



CELlent NEWS

MARCH 2022

VOL. 9 ISSUE #4

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UPCOMING DATES

- Mar 18-20: 18B/18W SoCal 18s Qualifier (Orange County)
- Mar 19-20: 13B, 14s, 15W Hawaii Spring Break Madness (Honolulu)
- Apr 2-4: 15B, 16s, 17s SCVA Red Rock Rave I (Las Vegas)
- Apr 8-10: 15W SCVA Red Rock Rave II (Las Vegas)
- Apr 22-24: 18B USAV 18s Spring Nationals (Phoenix, AZ)

Xceleration
Volleyball Club

John B. David, Editor

Phoenix-bound 18Blue Jump Starts March Madness!

Team Earns Bid to Junior Nationals, Joins the Big Dance!

Earlier this month, 80 teams in the 18U age group entered the 7th Annual Sierra National Qualifiers at the Reno-Sparks Convention Center and, with only two bids to the 2022 Spring Junior Nationals available for the taking in the USA Division, the 18Blue clawed their way to the finals to secure the elusive ticket to compete in the USAV Spring National Championships in Phoenix, AZ at the end of April.



The 18Blue began the tournament as the 16th seed in the 20-team USA Division and results from Round 1 pool play did not bode well for the senior team led by co-head coaches **Andy Schroeder** and **Jeremy Swann**, falling in two tough and





excruciating nail-biters to start their day. All hope seemed lost, and morale was at a low during the first day of the three-day event. However, the team got back on track in their afternoon matches to take down the 11th seed Southern California powerhouse SG Elite from San Gabriel before a minor setback against the eventual champion and Las Vegas-based Dig This! Volleyball Club.

Round 2 results were mixed. The 18Blue held on to their 11th position with a clean and quick victory over Rocklin-based SynergyForce, but they could not overtake the 10th seeded Slainte Black, losing in similar fashion. Then, something clicked! The 18Blue rattled off four consecutive victories, which included toppling the 6th seeded Club V from Utah, the 3rd seeded 805 Elite from San Luis Obispo, AND the 2nd seeded Slainte Black from San Francisco. One by one, the 18Blue dispatched the teams ahead of them as they gained confidence and momentum to get to the top.

In one of the most satisfying victories during the season and with a national bid on the line, 18Blue avenged an earlier loss to Slainte Black and accomplished what they initially set out to do coming into the tournament – earn a bid to the USAV Spring Junior Nationals by finishing as one of the top two teams at the end of the event. Icing on the cake would have been a victory against Dig This! in a rematch, but the team was already on a high and the last game was inconsequential. Now, the team will prepare before heading to the Valley of the Sun to face new challenges and show what they can do on a national stage – let the madness begin!

To view a short commemorative video of the 18Blue's weekend at Sierra Nationals, click [here](#). Galleries from Sierra National Qualifiers can also be found [here](#).



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



12



BLUE



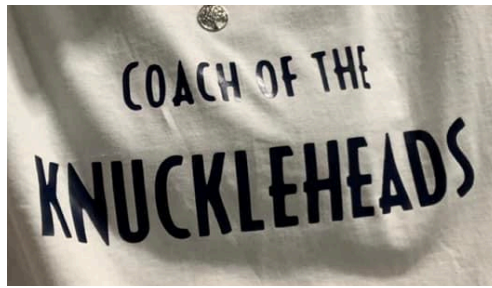
13



BLUE



13



Courtesy of Tomas Pineda and Michaela Ahlenslager

BLUE



14



WHITE



14



BLUE



15



Tomorrow is a New Day... A Coach's Reflections on 15Blue

This morning driving to our tourney in Roseville, saw this beautiful golden sunrise and didn't know that was foreshadowing our day for 15B. We have struggled with illness and injuries all season long (as most teams do) and only had 10 players again today. All 10 contributed and we ended up winning our evening crossover to be guaranteed to end our league season in the GOLD bracket! So proud of this team, we are waaaay better now than we were when we had our first league match this season. Tomorrow is a new day and we will continue to grow and get better as a team.

Coach Lucas Abbott



WHITE



15



BLUE



16



WHITE



BLUE



17



WHITE



BLUE

2022 Sierra National Qualifiers

18Blue: USA Division Gold Finalists



18





Point! Set! and Match! Goin' to the Ship!



WHITE



18



WHITE



Courtesy of Melaine Irene

**TOMAS: I'm filing these photos under "I".
As in I HAVE THE BEST JOB.**



TTFN!

Unfortunately, Coach Katie got called early to her job with the Dept of Defense at our Nation's Capital. Good luck Katie. Don't be a stranger now.



THANK YOU, Coach Katie!



BREATHING

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.*



Tension and anxiety can drag a player down on the court, and thus effect how she reacts, plays, and even communicates with her teammates. The normalcy of feeling nervous before a tournament, or even a simple practice, is expected. Muscle tension (especially in the neck and shoulders) and rapid breathing are clear indicators that something is wrong and control has been lost. Even still, these natural reactions are simply accepted, yet are not always dealt with properly. The person who has control over themselves first has much easier access to the rest of the game as compared to those who lack it.

One thing everyone does naturally, yet seems to do wrong during times of increased stress, is breathing. Breathing is literally so simple that it is the easiest way for one to feel in control again. Calming the mind or slowing one's heart rate safely are just two of the obvious reasons to practice breathing the right way. Knowing how to breathe and calm your nerves during simple times is necessary. This way, when tensions are high and nerves break out before or during a game, you know already how to deal with it in the moment. Breathing is





which makes it easier to perform and think straight during a match.

