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- Mar 5-6: 12s-17s WCVBA League 3/4 (Roseville)
- Mar 12-13: 15s-17s WCVBA League 5/6 (Roseville)
- Mar 18-20: 18B/18W SoCal 18s Qualifier (Orange County)
- Mar 19-20: 13B, 14s, 15W Hawaii Spring Break Madness (Honolulu)

Xceleration
Volleyball Club

John B. David, Editor

What Happened in Vegas?

SCVA Hosts 36th Annual Classic

The Southern California Volleyball Association held its 36th Annual Las Vegas Classic at Mandalay Bay during the long Presidents' Day Weekend, and Xceleration Volleyball Club was generally pleased with the overall results.

One of the most successful ad tag lines in tourism, becoming a catchphrase in its own right, has connotations of letting loose and having fun without having to worry about the consequences. The teams went to Las Vegas and thoroughly enjoyed their time in the city. However, more work needs to be done when the teams return home, including those who were successful during the trip.



The 17Blue put a string of wins together over the first two days before falling to a Houston team to end their tournament. The 15Blue bounced back from a tough first day to finish four games over the .500 mark. And the rest found it difficult to budge from their original starting points.





Courtesy of Melaine Irene, Ruth Lawanson and Tomas Pineda



2022 Season Photo Galleries

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.



BLUE



15



BLUE



16



WHITE



BLUE



17



WHITE



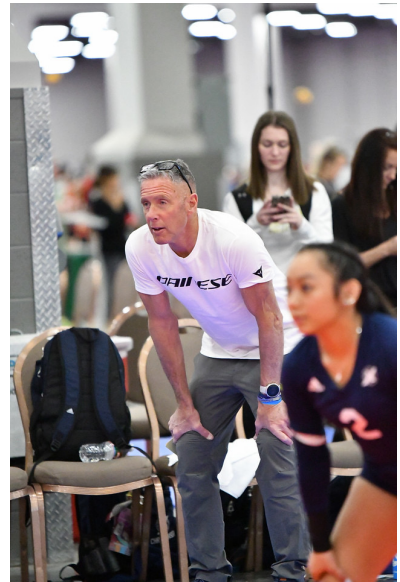
17



BLUE



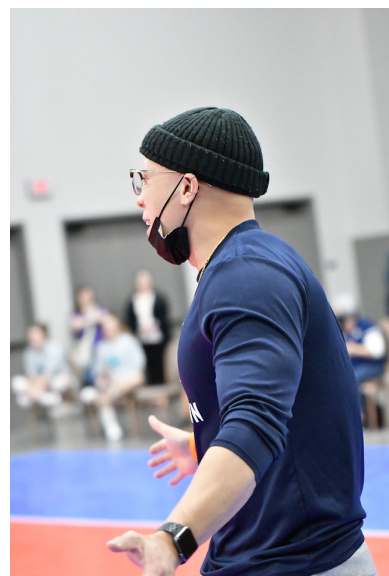
18



WHITE



18



No 10 ft. Verts Required!



Finding Your Why

By Coach Andrew Randolph

*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.*



Motivation is one of the first things all athletes at any level have to discover for themselves. There is no wrong answer to the question "What motivates you?" In fact, there could be multiple different reasons for you to want to accomplish one or many tasks. You might be motivated to eat healthier or exercise more because you know it's better for your body and can have positive results. You might be motivated to study for a test because you know how much the grade would help boost your GPA. You might be motivated to help clean the house because of how much you know it would mean to your parents. These, of course, are all selfless examples of motivation. While we always want to encourage positive forms of extrinsic (external) motivation, sometimes the real reasons can be shadowed.

Extrinsic motivation is a sense of motivation that has to do with some sort of external reward or purpose (i.e., winning a title or trophy). For the most part, people will not have a problem coming up with extrinsic motivational factors for themselves. Intrinsic motivation has to do with a person wanting to accomplish a task solely for their

own fulfillment, enjoyment, and betterment. Intrinsic motivation is typically the kind most associated with sports psychology, and is what ties in directly with Finding Your Why.

Simply put, "Why do you play [blank]?" There is not really a wrong answer to this question. The only understood demand is that the answer must be based on a person's intrinsic motivation. If you cannot find one, you have either already passed the time of fulfillment, enjoyment, and betterment or you may be closely approaching it. Regardless of the team size, dynamic, success, past, or comradery every individual athlete needs to know what his/her reason for continuing to work at their specific sport is. Remember, the more personal of a reason you give for your Why, the more likely it is you will be motivated to pursue that success further.

Simple steps every competitive athlete should take:

Ask yourself why you started playing (whether it was 10 years ago or yesterday)

Ask yourself what has helped you stay interested in the sport



Is the answer to Step 2 still the same today?

Write down, in as many places as is necessary, what your intrinsic motivation is. (If you can't think of one, spend time really analyzing your enjoyment of the sport).

Study it. Memorize it. Own it.

Each time you step on a court, field, stage, etc. remind yourself what you are trying to accomplish and appreciate what got you there in the first place.

Repeat steps 4-6 as often as is necessary

The art of mental performance is meant to help athletes figure out the best ways and reasons to continuously keep themselves actively motivated for as long as they have a desire to. There is a reason why you show up to practice early and ready to go. There are benefits to conditioning and pushing yourself to always get

better. There is purpose in cheering from the sidelines when you don't get to join the team for a play.

Whether it is a long-term goal or short-term achievement that keeps you involved, it is one that needs to be constantly revisited. Team Why is also sometimes practiced during various seasons of play.

