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UPCOMING DATES

- Apr 2-4: 15B, 16s, 17s
Apr 8-10: 15W
SCVA Red Rock Rave (Las Vegas)
- Apr 22-24: 18B
USAV 18s Spring Nationals (Phoenix, AZ)
- Apr 22-24: 13s, 14s, 15W
Apr 29-May 1: 15B, 16s, 17s
NCVA Far Westerns (Reno)
- Apr 30-May 1: 12B, 13B, 14s
WCVBA League 5/6 (Roseville)
- May 28-30: 14s-17s, 18W
JVA West Coast Cup (Long Beach)

Xceleration
Volleyball Club

John B. David, Editor

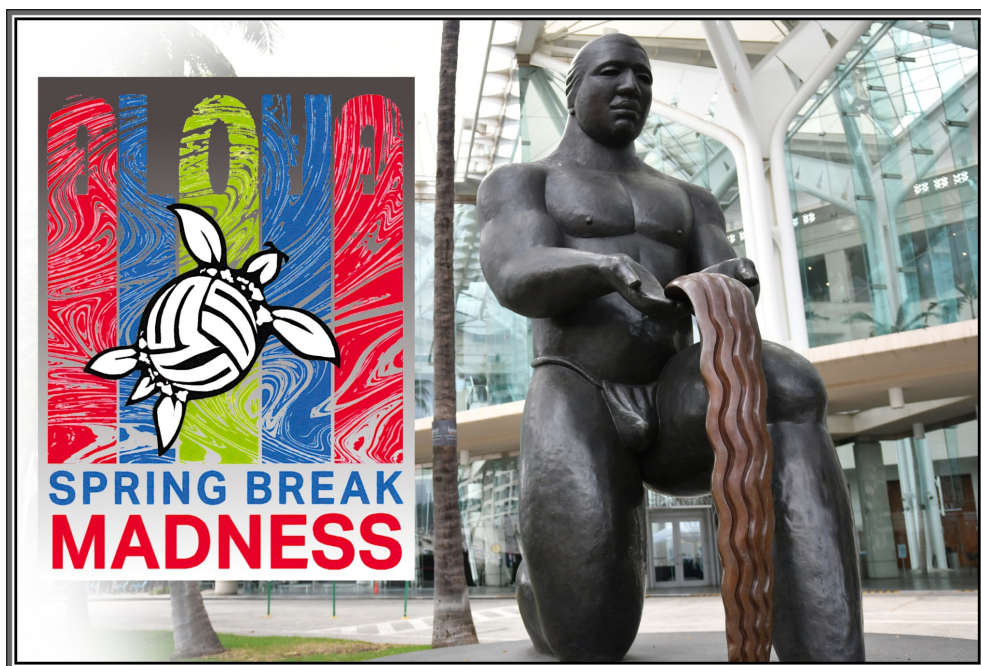
The Madness Continues in the Aloha State!

Xceleration Embraces the Aloha Spirit at Spring Break Madness

ALOHA! This word is commonly used, especially by visitors to Hawaii, to mean “hello” and “goodbye.” What most people do not realize is that “Aloha” is a Hawaiian word with many meanings, ranging from **love, peace, and compassion to pity and grief** (see next page for other translations). The host Aloha Region showed how a tournament embodied the “Aloha Spirit” from start to finish. And from Xceleration Volleyball Club, we say, “MAHALO!”

Xceleration is grateful to participate in the 2022 Spring Break Madness Tournament in “The Gathering Place” – at the Hawaii Convention Center in Honolulu – for the first time in club history and it will certainly not be the last.

The 13Blue, both 14s teams, and the 15White embraced the opportunity to play volleyball in paradise and learned about the Hawaiian culture through the “Aloha Spirit,” which is **the coordination of mind and heart within each person**. It brings each person to the self. Each person “must think and emote good feelings to others.” It means “mutual regard and affection and extends warmth in caring with no obligation in return.”



Success and fun sum up the Spring Break Madness, with the 13Blue and 14Blue both taking the Bronze in their divisions, 14White coming home with four wins in seven matches, and 15White playing competitive matches throughout the tournament.

See “Accolades” for members of the club that grabbed All-Tournament and MVP honors.

