



# Xcelent NEWS

DECEMBER 2021

VOL. 9 ISSUE # 1

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## UPCOMING DATES

- Dec 22 – Jan 3  
Winter Break
- Jan 15-17: 18B  
Music City National  
Championships (Nashville)
- Jan 15-17: 12s-17s, 18W  
JVA NorCal Winter Classic  
(Roseville)
- Jan 22-23: All Teams  
WCVBA League 1/2  
(Roseville)
- Feb 5-6: 18B/18W  
WCVBA League 3/4 (City  
Beach or Sacramento area)
- Feb 19-21: 15B, 16s-18s  
Las Vegas Classic

Xceleration  
Volleyball Club

John B. David, Editor

## Back to the New Normal?

### Club welcomes athletes and families to 2021-2022 Season

In various venues throughout the nation we see throngs of rabid fans, overflow crowds, and spectators standing shoulder-to-shoulder, enjoying the sports events that were temporarily placed on hold due to the pandemic – fans are filling arenas to see Steph Curry surpass the 3-point record... the 49ers are showing flashes of their Super Bowl glory (but stumbling at the same time) in front of capacity crowds... the Giants welcomed baseball enthusiasts back to Oracle Park in their record-breaking season... college football stadiums are bursting at the seams... and the list goes on.

While it is nice to see some sense of normalcy in the sports world, this only gives us a false sense of security. Let's not forget that the virus is still among us.

As we begin the new season, we must not let our guards down and continue to follow safety guidelines throughout practices and especially at tournament venues. While we do our best to navigate through these challenging times, we continue to ask for your patience and understanding to make this season enjoyable, unforgettable, and productive for all our players and families.

We thank you many times over for choosing Xceleration, to trust in our vision for your child's growth in the game.

Enjoy the holiday season and soon it will be go-time! Put in the work and results will follow. Go Xcel!



## 12 Blue:

### Nicole Kuhnle & Krystal Hin

13	Darcy	Best
3	Evelyn	Canova
5	Clara	Chequer
27	Kaia	Copen
	Avery	Deily
18	Gabrielle	Datu
	Lauren	Lee
2	Cameron	Samples
11	Sophia	Schneider
10	Mia	Self
8	Gianna	Selvin
	Tallulah	Swann



#### Team Liaisons:

Adam Schneider, assisted by Madeline Davis

## 13 Blue:

### Greg Ginsburg & Michaela Ahlenslager

6	Sophia	Arellano
17	Emery	Benavides
	Leila	Beshay
22	Madeline	Carpenter
15	London	Crawford
8	Clementine	Damon-Espinas
19	Ella	Gardner
	Mahya	Hekmat
2	Jerita	Pingol
20	Kalolaine	Saluni
7	Madison	Watkins



#### Team Liaison:

Naomi Gardner



#### Photo Galleries

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



Instagram

#### Instagram: XcelerationVBC

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



#### 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.



## 14 Blue:

### Jhoanna Rollins & Deo Boongaling

#### JHOANNA ROLLINS – HEAD COACH 14BLUE

Jhoanna joins Xceleration after a successful 16-year club and high school coaching career. She has coached JV at St. Patrick-St Vincent HS for three years, JV at Rodriguez HS for four years, and Club Solano for 16 years for ages 13s, 14s, and 15s. This past season, Jhoanna's 13-1 team received a bid to Junior Nationals.

Originally from the Philippines, Jhoanna played for Cavite City National HS and Solano College as an Outside Hitter/Middle Blocker. During high school, she was "Athlete of the Year" for all four years. Jhoanna currently resides in Fairfield, CA with her three children and is also a coach at Solano College.

Jhoanna loves to coach! She said, "I fell in love with volleyball at 13 and I like to share the knowledge of volleyball, the commitment, the discipline, the responsibility, the respect, the friendship, the love of playing, and more... are the heart of volleyball, so I want the girls to fall in love with volleyball, too. I just love coaching!"

#### DEO BOONGALING – ASSOCIATE COACH 14BLUE

Deo is entering his second year as a coach for Xceleration. Prior to coaching here, he was an undergraduate assistant coach for the Cal State East Bay women's volleyball team. Deo grew up 20 minutes away from Martinez, in Vallejo, California and graduated from St-Patrick's - St Vincent's High School where he played 3 years of varsity volleyball before moving on to play at San Diego City College.

During high school, Deo also played 2 years of competitive club volleyball for Diablo Valley VBC. Deo currently attends Cal State East Bay as a Kinesiology major and plans on graduating in December in 2021.

20	Mikayla	Bergman
4	Ava	Berry
12	Rylan	Maile
13	Anna	Motes
8	Adrienne	Nicolas
10	Danica	Pagtakhan
24	Sohni	Peaker
11	Naya	Quiroz
7	Gianna	Seydel
17	Sophia	Terry
14	Mia	Walloch
27	Cassidy	Woo



#### Team Liaisons:

Leah Pagtakhan &  
Katie Seydel



## 14 White

### Leslie Ray & Rochelle Alonsabe

#### LESLIE RAY – HEAD COACH 14 WHITE

Leslie returns to Xceleration for her 9th season with the Club. She is also in her 8th season as an assistant coach at Cal State East Bay (CSUEB) in Hayward, CA. Leslie was a starting Libero at CSUEB for two seasons before graduating with a degree in Child Development. Prior to CSUEB, Leslie attended Golden West JC and prepped at Long Beach Poly HS, where she was a high school All-American. Leslie played six seasons of club volleyball with the prestigious Mizuno Long Beach VBC. A fierce competitor on the court, Leslie brings a love of the game to her coaching. She is an excellent student of the game and is able to convey both the skill and passion to her players. Leslie is currently the head coach of the Miramonte HS women's volleyball team in Orinda, CA.

7	Ariana	Berjis
14	Beatriz Anne	Bohulano
9	Danielle	Choulos
4	Phoebe	Gerlings
8	Kealii	Hin
2	Christina	Joshua
16	Kayla	Moon
3	Kendra	Moon
12	Believe	Palma
	Reese	Westphal



**Team Liaison:**  
TBD



## 15 Blue: Lucas Abbott & Kayla Coleman

### LUCAS ABBOTT – HEAD COACH 15BLUE

Lucas returns for his 10th season with Xceleration and has coached or played volleyball for almost 25 years. In 2018, his 15Blue team finished Top 5 in the Open Division at the AAU Girls' Nationals in Orlando. Also, in the 2018 Final National 15s Club Rankings, Prepvolleyball ranked his team at #45 (of 80 ranked) in the nation and was the highest ranked 15s team in the NCVA!