"Commitment is a big part of what I am and what I believe. How committed are you to winning? How committed are you to being a good friend? To being trustworthy? To being successful? How committed are you to being a good father, a good teammate, a good role model? There's that moment every morning when you look in the mirror: Are you committed, or are you not?" - LeBron James

"If you can't figure out your purpose, figure out your passion. For your passion will lead you right into your purpose."

-Bishop T.D. Jakes



Ruth Lawanson

February 22 at 7:42 AM · 🌐

Great job 16 Blue going 7-1 at Las Vegas!



49

5 Comments 1 Share



Like



Comment



Share



Lucas Abbott

Yesssss!! Awesome work 16B!!

Like Reply Share 5d



1



Remy Risch

Absolutely awesome! Great job E'mon 🙌❤️

Like Reply Share 5d



Jeremy Swann

Absolutely stunning challenge match to get to the round of 16. A joy to watch this team compete!

Like Reply Share 5d



1



Theresa Calica Ajari

great job!!!

Like Reply Share 4d



1



Frances Acuna Rualo



1



**Team photo courtesy of
Ruth Lawanson**

How to Deal with Setbacks

Bounce Back from Life's Hurdles

By Liz Noelcke, Reprinted from SparkPeople, Inc.

We've all hit that bump in the road, the setback, the problem. What sets people apart is how they react to that bump. Are you one to spin out of control, in despair? Or do you grab a hold of that wheel and steer yourself straight? Whether it's a school assignment, a work project, or a volunteer mission, we all encounter things that slow us down. You just have to keep in mind that a setback is only temporary and greater things lay ahead.

It is easy just to quit, give up and ignore the hard work you have put into something. But at SparkPeople, we believe in the "two steps forward, one step back" philosophy. So what if something bad happens? Keep moving forward, developing what you have. You've already built a solid foundation on which you can rely. Hard work can't be overlooked.

So how can you react when something doesn't turn out as you've expected? First, be objective. Step back and look at the situation. Take responsibility where it is due, but don't place blame on others. Is your setback really that significant, or will it just require a little extra exertion on your part? Come to terms with it and then start planning your next move. Ask for help. Don't be

afraid or ashamed to do this. Oftentimes, people are more than willing to give you support and advice, maybe even after being in a similar situation. You don't have to be perfect; after all, nobody else is.

Bounce back. Reevaluate the goals you should have set for yourself at the beginning and retool them as necessary. Goals should be realistic and specific, but that doesn't mean they can't be flexible and are allowed for minor impediments. Instead of looking at your project as a disaster or failure, view it with success. Concentrate on how great it will feel after it is finally done, after you have put your all into it. Instead of focusing on a possible unsatisfactory performance one single time, take a moment to sit back and reward yourself for all that you have accomplished.

Above all, don't live with regrets. Approach life with perseverance and dedication to the things that matter most to you. Success is never easy. It remains up to you whether you will give up, or fight through the tough battles to earn whatever it is you want.



We have just experienced exceptional play from all of our teams and the competition. Sometimes the ball just didn't bounce in our favor and that is to be expected. We will deal with many ups and downs during the season and this short essay is good to keep in mind as we reach the peaks and valleys that we'll encounter.

Kinda rough day yesterday for 15B (went 1-2), but went 3-0 today and are now guaranteed that we will end the tourney with a higher seed than we started with coming in. We are getting better day by day and that is the goal!! Proud of this team.

**15Blue Head Coach
Lucas Abbott**

A fragment of a poem by Ralph Waldo Emerson is telling:

"Finish each day
And be done with it.
You have done what you could.
Some blunders and
Absurdities have crept in.
Forget them as soon as you can."

Move on with your life. Keep reaching for your goals and you will achieve them. One minor setback is nothing if you really want something and are willing to work for it.



QUICK TIPS

Parents & Athletes:

Help Your Child Be the Best Backup Player as Possible

Reprinted from, "The Art of Coaching Volleyball"

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

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

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

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

Stay tuned into the game. Pay attention. If you're called on to play, you want to know what you'll be facing.

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

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

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



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



Team photo courtesy of Carrie Bartkoski Archer



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						
	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
Tourney Dates	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
Travel ⁽¹⁾	Booked by Parents/Players	Booked by Parents/Players	Booked by Parents/Players	Booked by Parents/Players	Booked by Parents/Players	Booked by Parents/Players
Lodging ⁽²⁾	Arranged by Xcel Booked by Parents/Players ⁽³⁾	Booked by Parents/Players	Booked by Parents/Players	Arranged by Xcel Booked by Parents/Players	Arranged by Xcel Booked by Parents/Players ⁽³⁾	SCVA: Stay to Play ⁽³⁾ Hawaii is not Stay to Play

	Red Rock Rave 1 & 2 Mandalay Bay	USAV 18s Spring Phoenix ⁽⁴⁾	NCVA Far Westerns Reno	JVA West Coast Long Beach	AAU Nationals Orlando ⁽⁵⁾	USAV Jr Nationals Indianapolis ⁽⁴⁾
Tourney Dates	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
Travel ⁽¹⁾	Booked by Parents/Players	Booked by Parents/Players	Booked by Parents/Players	Booked by Parents/Players	Booked by Parents/Players	Booked by Parents/Players
Lodging ⁽²⁾	Arranged by Xcel Booked by Parents/Players ⁽³⁾	Arranged by Xcel Booked by Parents/Players ⁽³⁾	Arranged by Xcel Booked by Parents/Players ⁽³⁾	Booked by Parents/Players	Booked by Parents/Players	Arranged by Xcel Booked by Parents/Players ⁽³⁾

⁽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. In a “Support the Sport” tournament, teams go through KC Sports to book their hotel reservations.

⁽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.

Thank You for Your Support!



Courtesy of Melaine Irene
and Tomas Pineda