From Chapter 5 of Hawai'i Revised Statutes § 5-7.5

In the contemplation and presence of the life force, “Aloha”, the following **unuhi laulā loa** (free translation) may be used:

“**Akahai**”, meaning kindness to be expressed with tenderness;

“**Lōkahi**”, meaning unity, to be expressed with harmony;

““**Olu‘olu**”, meaning agreeable, to be expressed with pleasantness;

“**Ha‘aha‘a**”, meaning humility, to be expressed with modesty;

“**Ahonui**”, meaning patience, to be expressed with perseverance.

These are traits of character that express the charm, warmth and sincerity of Hawaii’s people. It was the working philosophy of native Hawaiians and was presented as a gift to the people of Hawai‘i.

“**Aloha**” is more than a word of greeting or farewell or a salutation.

“**Aloha**” means mutual regard and affection and extends warmth in caring with no obligation in return.

“**Aloha**” is the essence of relationships in which each person is important to every other person for collective existence.

“**Aloha**” means to hear what is not said, to see what cannot be seen and to know the unknowable.



Meanwhile during the same weekend, the 18Blue and 18White stayed closer to home to enter the 2022 Southern California Volleyball Association’s 18s National Qualifier at the Momentous Sports Center and surrounding sites.

The 18 Blue bolted out of the gates to begin the tournament but then ran into a buzzsaw of elite teams from Southern California and Arizona to finish 18th out of 40 teams in the USA Division.

In the American Division, the 18 White also started out strong with two straight wins on day one. The team then faced five of its next six teams from one of the toughest regions in the nation, the SCVA, finishing in 17th out of 74 teams in the field. Nonetheless, they sharpened their skills and built on their experience for future matches.



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



13



BLUE



14



WHITE



5

14



[2022 Season Photo Galleries](#)
Courtesy of Tomas Pineda

WHITE



15

15White had a fun weekend in Hawaii. They played great and got to enjoy the Hawaiian sun. Aloha!

Coach Dana Pineda



Accolades... Spring Break Madness Tournament

- 13Blue and 14Blue take the Bronze in their divisions.
- Receiving all-tournament honors from 13Blue are **Jerita Pingol (#2)** and **Mahya Hekmat** (had to leave early to catch her flight).
- All-Tournament from 14Blue are **Ava Berry (#4)** and **Sophia Terry (#17)** who also received the Aloha Spirit Award.
- MVP for the 14's division... **Ava Berry (#4)**



7



[2022 Season Photo Galleries](#)
Courtesy of Tomas Pineda





**SPRING BREAK
MADNESS**



Congratulations Bella and Ilyssa! Class of 2026



Xceleration congratulates **Bella de Leon** (#19) of 18 White and **Ilyssa Ocampo** (#2) of 18 Blue for their commitment to play at the collegiate level.

Bella, recruited out of the Las Vegas Classic, will head to Pasadena, CA to play for the Providence Christian College Sea Beggars.

Ilyssa, who signed her commitment letter in 2021, will head south as well to join the Westmont College Warriors in Santa Barbara, CA. Great job, Bella and Ilyssa!



Bella de Leon
Providence Christian College



Ilyssa Ocampo
Westmont College



ATTACKING FAILURE

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.*



The first thing that you need to realize in any situation is that you will make more mistakes than not. Playing a sport, taking a class, learning to exercise, taking care of another person, etc. are all things that require trial and error, along with proper guidance. You have probably heard that we learn from failure, so why is it so hard for us to accept failure as a learning opportunity when it happens directly to us? Sometimes these mistakes are easy to step back and learn from because they are errors that are new to us. A young volleyball player, just starting out, may make a lot of mistakes, but she knows this is giving her multiple opportunities to learn something new, something that she doesn't believe herself to be too great at yet. However, as she grows as an athlete and player, she will gain a better understanding of these things. She will learn how to pass, serve, set, hit, etc. the correct way. Because of this though, when she still inevitably makes mistakes, she can no longer place blame on her inability to understand how to properly execute these skills. The challenge then becomes stabilizing her thoughts so that she does not keep making the same mistakes.

Keep Your E.G.O. in Check *Exercise Non-Judgement*

In volleyball, as in life, you are going to make mistakes and you are going to do things right. You will make progress, yet also perform well below your capabilities at times. The first issue that a lot of people have when it comes to making mistakes is this false idea that everything has to be either good or bad, that you either did it right or wrong. Whether you see it or not, you judge yourself all the time. When we do things that we believe to be right, we praise ourselves; when we mess up we criticize ourselves because we should have known better. These reactions can either happen internally or externally. Whatever happens, accept it; whatever is going to happen, accept it. Making a judgment call on something admits that there was a right way and a wrong way to do it. While this is obviously true, and should be taken seriously when dealing with skill work, it can be a burden on your mental resilience. In any situation, your first thought, whether internal or external, is your reaction thought. However, the second thought you have or your response in that same situation is what you have to worry about.