Lucas was a Middle Blocker and All-League performer at Las Lomas HS in Walnut Creek, CA before heading off to play D1 volleyball at Humboldt State University in Arcata, CA. While at Humboldt, Lucas was the team's starting Middle Blocker for four seasons and team captain his last two seasons, and led the squad to Nationals twice. His playing career continued until 2013, culminating with a season playing professionally with the PVL/NCVA's NorCal Premier. Lucas is currently Girls' Varsity Head Coach at Berean Christian HS in Walnut Creek, CA. He has taken his team to the NCS playoffs all five of his seasons as the Head Coach including making it to the CIF State playoffs twice. He has also served as the assistant coach for the PVL/NCVA Men's NorCal Premier in previous seasons.

Away from volleyball, Lucas has dedicated his 20+ year career to youth development, which he incorporates into his coaching. He is the program director for a youth mentoring outreach program at the University of California Berkeley's Haas School of Business, called Boost@BerkeleyHaas.

### KAYLA COLEMAN – ASSOCIATE COACH 15BLUE

Kayla returns for her 10th season with Xceleration after a break from coaching last year. Kayla has assisted coaching the 13White, 15Blue, 16Blue, and 17White teams during her previous seasons with the club. Kayla graduated from Holy Names University (HNU) in Oakland where she was the starting Libero for the volleyball team for three seasons. During her career at HNU, Kayla made the All-Conference team twice and was selected Libero of the Year in her junior & senior seasons. The Turlock native was her league MVP for two years in high school. Kayla received her professional doctorate degree in pharmacy and is a registered pharmacist.

1	Addison	Ames
35	Olivia	Apelado
21	Anne (Annie)	Baker
7	Zoe	Kim
6	Amanda	Ret
20	Feao	Saluni
3	Mattioli (Matti)	Sena
8	Mia	Shadic
10	Alexis	Sunia
31	Ella	Szyrko
12	Annasophia	Vranjes
4	Natalie	Wojnakowski



**Team Liaison:**  
Sharon Sunia

## 15 White: Dana Pineda & Katie Orbeta

### DANA PINEDA – CO-HEAD COACH 15WHITE

Dana is an Xceleration alum and in her 3rd year coaching with the club. She started playing volleyball at the age of 10 and immediately fell in love with the sport. She played varsity at St. Joseph Notre Dame (SJND) HS in Alameda, CA for three years as a starting setter and was co-captain her senior year. During her high school career, Dana led the team and ranked first in the Tri-County Athletic League in assists her junior and senior years. She also received an All-League Honorable Mention and was named the All-League Second Team her junior and senior years, respectively. During her time at SJND, she helped lead the team to two North Coast Section finals and one Northern California final appearance.

Dana played six seasons at Xceleration where she was the starting setter and captain of her 16's and 17's teams. In 2015, her 18's team won the SoCal National Qualifier in Anaheim and went on to compete in Junior Nationals in New Orleans. Before coming back to Xcel, she coached at La Jolla Volleyball Club in San Diego. Now back home, Dana is excited about coaching at the club that played such a huge part in her volleyball career.

### KATIE ORBETA – CO-HEAD COACH 15WHITE

Coming soon!

11	Manizha	Ahmady
3	Alexandra	Belin
54	Olivia	Canova
28	Chloe	Farzaneh
14	Trinity	Harris
30	Hoda	Hekmat
2	Jocelyn	Hernandez
4	Morgan	Hubbard
7	Erin	Mendoza
16	Adrienne	Morris
8	Abigail	Rader
21	Aili	Selvin



**Team Liaison:**  
Kate Canova

## 16 Blue: Ruth Lawanson & Allan Alberto

### RUTH LAWANSON – HEAD COACH 16BLUE

Ruth Lawanson has been involved with volleyball for over 40 years as a player, coach and clinician. She has coached at University of Nevada, US Air Force Academy, Fresno State, Angelo State and Purdue University. In her career, she has helped coached 25 all-conference players, one all-region selection and an American Volleyball Coaches Association honorable-mention All-American. She has also helped mentor 90 academic all-conference student athletes.

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

Prior to her time on the national squad, Lawanson played with the Dallas Belles and the Minnesota Monarchs of the Major Volleyball League from 1987-89. She was the league MVP in 1988 and earned USVBA All-America honors with the national champion Chrysler Californians club team in 1989. She resumed her professional career in 1992, playing three years in Italy and France.

At the collegiate level, Lawanson was one of the greatest players in Fresno State history, becoming the first Bulldog ever to earn NCAA Division I All-America honors as a senior in 1984. She was a three-time team MVP for the Bulldogs (1982-84) and her name still appears in several categories in the Fresno State record book. As a senior in 1984, Lawanson guided the Bulldogs to a 26-13 record and a fifth-place finish at the NCAA Tournament. For her efforts she was named NorPac co-Player of the Year, first-team All-NorPac and earned All-Northwest Region honors. At the conclusion of her stellar Fresno State playing career, Lawanson became the first female athlete in the history of Fresno State to have her jersey retired. She was also the first athlete in a sport other than football and only the fourth athlete overall to receive that honor from Fresno State. Her other Fresno State accolades include the 1984 Rosa Parks award and designation as the 1984-85 Female Athlete of the Year. A member of the Fresno Athletic Hall of Fame, Clovis Unified Hall of Fame and the Clovis West High School (Calif.) Wall of Fame, Lawanson was also named one of Fresno State's Top 25 Greatest Athletes and one of the Central Valley's Top 25 Greatest Athletes of the 20th Century.

She has served as a member of the Board of Directors of the American Volleyball Coaches Association and continues to pass on her expertise at a number of volleyball camps and clinics around the country. This past club season won the 2021 NorCal Winter Classic Tournament and finished 17th out of 125 at AAU's.



**Team Liaisons:**  
Serena James &  
Rebecca Eirich



## 16 Blue: Ruth Lawanson & Allan Alberto

### ALLAN ALBERTO – ASSOCIATE COACH 16BLUE

Entering his 2nd year with Xceleration, Allan's 30 years of volleyball experience began in his hometown in the Philippines. Allan started his collegiate volleyball career at National University in the Philippines, playing the middle and right position. He was a member of the Philippine National Team in 2002, 2004, and 2005 and competed internationally in Fukuoka, Japan, in 2002. Allan also became a member of the Philippine Air Force Volleyball Team and was the Philippines' National Open champions from 2005 to 2007.

Allan started his volleyball coaching experience as the Head Coach of Asian College of Science and Technology in the Philippines from 2004 to 2006. He was the Assistant Coach for the Philippine Air Force from 2004 to 2006 and National University in the Philippines from 2006 to 2008. When Allan arrived in California, he joined Club Solano and was one of the Head Coaches, coaching the Girls 15's, 16's, and 17's age group from 2017 to 2020. Now, Allan is excited to be one of the most recent additions to Xceleration.