Breathe to Perform offers great videos and practices for breathing, with explanations and motivations from multiple different athletes and performers. "Control Your Breath. Control Your Life."

<https://www.thebreathetoperforprogram.com/>



something that deserves every bit of our focus when practicing it the right way, to show how easy it is and how we can use it to our advantage. However, it is also something that is so simple you can multitask it with just about anything else. It sounds dumb to say and even all too obvious, but the realization that this natural ability of ours can help one relax or increase focus during a time of high pressure is not something to be taken lightly.

When breathing, you must make sure to breathe properly through your diaphragm. Rising shoulders and stuttered breath are two easy ways to tell if you are breathing incorrectly. Two very easy methods for practicing breathing and regaining focus/control are the 4-Count Box method and the Increasing Hold method.

"If you want to conquer the anxiety of life, live in the moment, live in the breath." - Amit Ray

The 4-Count Box involves a cycle of controlled breathing and relaxing. Once relaxed and breathing the correct way, one can breathe in for 4 seconds...hold their breath for 4 seconds...release the breath in 4 seconds...and do nothing (not

breathing) for 4 seconds...and then repeat this process for as long as needed.

The Increasing Hold method is meant to show one how much control she actually has in her own breathing and then in the circumstances surrounding her at any given time. This method is meant to push and challenge you beyond what you may have thought was previously possible. Start by breathing in for 5 seconds, hold it for 5 seconds, and then release it in 5 seconds. When it is time to go again, each time increase the time by 5 seconds for as long as possible (5, 10, 15, 20, 25, 30, 35, etc...). The important part to remember for each of these is to spend the entire time breathing in and out. If you are trying to hold for 20 seconds, breathe in slowly and controllably for the entire 20 seconds beforehand.

Control and focus are easily lost when a player is experiencing high stress levels or heavy competition. Doing something as simple as breathing properly brings some of that control back to the athlete,

Parents & Athletes: 6 Ways to Relieve Stress of Being a Sports Parent

Helpful
Tips

By Janis Meredith, reprinted from *The Art of Coaching Volleyball*

Watching your child play sports is fun; facing the stress of the financial, emotional, and physical demands is not. What is it about your child's sport that stresses you? Do you worry she will not play well? Are you pulled in too many directions trying to keep up with the demands? Can you stand another game listening to overprotective and whining parents? Do you breathe a sigh of relief after each game that your child did not get hurt?

After being a sports mom for 21 years, I've felt all of those stresses. You will face them too, and here's how to handle the stress.

Find a safe place to vent.

Choose one person—husband, friend, sister, parent—who can sympathetically listen without feeding your frustration. That one person should not be your child.

Face your fears.

Ask yourself: what am I really afraid of and what is the worst that could happen? For instance, if you worry about your child being injured in a volleyball game, what's the worst that could happen? Maybe she would miss a few games? Or her season would end? Or she'd have to get surgery? If that happens,

the world will not end. If she loves the sport, she will be back stronger than ever.

Sometimes, looking ahead to the worst and thinking about how we would deal with it, helps us face today with more confidence and less worry.

Give your kid credit.

I'm pretty sure that parents worry more about their kids' frustrations than kids do. In some ways, kids are tougher than we think. Give them a little credit. Maybe they can fight the battle without you wielding the sword for them.

There have been many times when I itched to step in and take care of my child's problem, but held back. And boy, am I glad I did! Not only would I have made an idiot of myself, I would have missed seeing my child resolve the issue in his own way and robbed him of some character growth in the process.

Learn to say N.O. every time you say Y.E.S.

Is your life busy now? If so, how can you possibly take on more without adding stress? You can maintain some sanity by exchanging every yes for a no. For every new task or responsibility you take on, let one go.

(Continued on the next page)



The club season is into full swing and you are feeling a lot of stress – driving your daughter to practices and tournaments, signing her up for private lessons, making sure she's eating healthy and nutritious food, just to name a few that factor into compounding the pressures of being a sports parent.

In this article from Janis Meredith, she provides a few tips on handling and alleviating the stress that are unfortunately part of sports.



6 Ways to Relieve Stress of Being a Sports Parent

Your child doesn't have to be in three sports at once. It's okay if you aren't the team mom this year. And honestly, your house does not have to be spotless during a busy sports season. Don't worry about what others think; it's okay to be picky about your time.

Avoid the craziness.

If it's over-the-top parents that add stress to your life. Avoid them. If it's obnoxious spectators that make your blood boil, move your seat. If you can't stand the coach, practice detached cordiality (you don't have to be his best friend, but you don't have to be an enemy either).

Sometimes it's just better to step back from the fray and let the chaos continue without you. Others may perceive you as reserved or even snobby; but you know you are merely staying sane.

Get a life!

I have wanted to say that to many parents who are so wrapped up in their child's sport that they lose

sight of what is really important. Their fanatical behavior screams "I have no life other than my child's sports!" Can you imagine the stress in that household!

I love the way my kids maintained a life outside of sports—hanging with friends, going to youth group, even going on trips. Having a life outside of sports gave them balance and re-invigorated them to get back at the game.

As you and your child-athlete walk away from youth sports, you will know that if you learned to cope with stress within the snapshot of sports, you can learn to handle it in the bigger picture of life.

Janis B. Meredith, sports mom and coach's wife, writes a sports parenting blog called JBM Thinks. She authored the Sports Parenting Survival Guide Series and has recently launched a podcasting series for sports parents. You can also find her on Facebook and Twitter.



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!