Controlling our initial thoughts and feelings is a difficult thing to do, but we must always be able to own the following ones. Non-judgement is just that, not judging. Good or bad, right or wrong, accept the reality for what it is or could be, then move forward from it.

Go For It

have never met a coach who said they were happy when one of their players didn't try. Name a sport. There is not an athlete in the world who has gotten where they are by being afraid to make mistakes. Now that we are exercising our non-judgement and know that we have to move on to the next play no matter what, we can begin to really see and control our effort. Because we have this mindset now of accepting things as they will come, we can switch to having an aggressive mindset with it. Go for it simply means trying your best at something and wanting to do it so bad that you are willing to make errors on your way to perfecting it. The athlete who can stand by a bad performance or play and see the benefits of growth that come from mistakes is one to admire.

"Mistake are always forgivable, if one has the courage to admit them." - Bruce Lee.

Open to Success

No matter who or how many you have in your corner, you always have to be your #1 fan. Having a solid support system is important and should never be taken for granted.

Friends and family who are willing to cheer you on and have your back are ones you should stick with. When the moment comes when you need to make a decision on the court though, that is going to have to come from you. Now that you are not judging the results of what happens and have decided to give your all, you can allow your mind to be completely open to success. You have to believe that you deserve to be successful and you have earned the right to root for your own achievements. This correlates with a future lesson regarding Positive Thinking. If you think for a second that you don't deserve to be successful, then you may as well give up. As harsh as that may seem, the reality is that your mind can work against you as much as you need it to work with you. Not believing in yourself is a huge step in the wrong direction. Your desire for success must always outweigh the fear of messing up. In volleyball, the game is not over until one side of the scoreboard reads 25. For whatever reasons, if a score is 23-10, either team has the right and the ability to win if they are willing to accept the fact that they could and deserve it. Being open to success implies believing you deserve it even in the most difficult situations. If you think otherwise, you may as well step off the court.

The outcome may always be out of your hands, but you CAN control the effort you give.



COMMUNICATING WITH THE COACH: 6 Ways to Approach Your Coach

Teaching Advocacy is an Important Part of Helping Them Success in Sports

By Priscilla Tallman, reprinted from The Art of Coaching Volleyball

Helpful
Tips

If your child has played youth sports for any number of years, you know there comes a time when coaches need to find various consequences (usually unfavorable) to correct poor performance, attitude or other things that need to be addressed. It's the name of the game. And the name is usually synonymous with burpees, push-ups, suicides, gassers, shuttle runs, one-on-one, ball-on-one – we all know the drill

But what happens when we think a coach has gone too far? As parents, we're usually trying to strike a balance between looking after our young athletes and teaching them how to advocate for themselves. There's a fine line between questioning a coach's technique and questioning a coach's character.

For athletes 12 and under, it's best to advocate one-on-one with the coach away from the child. But for athletes over the age of 12, teaching them the valuable skill of advocacy is our best bet as a parent.

"Sports don't create character, they reveal it," says Joe Jardine, a licensed marriage and family therapist in California. "Parents, parenting, home life – that is where character is created."

Jardine, who has a master's in clinical psychology from Vanguard University, offers 6 guidelines here on effective ways young athletes can communicate with their coach:

Invite yourself into the conversation – "Hey, Coach, is there a time we can meet and talk about my performance and the punishments/consequences given at practice?" The right time to have a conversation with a coach is when you invite yourself into it. Having the coach name the time respects his role in life and on the team.

Use "I" statements – "You" statements put the other person on the defensive. Teaching children to advocate is also teaching them how to own their experience. A coach is much more apt to listen when a child says something like this: "I feel crushed when we have to do 100 burpees after we make a mistake in practice." As a parent, we can also use "I" statements at home with our children to model this practice.

Ask questions – Asking questions instead of blaming the coach will also ease tension. "That was a lot of burpees. Can you tell me how you arrived at that number? Will this make me a better passer, hitter, competitor?" Asking a question instead of blaming educates your player.

Don't criticize the coach – Criticizing comes off as a power move. If the coach wants to know what you think he's doing wrong, he will ask you.