Allan loves and is very passionate about Volleyball. He enjoys teaching players the fundamentals of the sport and fostering the importance of hard work, determination, and teamwork. His goal is to share his talent and experience with younger players to inspire them to develop their skills and passion for Volleyball.

5	Karis	Bishop
19	Dilara	Caglar
9	Gabriella	Campbell
12	Charlotte	Eirich
15	Brenna	Gleason
33	E'mon	Irving
4	Schelby	James
20	Sophia	Mason
7	Tyler	Nicholas
25	Alissa	Projillo
13	Ranessa	Rualo
3	Alexis (Lexie)	Tucker
1	Elle	Walker
10	Madeleine (Maddy)	Whitaker



## 16 White:

### Andrew Randolph & Maynard Patacsil

#### ANDREW RANDOLPH – HEAD COACH 16WHITE

Andrew is now in his 5th year of coaching, and has done so for multiple high school and club teams. He began coaching in 2017 for Belltown VBC in Riverside, CA for their 12's, 13's, 14's, and 16's teams. Shortly after, he moved on to coach the Girls' Frosh, JV, and Varsity teams for the 2019 season at Southlands Christian Schools in Rowland Heights, CA, as well as the Boys' team for Martin Luther King High School in Riverside. Andrew is entering into his second season coaching the JV team at Will C. Wood High School in Vacaville, CA. He is also joining Vacaville Christian High School as an associate coach for both the girls' and boys' teams during the upcoming seasons. Andrew helped coach the 15White team for Xcel last season, and looks forward to coaching the 16White team for the 2021-2022 season.

Andrew played High School Volleyball for Berean Christian High School in Walnut Creek, CA from 2010-2014 as the team's starting Libero. He also played three years as an Outside Hitter and Libero for Diablo Valley Volleyball Club (DVVC). He earned DVAL Honors all four years including Honorable Mention his Freshman year, 2nd Team All-League Sophomore and Junior years, and 1st Team All-League Senior year. From 2014-2017, Andrew attended California Baptist University (CBU) in Riverside, CA and graduated with his Bachelor's in Psychology with a Minor in Coaching. He then remained at CBU for the 2018-2019 school year and earned his Master's degree in Sports and Performance Psychology. He has worked with a multitude of high school and college sports teams including Cheer, Golf, Basketball, Volleyball, and Soccer as a Mental Performance Coach. Andrew currently works as the Middle School Physical Education teacher for Vacaville Christian Schools. Andrew's goal is to gain as much experience as he can working among high school student athletes, and desires to be one of the first to work solely with high school athletes in the mental game capacity. Helping athletes learn to set goals for themselves and work diligently to find success is what Andrew is most passionate about, and will continue to work towards as he builds his career surrounding athletics.



**Team Liaison:**  
Melissa Palwick

## 16 White:

### Andrew Randolph & Maynard Patacsil

#### MAYNARD PATACSIL – ASSOCIATE COACH 16WHITE

Maynard joins the club with 9 years of coaching experience, 6 of which is at the Club Level. Born and raised in San Francisco and currently a Vallejo resident, Maynard is married with two girls and employed full-time in Contra Costa County, while also running the volleyball programs at Benicia HS where he is currently head volleyball coach for Varsity Boys and JV and Frosh Girls, and assistant coach for Varsity Girls and JV Boys.

Maynard was introduced into volleyball during a P.E. class in middle school, he was instantly hooked and wanted to learn more. Growing up in San Francisco, he fondly recalls there weren't many volleyball programs available, so all he could do was watch the Olympics and World games. It wasn't until his eldest daughter joined the volleyball team at her school that he got a chance to participate in the sport again as a coach to develop young athletes, see them flourish, and excel into high school and beyond.

Included in his coaching experience is developing a volleyball program for a private school in Vallejo for 5th-8th grade. Before coming to Xceleration, Maynard coached at Club Solano in all coaching capacities for all age groups and at Vacaville Extreme 17's.

In his spare time, Maynard plays in an intramural volleyball league in Vallejo as a DS/Libero. Maynard has an A.S. Degree Law Enforcement and is working to get a B.S. in Business Management. He is certified in First Aid/CPR, AED, ASCC, and SafeSport.

Maynard said, "I love to see the growth of the players and to instill confidence just not through volleyball, but in life. I enjoy teaching the fundamentals and see the progress. If I could make a difference or impact a person's life, by giving them a chance to excel and feel confident, then I have succeeded as a coach."

5	Rachel	Andre
1	Keira	Elliott
3	Tatum	Haggerty
14	Ellie	Hartman
16	Josie	Kelly
6	Marina	Miller
26	Aliyah	Palwick
9	Jessica	Patacsil
11	Jenna	Payne
12	Olivia	Roesch
4	Hannah	Rush
10	Gianna (Gia)	Stassi
2	Sadie	Symonds





## 17 Blue: Leslie Ray & Todd Ajari

### LESLIE RAY – HEAD COACH 17BLUE

Leslie returns to Xceleration for her 9th season with the Club. She is also in her 8th season as an assistant coach at Cal State East Bay (CSUEB) in Hayward, CA. Leslie was a starting Libero at CSUEB for two seasons before graduating with a degree in Child Development. Prior to CSUEB, Leslie attended Golden West JC and prepped at Long Beach Poly HS, where she was a high school All-American. Leslie played six seasons of club volleyball with the prestigious Mizuno Long Beach VBC. A fierce competitor on the court, Leslie brings a love of the game to her coaching. She is an excellent student of the game and is able to convey both the skill and passion to her players. Leslie is currently the head coach of the Miramonte HS women's volleyball team in Orinda, CA.

### TODD AJARI - ASSOCIATE COACH 17 BLUE

Todd enters his 4th season with Xceleration after coaching 16Blue, 16White, and 14Blue in prior seasons. Originally from Hawaii, Todd is now a Benicia, CA resident where he has coached at the club, and high school girls JV and Varsity teams at Benicia HS and assistant boys Varsity at College Park HS. As an assistant coach, Todd has taken two of his club teams to Junior Nationals in Minneapolis in 2017 and Detroit in 2018. Todd has also coached fast-pitch softball, baseball, and wrestling.

In high school he played two years on Varsity and one season of club. He was an All-League setter his second year. As an adult he played men's club for several years before playing for the U.S. Air Force team, in his final year he made the All Armed Forces team as a setter. He continued to play club and tournaments during and after the military. The last tournament he played in was 2019 Men's Nationals U45 and U50.

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

9	Dayna	Ajari
30	Lauren	Atis
2	Samantha	Brouhard
19	Victoria	Caine
1	Maya	Cann
12	Alyssa	Dudley
11	Camryn	Hirst
51	Eden	Labaniego
18	Kaitlyn	Roach
6	Giselle	Torres
4	Ane	Tuinauvai
3	Olivia	Wiseman
10	Olivia	Woo



**Team Liaison:**  
Michael Wiseman

## 17 White:

### Erwin Chu & Anthony Alberto

#### ERWIN CHU – HEAD COACH 17WHITE

Coming Soon!

