAU Nationals, PrepVolleyball's Final National 15s Club Rankings – ranked #45 (out of 80), and being the highest **nationally** ranked 15s team in NCVA. At the end of the season, she received the team's "Most Hustle" Award.

The next season, Alissa's Xcel 16 Blue team was ranked #48 in PrepVolleyball's Preseason National Club Rankings, only falling to #52 by February. Her team went on to win their division at AAU Nationals and Alissa ended the season earning the team's "Most Resilient" Award.

At school, Alissa was JV team captain, named MVP of her JV team, and pulled up to Varsity for playoffs, all as a freshman. And in sophomore year, Alissa helped SPSV to a TCAL Rock Division League Championship. Outside of volleyball, she holds a CJSF Honor Award, a Certificate of Achievement for maintaining an "A" average in all subjects in junior high, Scholastic Honors for Fall 2017 through Spring 2021, and membership to the National Honor Society 2020-2021.

Alissa has had the privilege and benefit of the coaching of some of the most talented and dedicated people: Danette Domecus, Sal Paja, Salomon Leon, Lucas Abbott, Jade Santos Palmer, Leslie Ray, and one of our favorite uncles Ray Castro. These instrumental coaches understand the idea of "teaching to the student" and pulling the skill out of ANY player so they gain the confidence necessary to move on to the next level. The positive influence of these amazing people has given Alissa the desire to continue volleyball in some capacity as she hopes to pursue coaching in her own right.



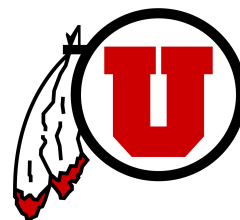
Peanut,

It has been my greatest pleasure to watch you turn from my stage-loving dancer into this competitive baller. Your love for volleyball was inevitable and you ran with it... helping your young team earn a bid to Nationals your very first year! You chased that feeling every season and we soon found our own system in all the freezing mornings, late nights, planning, and travel, season over season for almost eight years! It has been my joy to be your biggest cheerleader and I will cherish these memories forever.

I am so proud of all that you are: talented, articulate, progressive, coachable. My prayer for you is that you take all of that into the next chapter of your life and apply it, grow, and learn. Keep your eye on the prize and continue to chase the bid in every aspect of life, my Peanut, and you will forever win!

Remember who you are and who you represent.

Love, Mom



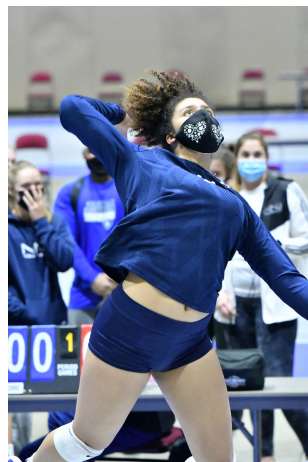
U THE
UNIVERSITY
OF UTAH®

Photos courtesy of
Josette Sayama.

McKenna Keowen



Adriana Walker



Nyah Littles



Olivia Ostler