(Continued on the next page)



One of the best life skills we can teach our children is how to stand up for themselves - how to respectfully interact with an authority figure. As soon as they are old enough (every kid is different), our job is to rehearse with them so they can be clear, concise and confident. Even if it doesn't bring the results you are looking for, it will provide them a path to follow for the rest of their life.



Communicating with the Coach (continued)

No profanity – It's disrespectful and causes anger and frustration in the other person. When there's anger and frustration, communication and resolution are hard to accomplish.

Be thankful – Beginning the conversation with a statement of gratitude for what the coach is providing to the team (i.e. his time, expertise) and then addressing the issue can put the conversation at ease from the start. Also, finish the conversation by thanking them for their time and for the opportunity to discuss the matter.

When we begin a team sport, parents and players alike need to understand

that the coach is still the leader of the team. However, if a consequence seems extreme to you or your athlete, the guidelines above are a great place to start to open the conversation.

Keep in mind, the most important place we can teach a young athlete how to advocate with character is at home. The way we handle things like conflict and adversity in our home is the biggest contributing factor to how they will deal with it outside the home.

After 21 years of being a sports mom, I know that I became a better parent. No matter if your child plays 2 or 10 years, your willingness to learn and grow with them through the experience will make you a better mom or dad.

EXCELLENCE DEFINED

Seeking excellence is not the same as seeking perfection but rather a perfect effort

By Erika Carlson, reprinted from SportsStars Magazine

The term "excellence" is thrown around a lot in the world of competitive sports. I'm a fan of this word, so much that I included it in the name of my business, Excellence in Sports Performance. But like so many terms in the sports world, (i.e. "mental toughness," "talent") what does "excellence" really mean in the sport context?

Let's first talk about what it's not. Excellence is not being perfect. In fact, it's the solution to trying to be perfect. The perfectionist believes anything less than perfect is failure. While the intention is to push yourself to perform your best, the reality is you often feel a sense of failure, because consistent perfection is unattainable

What is excellence? It's your personal best in a given session. It's being clear on what you can accomplish and control. Excellence is a result of how you train on the field and in the gym. It's also how you choose to respond to failure. It's a process. It's a core value of an athlete. It's something you strive to accomplish every day. It's not something that just shows up randomly in the heat of the moment. It's truly "opportunity meets preparation."

My favorite example of excellence in motion is U.S. women's soccer player Carli Lloyd. She is truly a product of hard work and learned mental toughness. Carli is known for

(Continued on the next page)



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Excellence is a result of how you train on the field and in the gym. It's also how you choose to respond to failure. It's a process. It's a core value of an athlete. It's something you strive to accomplish every day.



Excellence Defined (continued)

delivering in big games. I had the pleasure of watching her score the game-winner at Wembley Stadium in the 2012 Olympics. We saw her score a hat trick in the World Cup final. Her former coach Tony DiCicco says, “The bigger the game, the more she wants to perform.”

Former teammate and national team teammate Brianna Scurry says, “She’s as big a big-game player as I’ve seen. A lot of great players wither on the vine, become wallflowers, when the pressure is the biggest.”

What is the secret to Carli’s experience in big games?

Physical Excellence – Always finding ways to improve herself, Carli has often sought out extra training that helps her perform at the top end of her ability. Physical

strength and conditioning gives her the confidence to “just play” without the worry of running out of gas. She is always a work in progress.

Mental Excellence – Her mental game has developed most over her 10-year stint with the senior national team. Carli stated in a recent article, “Over the years and definitely over the last four years, I’ve taken visualization to another level... I’ve basically visualized so many different things on the field, making these big plays, scoring goals.” This is a key strategy to maintaining her technical skills as well. Excellent visualization is not just situational, it’s very technically detailed.

Are you striving for perfection or excellence? Knowing the difference and training accordingly will set you on a path of accomplishment and, more importantly, enjoyment and fulfillment from your sport experience.



WHAT I DIDN'T SEE MADE ME PROUD

By Jeffrey Kerns, Ed.D, Millard Public Schools, reprinted from Linked In

As a father I am bursting with pride tonight after my daughter’s volleyball tournament. The girls fought hard and gave their best. However, on this day the other team earned the hard-fought victory.

I was/am bursting with pride even though I observed her getting benched for two rotations for not playing to her fullest potential. It was this benching that allowed her to demonstrate her true character, leadership, and commitment to the team.

She cheered for her teammates as enthusiastically on the sideline as she does on the court. She put the team goal of winning in front of her personal accomplishments. She demonstrated that what a leader contributes on the court is just as important as the emotional contribution from the sideline.