#### ANTHONY ALBERTO – ASSOCIATE COACH 17WHITE

Anthony joins Xceleration in his 2nd year as an Associate Coach for 17White, after previously serving as the associate coach for 16White. His volleyball journey began in high school in the Philippines. Anthony continued to play right side/setter on a full scholarship for National University, Philippines, where the men's team placed 2nd in the University Athletics Association of the Philippines (UAAP) Volleyball Tournament in 2000. Anthony earned a Bachelor of Science degree in Mechanical Engineering in 2004.

Anthony's coaching experience started at the Asian College of Science and Technology (ACSAT) as an Assistant Coach of the women's volleyball team from 2004 to 2006. This was followed by a head coaching position for the school's Mass Communication women's volleyball team, which played in the Sports Festival at St. Paul University, Philippines from 2006 to 2008.

Anthony stepped away from coaching to pursue a career as a Construction and Mechanical Engineer for a construction contractor in the Philippines until he relocated to Riverside, CA in 2017. From there, Anthony moved to his current residence in American Canyon, CA in 2020 with his brother. There, he served as an Associate Coach for Club Solano's 17s team.

Anthony is excited to join Xceleration and be back on the court to share his passion and love of the game. He is eager to teach players to develop their skills by building a solid foundation, sound fundamentals, and a strong work ethic.

2	Eva	Angelo
8	Nija	Gibson
1	Meagan	Lee
14	Alycia	Maciel
18	Lauren	Morehead
	Charlotte	Mueller
44	Charlise (Charlie)	Passalacqua
4	Monique	Plummer
5	Anika	Ramaswamy
11	Layla-Marie	Roberts
24	Cameron	Sumaquial
9	Chelsea	Tamayo



#### Team Liaisons:

Sandra Lee

Elaine Sumaquial



## 18 Blue:

### Andy Schroeder & Jeremy Swann

#### ANDY SCHROEDER - CO-HEAD COACH 18BLUE

Andy is entering his 14th year with Xceleration and 17th year as a club volleyball Head Coach. Prior to joining Xceleration, Andy spent four seasons coaching at Odyssey VBC and NorCal VBC. As a player, Andy played D-1 volleyball for Cal Poly San Luis Obispo. He was an AA-ranked beach volleyball player and, in 2007 was voted into the Seaside Beach Volleyball Hall of Fame. In 2015, Andy was named a finalist for the PrepVolleyball.com National Club Coach of the Year. In the last 12 years, Andy has coached Xceleration's 18Blue teams that have consistently qualified for the USA Volleyball (USAV) Junior National Championships, with three teams finishing in the Top 5 in 2010, 2012, 2013, and 2017. During his coaching career at Xceleration, nearly 200 of his former players have gone on to play in college.

#### JEREMY SWANN - CO-HEAD COACH 18BLUE

Jeremy is owner of the Xceleration Volleyball Club. He is in his 14th season at Xceleration and in his 18th season of coaching junior girls' volleyball. Jeremy returns this season to coach with Andy Schroeder for 18Blue. It will be their 11th year of coaching this team together. Before joining Xceleration, Jeremy was the Head Coach at Monte Vista HS in Danville for two seasons and led his teams to North Coast Section (NCS) appearances each season. Jeremy played volleyball at St. Mary's College in Moraga, CA and soccer at Cal State East Bay in Hayward, CA.

14	Emma	Archer
8	Colbie	Atlas
3	Laila	Briscoe
7	Rebekah	Christensen
12	Alexis	Doyle
9	Sruti	Jonnalagadda
1	Rochelle	Mosley
2	Ilyssa	Ocampo
6	Reagan	Richardson
16	Kendall	Rogers
20	Tui	Saluni
21	Dyllan	Soriano
4	Gianna	Szyrko
5	Lauren	Whyte



**Team Liaison:**  
Dee Richardson



## 18 White:

### Deo Boongaling & Max King

#### DEO BOONGALING – CO-HEAD COACH 18WHITE

Deo is entering his second year as a coach for Xceleration. Prior to coaching here, he was an undergraduate assistant coach for the Cal State East Bay women's volleyball team. Deo grew up 20 minutes away from Martinez, in Vallejo, California and graduated from St-Patrick's - St Vincent's High School where he played 3 years of varsity volleyball before moving on to play at San Diego City College.

During high school, Deo also played 2 years of competitive club volleyball for Diablo Valley VBC. Deo currently attends Cal State East Bay as a Kinesiology major and plans on graduating in December in 2021.

#### MAX KING – CO-HEAD COACH 18WHITE

Max is in his first season with Xceleration with four years of club and high school coaching experience. He played high school Varsity football for three years and Varsity volleyball for two years at St. Patrick-St. Vincent in Vallejo, CA. He earned an NCCVL honorable mention in 2019. Max went on to play men's volleyball at Sonoma State as Right Side/Setter for four years while studying Sociology. At Sonoma State, the team finished Top 10 in the nation in his first three years and Top 5 in his senior year. Max is a personal trainer for the past 6 years now and continue to do personal training.

Born and raised in San Francisco, and currently residing in Vallejo, Max enjoys giving kids an opportunity to learn about life through sports.

10	Annika	Blas
19	Isabella (Bella)	de Leon
4	Taylor	Hubbard
11	Madelyn	Huth
1	Amaya	Knox
13	Natalie	Kurtz
20	Jayna Marie	Lorenzo
9	Joy	Obasi
12	Francesca	Patent
17	Casey	Roy
5	Alejandra	Velasco



**Team Liaisons:**  
Trina Blas  
Jarrad Dimaggio

## Staff

### JIM ROSS - CONSULTANT / COLLEGE DEVELOPMENT DIRECTOR

Jim is in his 13th year with Xceleration. He began his involvement with Xceleration as a volleyball parent during his daughters' participation in club volleyball. His initial role was the establishment of the club's College Development Program that helps athletes navigate through the often-daunting world of college athletic recruiting. That program currently has over 500 coaches and programs in its database and is nationally recognized for its role. He picked up the additional role of Xceleration's Club Director in 2009 through 2016 to handle the day-to-day operations of the club that included planning, administration, and managing the teams and coaching staff. During that time Xceleration has doubled in size from 6 to 12 teams.

### NORMIE PINEDA – TRAVEL COORDINATOR

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





## Staff

### **TOMAS PINEDA – MEDIA & PHOTOGRAPHY**

Tomas came to Xceleration in the 2010 season when his daughter, Dana, began her club volleyball career. During the six seasons that Dana competed for Xceleration, Tomas shared his photography with the club, visiting court-side with teams during tournaments. After Dana graduated in 2015, Tomas stayed on to continue taking photographs for Xceleration. You will see him at tournaments capturing court action while cheering for our teams, documenting other club events, and collaborating with Xcel's Media & Communications Director to produce visual and print media for the club. His digital images of teams and athletes are made available to Xceleration families free of charge.

### **JOHN DAVID – MEDIA & COMMUNICATIONS**

John has been affiliated with Xceleration since 2011 when his daughter Sam joined the club, and ever since the media team was created in 2013, he has become the club's historian, archiving and reporting highlights and accomplishments of its current and former athletes. John also supports the club's various online registration and communications needs, such as content development for and management of its website, presence in social media circles, creation of marketing and digital materials (e.g., Player Recruitment Profiles and Team Information sheets), and publication of the club's monthly newsletter, XCELLent NEWS, which currently is in its 9th season.





# Learn Practice Improve

## Deliberate Practice: The Path to Improvement

BY KARCH KIRALY

Originally published in Volleyball USA

When it comes to practice, it's not enough just to have a pulse and show up at the gym.

You're probably thinking, "Duh, Karch, I knew that." But I say it to emphasize the point that there's a big difference between just clocking in and clocking out, and engaging in purposeful practice.

In the book "[Outliers: The Story of Success](#)," author Malcolm Gladwell writes about factors that lead to high-level achievement and examines the 10,000-hour principle, which is based on a study by Swedish psychologist Anders Ericsson. After the book was published in 2008, this principle was widely misinterpreted. Many saw it as validation that you can become a world-class performer in your profession after 10,000 hours of practice. Not so.

The point was that achieving mastery or near mastery only happens after thousands of hours doing deliberate practice. That's very different, and the distinction is one that was recently addressed in the book "[Peak: Secrets from the New Science of Expertise](#)," which was co-authored by Ericsson.

As it relates to volleyball, practice that isn't deliberate doesn't do much to improve your game. If you mindlessly forearm pass 20 easy tosses, there's no challenge and no real benefit. It might feel good that you passed them perfectly, but that's about it. To really improve, your training needs to include the following:

- **Goals**
- **Intense focus**
- **Pushing yourself out of your comfort zone**
- **A way to measure your improvement**
- **Feedback from a coach or teammate**

### Getting Feedback While Setting Goals

Feedback might come from a coach, but you can also get it from another player. Pick a teammate, tell him or her what you're working on, ask them what they're working on, and then give feedback to each other throughout practice. Training partners serve two good purposes: they help you maintain your motivation and your focus.

People who visit USA practices see how purposefully our players attack each activity. Anybody who watches our passers practice, like **Jordan Larson** or **Kim Hill**, is likely to see them repeat their action without the ball to reinforce what they've done right – or correct what they are trying to improve. Either way, they are dialed in and intensely focused on what they're doing.

*(Continued on the next page)*



[Photos courtesy of Tomas Pineda.](#)

[CLICK HERE TO SEE MORE IMAGES.](#)

## Deliberate Practice: The Path to Improvement

When working on a single skill like passing, our athletes often set very specific goals. In the case of passing, a national team player might aim to stand in against a certain number of high-level serves and get eight out of 10 on their sweet spot. (A club or high school player might set a lower standard – maybe four out of 10.)

The sweet spot, as you probably know, is the forearm area between the wrist and elbow. Ideally, the ball should hit both arms equally, not more of one than the other. Getting the ball on your sweet spot sometimes involves taking it at shoulder height and to the side, outside your body line.

Great passers have to build proficiency contacting the ball on their sweet spot no matter where the serve goes: deep or shallow, high or low, far away or close – not just near their bellybutton.

A great testimony to the value of deliberate practice was seen a few years ago when a music study was conducted in Japan with 24 children between the age of 2 and 6.

Through a very structured practice schedule, they were taught “perfect pitch” – the ability to hear a sound and identify the key (for example, the difference between C and F#). For hundreds of years, people considered perfect pitch something you’re born with, not something that could be learned by the average child. Mozart, for instance, had it by age 7. In this study, every one of the 24 kids mastered it within a year and a half. That’s the power of deliberate practice.

With that said, you should understand that certain things will limit you no matter how well you practice. If you’re 4-6, you’re probably not going to make it to the NBA. If you’re 6-10, you’re probably not going to be a jockey. But the big picture is that you can achieve immense improvements in any skills with deliberate practice.

Practicing with purpose is the best, single thing you can do to reach your potential in volleyball or anything else you choose to pursue in sports or life.



[Photos courtesy of Tomas Pineda.](#)

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## What Coaches Really Teach (continued)



something I can do better in my seat to contribute to the outcome,” she says.

### Fence to fence, not to win.

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

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

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

motto for me, reminding me to always look forward to my goals, to always look up with confidence.

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

### Remember your seat.

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

Ms. Starin says this advice has helped her understand that her role on any team, whether in a rowing shell, a work meeting or her family, is to do her part as well as possible and focus on her performance and development, not the strengths and weaknesses of others. “The assumption is that if the boat is not doing well there has to be





## What Coaches Really Teach (continued)

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

### Fatigue will not be a factor.

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

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

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

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

### Be proud.

When Mike Seyfer opened the Gazette in Cedar Rapids recently, he was saddened to see the obit of his former high school basketball coach. That got him thinking about a frigid night in February 1964, when he was a sophomore and his team lost an away game in Moline, Ill., after being 15-1 for the year. After the players dejectedly piled onto the bus for the 75-mile ride back home, the coach climbed on, closed the door and shouted: “Get your heads up fellas! You all played a great game and competed to the final buzzer and I could not be more proud of you.”





## What Coaches Really Teach (continued)



Mike Seyfer says he learned to follow through and complete tasks 100% from his high school basketball coach after a tough game in 1964. The retired investment adviser now coaches young baseball players.

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

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

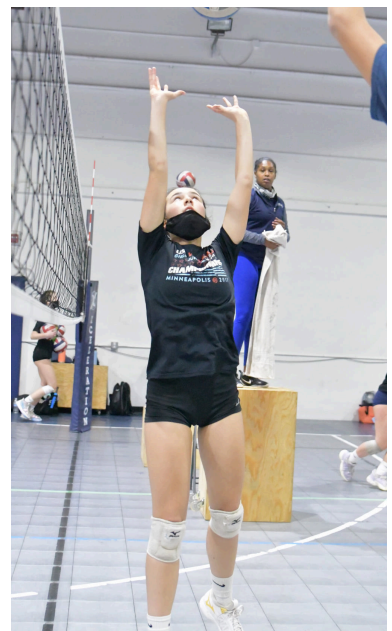
I've been scuba diving for three years, taking a number of advanced certification classes. When I was first learning to dive, I had a panic attack on the surface. I jumped off the boat into a big wave and, once underwater, thought the boat was going to slam down on me. Within seconds, I had only two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

Luckily, my instructor, James Paddon – always unruffled and positive – was



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

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



# 5

## Tips to Balance School and Volleyball this Season

By Liz Noelcke, Reprinted from SparkPeople, Inc.