I know she wanted to be out there to prove she could do it, she wanted to earn the right to be on the court contributing to the team.

(Continued on the next page)

What I Didn't See Made Me Proud (continued)

Her competitive drive and intestinal fortitude was burning in her eyes as she waited for that opportunity to "prove it." As I watched her cheer, encourage, and remain fully engaged on the sidelines she proved by her actions that she is willing to fulfill any role that is beneficial for the team. But then again, I expect to see those things from her.

However, it was what I didn't see that made me extremely proud of her last night. I didn't see her pouting or

secretly hoping her teammate would fail. I didn't observe her once question the coaches' decision or claim it wasn't fair. I didn't see her mope between sets/games or hang her head in defeat. When she came back in I didn't see doubt, fear, or worry in her eyes. I didn't see her back down from her national champion competitors. I didn't see any hint of a behavior that would hurt the culture of the team.

Sometimes what a man doesn't see makes him prouder than what he does.



She cheered for her teammates as enthusiastically on the sideline as she does on the court. She put the team goal of winning in front of her personal accomplishments.



Why I Don't Pay for Club Volleyball

By Jeffrey Kerns, Ed.D, Millard Public Schools, reprinted from Linked In and Inspired by posting from Shad Martin

To My Daughter Allie,

During a recent dinner one of my friends asked, "Why do you pay so much for club volleyball?" Below is a summary of my answer, I wanted you to know what I really "pay" for and what I hope you gain from these experiences. The truth is I never intend to pay for club volleyball.

I pay to assure that you pushed beyond your perceived limits.

I pay professional coaches to challenge you at every practice and match.

I pay them to push and challenge you to the point where you might want to quit because it is so tough.

I pay them to build up your confidence at the same time so you don't.

I pay them to coach you in volleyball because I understand that your self-assurance on the court transcends to your everyday life.

I pay for you to learn how to set goals and chase down dreams.

I pay your coaches to help install a high level of self-confidence that you can and will accomplish the goals you set for yourself.

I pay so you have more caring and responsible adults involved in your life.

I pay for the days when you arrive at home exhausted from school and you don't really want to go to position training/ weights/plyometrics, but you do it anyway.

I pay for the life lessons that losses, frustrations, and disappointment from competition can provide.

I pay for life lessons, victories, and personal/team accomplishments that competition can provide.

I pay for these opportunities because I do not have to push or force you to play volleyball, rather your desire to play is unequivocally intrinsic.

I pay for you to have opportunities to take pride in your actions on and off the court.

I pay for you to be accountable to others (coaches, teammates, club directors) and to help you understand that you are not the center of the universe.

I pay for the opportunity for you to honor your teammates and coaches by always giving your best effort on and off the court.

I pay for you to have the leadership opportunities volleyball offers.

I pay to provide opportunities for you to help everyone around you improve as a person and teammate.

I pay for you to understand that you will forever be surrounded by more talented people and less talented people, and that a true leader has the humility and patience to work with both.

I pay for you, my daughter, to learn that it is the accumulation of hours upon hours of practice combined with numerous personal sacrifices to be an overnight success.

No, it is not club volleyball that I am paying for, I am paying for the time and conversation with a teenage girl on the way to and from practice. I pay for the smiles and sense of purpose that playing club volleyball provides you. I pay to provide lifelong memories from traveling and going to new places with me. I pay for you to experience new cultures, foods, and cities that we experience by traveling to tournaments. I pay because it's clear that volleyball sparks your life, passion, and sense of pride. I pay for help in guiding you down the right path. I pay because club volleyball reinforces the life lessons about hope, compassion, hard work, and commitment to yourself and others, that your mom and I have taught you, and continue to model for you.

Most importantly I pay for the bridge of understanding that volleyball provides a father and daughter.

Love always, Dad



Dear Xceleration Families,

We ran across a letter in a volleyball publication that was written by a father to his daughter and we wanted to share it with all of you.

The letter has been forwarded to all our coaches to remind them of the responsibility they have and that you have entrusted them with for your daughters. It is a responsibility that, as a club, we take very seriously and strive constantly to uphold. We will continue to work as a group to give your daughters a complete experience in club volleyball and all the good that can come from it.

Hope you enjoy the read. See you on the courts and GO XCEL!

Jeremy

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.

**To our Xceleration OHANA...
Thank You for Your Support!**