It's that time of year again! Season has started and school is about to start kicking into high gear. It's an exciting part of the year, if not the most exciting, but with all the excitement also comes the stress of balancing everything that needs to get done in 24 hours. From practice to games, classes to homework, we all could use a few helpful tips to stay on top of school and volleyball this season! Christa Dietzen, Women's National Team Middle Blocker, sat down with us and shed some light into her top five ways of staying on top of things. Christa graduated from Penn State with a degree in Elementary Education after student teaching abroad at Yapton Elementary School in southern England her senior year.

### 1. MAKE TIME FOR SLEEP.

Sleeping recharges your body and mind, and it is essential for keeping up with the busy athlete schedule.



### 2. STAY IN THE MOMENT.

Focus is very important because you want to be able to perform your best on the task at hand. When in the moment, you can't let your mind wander about things that you still need to do, or things you should have been studying for the test you're currently taking. Being able to time manage and keep on task will well help you stay focused on the right things at the right times.

### 3. TAKE A BREAK.

Sometimes the outdoors and a good book are calling your name. When you've finally finished a big project or just got done with a long tournament, your body and mind need a break. Whether you like reading the latest best seller, catching up on Netflix or sitting on the couch and not moving for 12 hours, do something to let yourself recover.



### 4. DON'T SETTLE FOR JUST BEING GOOD.

"Whatever level you're at in volleyball or school, one thing is always certain: the next level is going to be more challenging. When you understand that, you also understand you're not really competing against other people as much as you are competing with yourself."

### 5. USE ALERTS.

When you have 14 things going on in one day, it is easy to forget at exactly what times you need to be where or that you have something to do at all. With alerts, you can set them an hour before the task, that way you have time to get ready and don't miss an obligation.



*This article was first published in SPIKE. SPIKE is available at iTunes App Store, but first you need to download the VolleyballUSA digital app – it's free – then you can get SPIKE.*



## 5 TIPS TO BALANCE VOLLEYBALL AND SCHOOL

### 1. Make time for sleep

"Shirking on sleep can negatively impact your play and your studies. Even though we all think we can run on three hours of sleep after pulling an all-nighter, that's simply not the case."

### 2. Stay in the moment

"Once the volleyball game begins, your full attention should be on what's happening in the practice or match, not about your five-page paper you have due the next day."

### 3. Take a break

"It's easy to get stressed with everything you have going on, but volleyball is meant to be fun, not stressful."

### 4. Don't settle for just being good

"Whatever level you're at in volleyball or school, one thing is always certain: the next level is going to be more challenging. When you understand that, you also understand you're not really competing against other people as much as you are competing with yourself."

### 5. Use alerts

"Set alerts on your phone for every meeting, practice, class, weights, traveling and matches. It will help you make sure you're on the right task and don't forget about anything."





## Nutrition & Fitness: Fueling for Success

by Jill Daniels, MS, RD, CSSD

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

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

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

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

Eat well, play hard, and have fun!

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

Reprinted from *SportsStars Magazine*, August 2015.



**Nutrition habits before  
practice just as vital as  
before a game**



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

Fueling properly before practice can provide these benefits:

- **INCREASED ENERGY**
- **IMPROVED MENTAL FOCUS**
- **GREATER ENDURANCE AND STRENGTH**
- **HUNGER PREVENTION**
- **IMPROVED MOOD AND ATTITUDE**
- **DECREASED RISK OF INJURY**

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



### WHEN TO EAT WHAT

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





# A Brief Introduction to Sports Psychology

By Coach Andrew Randolph, August 22, 2021.

*In upcoming issues of **XCELLent News** we will feature articles from 16 White coach Andrew Randolph that leverages his expertise in the world of sports psychology and will supplement his discussions with the 15-18 teams. Coach Andrew graduated from California Baptist University (CBU) in Riverside, CA. After receiving his Bachelor's degree in Psychology, with a Minor in Coaching, he then remained at CBU for the 2018-2019 school year and earned his Master's degree in Sports and Performance Psychology.*



The world of athletics is growing faster than ever, even with the recent setbacks in 2020. All those involved are seeing increased opportunities in "leveling up" their game, as the next phase of sports performance seems to pass by each year.

For many years, sports have been a part not only of our history, but also of our daily lives. The act of physical conditioning in preparation for any sort of athletic/physically demanding experience has grown and become more than a norm for many individuals at each level of sport competition.

Typically, progression in the sports world has to begin at the professional level. In any sport, those athletes and coaches who have been to all stages of the game already are the ones who best know how to further the competition and bring about more well-rounded athletes than may have been overly present in years past.

Once the success of these new strategies hits and is seen as essential progress, Division 1 and 2 colleges pick it up, followed by lower divisions and JCs, and finally clubs and high school with some overflow to younger age groups.

For the past decade, the world of sports psychology has been tried and tested and has made significant headway in not only the world of athletics, but also in many growing businesses (restaurants, first responders, theater, military, and a variety of companies). The techniques utilized for this specific program of growth and mental development are ones that have been proven to work and, in some cases actually necessary.

Russell Wilson, Kobe Bryant, Tom Brady, Michael Phelps, Jenny Rissveds, Kevin Love, Steph Curry, and Kerri Walsh Jennings are some (former) professional athletes you may have seen as being activists for the success they have seen due in part to mental training. 6-time NBA Champion Michael Jordan describes successful preparation as needing to be "80% mental".

Right now, there is a growing need and demand for mental performance coaches and consultants. While each person can benefit from the services of a mental health professional, not everyone may feel the need to adapt at their current level of play.





However, as the world of sports performance and competition continues to grow, sooner or later certain changes are going to be almost required in this ever-progressing world of athletics. So, those athletes wanting to keep up or get ahead of the competition should consider what the future holds for sports performance development.

Listed on the right are just a few of the major topics for mental health related to athletic performance and overall wellness of an individual.

- **Focused Improvement**
- **Increased Confidence**
- **Stress Relief**
- **Team Cohesion**
- **Successful Goal Setting**
- **Balanced Motivation**
- **Positive Self-Talk**
- **Injury Rehabilitation**
- **Visualization and Imagery**
- **Turning Anxiety to Aggression**
- **Controlled Breathing during Competition**



## GUIDING PRINCIPLES OF A HIGH PERFORMANCE MINDSET

GROW		PERFORM		LEAD	
<b>COACHABILITY</b>	"Open to learn"	<b>CONCENTRATION</b>	"Target focused"	<b>IDENTITY</b>	"Define yourself"
<b>ATTITUDE</b>	"It's a choice"	<b>CONTROL</b>	"Manage your energy"	<b>CONNECTION</b>	"Bridge the gap"
<b>MOTIVATION</b>	"Know your why"	<b>CONFIDENCE</b>	"It starts with you"	<b>COMMUNICATION</b>	"To the point"
<b>READINESS</b>	"Prepare with purpose"	<b>COMPOSURE</b>	"Choose to respond"	<b>INSPIRATION</b>	"Light the fire"
<b>ADAPTABILITY</b>	"Find a way"	<b>CONSISTENCY</b>	"Repetition builds habits"	<b>EMPOWERMENT</b>	"Let 'em go"





# 2 Steps to Improve Mental Resilience for Volleyball Athletes

By Coach Andrew Randolph, August 22, 2021.

Volleyball athletes' mental resilience has been tested this year in more ways than one. With the season put on hold, games cancelled last minute, teammates in quarantine, we've had to shift, adapt and change almost daily. If we are not in the right state of mind before these changes happen, how do we mentally handle these shifts and changes with ease and keep our eyes on our overall goals? Characteristics of a resilient athlete are:

- **Just do it / can do attitude**
- **Controlled responses**
- **Calm under pressure**
- **Strong**
- **Just keep going**

The term resilience means: *"the capacity to recover quickly from difficulties; toughness"*

Becoming mentally resilient takes practice. It's not something that you just have. You have to train yourself to be resilient and constantly work on it.

**Here are two steps to improving your mental resilience to improve your volleyball performance:**

## #1 Train your state of mind

Your attitude towards change and the unknown is the first step. What is your attitude when a big change walks into your life? Do you handle it with grace and ease or do you freak out completely and stress out everyone else around you? There is not one right way to handle every situation. We all need tools and resources to help us get to our resilient state of mind. We need support from others and we need accountability.

## #2 Meditate

Meditation helps slow down our racing thoughts. It has been proven to be a key tool to promote resilience. Meditation reduces stress and allows us to adapt to rapidly changing circumstances. If you're ready to start improving and focusing on your resilient mindset, join us for a 10-day meditation on building a resilient mindset.











## McKenna Keowen

Xcel Class of 2021



SUFFOLK  
UNIVERSITY  
BOSTON

## Claire Conners

Xcel Class of 2020



# ALUMNI NEWS



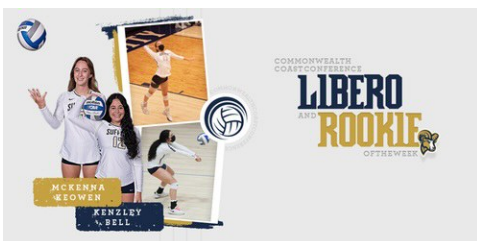
### Keowen Threepeats as CCC Rookie of the Week

### Volleyball Pair Picks Up All-CCC

### Keowen Repeats as CCC Rookie of the Week, Sets Volleyball's Weekly Award Record

### Volleyball Receives Libero, Rookie of the Week from CCC

### Conners Named GNAC Rookie of the Year Headlines Four Sharks on All-GNAC Team

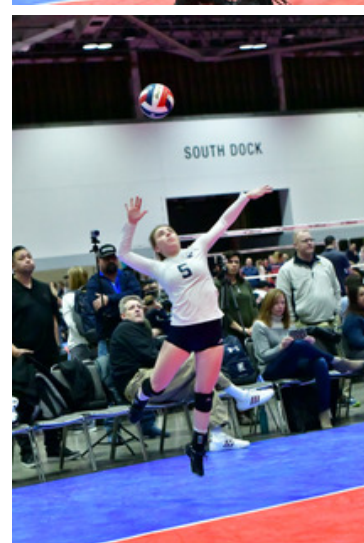
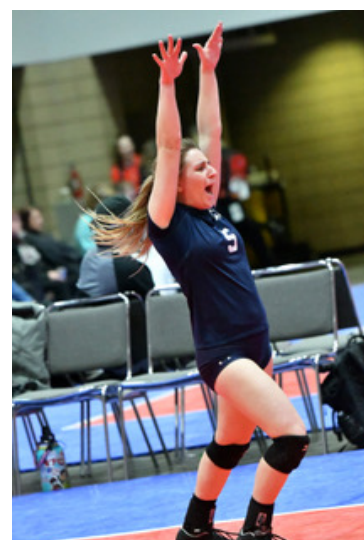






## Catherine Helgeson

Xcel Class of 2019



## Helgeson Earns All-SCIAC First Team Honors

Helgeson made the All-SCIAC First Team after surpassing 1,000 career digs in just her second season on the court. She was the Newcomer of the Year and a Second Team selection in 2019. The Panthers' libero ranked first overall with 322 digs in SCIAC matches this year and was a close second with 5.55 digs per set. She recorded 20-plus digs in half of the SCIAC matches this season and had 33 in a four-set match against Whittier.



# ALUMNI NEWS



# ALUMNI NEWS



**Emma Engstrom**

Xcel Class of 2021

## Three Recognized by Ivy League with Postseason Awards

### **Emma Engstrom Named on 2<sup>nd</sup> Team All-Ivy**

Engstrom, in a team-leading 93 sets, was first with 444 digs (4.77/set), which puts her one dig outside of fifth in the Dartmouth all-time record book, while her digs/set has her fourth, first in the Ivy League and 44th in the country. Her season-best 32 digs against Princeton the day before Halloween ties her for ninth in the record book. She was also first with 29 aces, third with 115 assists and had 29 points.





## Tournament Travel/Lodging Reference Guide

Tournaments	Dates	12B	13B	14B	14W	15B	15W	16B	16W	17B	17W	18B	18W
Music City Championships - Nashville, TN	Jan 15-17											x	
JVA NorCal Winter Classic - Roseville	Jan 15-17	x	x	x	x	x	x	x	x	x	x		x
WCVBA League 1/2 - Roseville	Jan 22-23	x	x	x	x	x	x	x	x	x	x	x	x
WCVBA League 3/4 - City Beach or Sac Area (TBD)	Feb 5-6											x	x
Las Vegas Classic	Feb 19-21					x		x	x	x	x	x	x
NCVA 18s Sierra National Qualifier - Reno	Mar 4-6											x	x
WCVBA League 3/4 - Roseville	Mar 5-6	x	x	x	x	x	x	x	x	x	x		
WCVBA League 5/6 - Roseville	Mar 12-13					x	x	x	x	x	x	x	x
SoCal 18s Qualifier - Orange County	Mar 18-20											x	x
Hawaii Spring Break Madness - Honolulu	Mar 19-20		x	x	x		x						
SCVA Red Rock Rave 1 - Las Vegas, NV	Apr 2-4					x		x	x	x	x		
SCVA Red Rock Rave 2 - Las Vegas, NV	Apr 8-10						x						
USAV 18s Spring Nationals - Phoenix	Apr 22-24											x	TBD
NCVA Far Westerns - Reno, NV	Apr 23-25	x	x	x	x		x						
	Apr 29-May 1					x		x	x	x	x		
WCVBA League 5/6 - Roseville	Apr 30-May 1	x	x	x	x								
JVA West Coast Cup - Long Beach	May 28-30			x	x	x	x	x	x	x	x		x
49th AAU National Championships - Orlando, FL	Jun 19-22					x	TBD			x	TBD		
	Jun 23-26							x	TBD				TBD
USAV Jr Nationals (as qualified) - Indianapolis	Jun 23-Jul 4	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD

*\*Tournaments and schedules are preliminary and subject to change. Tournament dates only, excluding travel days. Always check tournament websites for real-time information.*

- AAU Junior Nationals: [ESPN Wide World of Sports](#), 700 S Victory Way, Kissimmee, FL; [Orange County Convention Center](#), 9899 International Dr., Orlando, FL
- Hawaii Spring Break [Tournament Website](#): [Hawaii Convention Center](#) 1801 Kalakaua Ave, Honolulu, HI 96815
- JVA Norcal Winter Classic / WCVBA League: The Grounds [Placer Event Center](#), Event Center Drive, Junction Blvd, Roseville, CA 95678
- JVA West Coast Cup: [Long Beach Convention & Entertainment Center](#), 300 East Ocean Boulevard, Long Beach, CA
- NCVA Far Westerns: [Reno-Sparks Convention Center](#), 4590 S. Virginia St., Reno, NV; [Reno Events Center](#), 400 N. Center St., Reno, NV
- NCVA 18s Sierra National Qualifier: [Reno-Sparks Convention Center](#), 4590 S. Virginia St., Reno, NV
- SCVA Las Vegas Classic & Red Rock Rave: [Mandalay Bay Resort Convention Center](#), 3950 Las Vegas Blvd. South, Las Vegas, NV 89119
- USAV 18U Spring Juniors Nationals: [Phoenix Convention Center](#), 100 N 3rd St, Phoenix, AZ 85004
- USAV Junior Nationals: [Indiana Convention Center](#), 100 S. Capitol Ave., Indianapolis, IN 46225

## Tournament Travel/Lodging Reference Guide

	Music City Nashville, TN	JVA NorCal Winter Classic Roseville	WCVBA League 1-6 Roseville	Las Vegas Classic Mandalay Bay	NCVA 18s Sierra National Qualifier Reno	SCVA Qualifier  Hawaii – Honolulu CC
<b>Tourney Dates</b>	Jan 15-17	Jan 15-17	Jan 22-23 / Feb 5-6 / Mar 5-6 / Mar 12-13 / Apr 30-May 1	Feb 19-21	Mar 4-6	SCVA Mar 18-20  Aloha Region Mar 19-20
<b>Travel <sup>(1)</sup></b>	Booked by Parents/Players	Booked by Parents/Players	Booked by Parents/Players	Booked by Parents/Players	Booked by Parents/Players	Booked by Parents/Players
<b>Lodging <sup>(2)</sup></b>	Arranged by Xcel Booked by Parents/Players <sup>(3)</sup>	Booked by Parents/Players	Booked by Parents/Players	Arranged by Xcel Booked by Parents/Players	Arranged by Xcel Booked by Parents/Players <sup>(3)</sup>	SCVA: Stay to Play <sup>(3)</sup>  Hawaii is not Stay to Play

	Red Rock Rave 1 & 2 Mandalay Bay	USAV 18s Spring Phoenix <sup>(4)</sup>	NCVA Far Westerns Reno	JVA West Coast Long Beach	AAU Nationals Orlando <sup>(5)</sup>	USAV Jr Nationals Indianapolis <sup>(4)</sup>
<b>Tourney Dates</b>	Apr 2-4 Apr 8-10	Apr 22-24	Apr 23-25 Apr 29-May 1	May 28-30	[Jun 16-28]	Jun 23-Jul 4
<b>Travel <sup>(1)</sup></b>	Booked by Parents/Players	Booked by Parents/Players	Booked by Parents/Players	Booked by Parents/Players	Booked by Parents/Players	Booked by Parents/Players
<b>Lodging <sup>(2)</sup></b>	Arranged by Xcel Booked by Parents/Players <sup>(3)</sup>	Arranged by Xcel Booked by Parents/Players <sup>(3)</sup>	Arranged by Xcel Booked by Parents/Players <sup>(3)</sup>	Booked by Parents/Players	Booked by Parents/Players	Arranged by Xcel Booked by Parents/Players <sup>(3)</sup>

<sup>(1)</sup> 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.

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

<sup>(3)</sup> 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. In a “Support the Sport” tournament, teams go through KC Sports to book their hotel reservations.

<sup>(4)</sup> As qualified.

<sup>(5)</sup> 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.

## Practice Schedule

**Winter break from December 22 through January 3. Practices resume January 4.**

### **12Blue**

Court 2 Mon/Wed: 6:00 – 7:30 PM

### **13Blue**

Court 1 Tue/Thu: 6:00 – 7:30 PM,  
Sun: 2:00 – 4:00 PM

### **14Blue**

Court 1 Mon/Wed 6:00 – 7:45 PM,  
Sun: 2:00 – 4:00 PM

### **14White**

Court 2 Tue/Thu: 6:00 – 7:45 PM,  
Sun: 12:00 – 2:00 PM

### **15Blue**

Court 2 Mon/Wed: 8:00 – 9:45 PM,  
Sun: 2:00 – 4:00 PM

### **15White**

Court 3 Tue/Thu: 8:00 – 9:45 PM,  
Sun: 12:00 – 2:00 PM

### **16Blue**

Court 3 Mon/Wed: 8:00 – 9:45 PM,  
Sun: 10:00 AM – 12:00 PM

### **16White**

Court 3 Mon/Wed: 6:00 – 7:45 PM,  
Sun: 12:00 – 2:00 PM

### **17Blue**

Court 2 Tue/Thu: 8:00 – 9:45 PM,  
Sun: 10:00 AM – 12:00 PM

### **17White**

Court 3 Tue/Thu: 6:00 – 7:45 PM,  
Sun: 4:00 – 6:00 PM

### **18Blue**

Court 1 Tue/Thu: 8:00 – 9:45 PM,  
Sun: 10:00 AM – 12:00 PM

### **18White**

Court 1 Mon/Wed: 8:00 – 9:45 PM,  
Sun: 4:00 – 6:00 PM