



In the News...

- 18 Blue On Fire!
- Xceleration Handbook
- Warm Up and Maturity are Keys for Evaluating a Player's Potential
- Keys to Volleyball Greatness
- What Really Matters
- Goal Setting by Coach Andrew
- Eating Right
- College Recruiting: How to Tell if a College Coach is Recruiting You
- Tournament Travel/Lodging Reference Guide
- NorCal Winter Classic Waves and Venues

UPCOMING DATES

- Jan 14-16: 12s-17s
WCVBA NorCal Winter Classic (Various Sites)
- Jan 21: 18B
NCVA PL1 (San Mateo)
- Jan 21-22: 15s-17s
WCVBA League 1/2 (Roseville)
- Jan 27-29: 18B
SLC Qualifier (Salt Lake City)
- Jan 28-29: 12s-14s
WCVBA League 1/2 (Various Sites)
- Feb 5: 18B
NCVA PL2 (San Mateo)
- Feb 4-5: 15s-17s
WCVBA League 3/4 (Various Sites)

Xceleration
Volleyball Club
John B. David, Editor

NCVA Power League Qualifiers: 18 Blue On Fire!



Squad Flirted with Perfection at the Season-Opening PL Qualifiers, with a 6th Place Finish

At the season-opening NCVA Power League Qualifiers (PLQs) held at The Grounds in Roseville, the 18 Blue rose to the occasion and moved up eight spots in the seedings to the #6 position by the end of the tournament weekend and will play in the PLs from a position of strength. There they hope to improve and make headway from that spot for a qualifying ticket to the USAV Junior Nationals in Columbus, OH, next spring.

Starting as the 14th seed, the 18 Blue methodically torched all their opponents in pool play, ending the first round of the competition undefeated at 3-0. The team topped the pool by winning 6 of 7 sets, including a three-set come-from-behind win that hung in the balance until the 18 Blue snatched the deciding third set, 16-14, from Rage. *(Continued on page 3)*

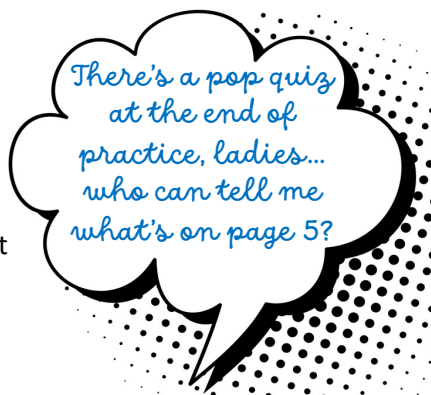




Important: Please Read the Xceleration VBC Handbook

As previously announced to all players, parents, and coaches, please be reminded to review the the Club Handbook for future reference use. Please click [XCELERATION VOLLEYBALL CLUB HANDBOOK](#) to read about each of the topics shown below.

- Club Mission Statement
- How do we support and achieve our mission?
- Why play junior volleyball?
- Xceleration Volleyball Club training program
- What can you expect from playing at Xceleration Volleyball Club ?
 - Quality instruction
 - “Transfer” and “Competition”
 - Extended training schedule
 - Increased discipline
 - Education
 - College development
 - Weekend lessons
 - Fun
- Our expectations for Xceleration players
 - Commitment
 - Regular attendance
 - Respect for the rules of the club
 - Cooperation
 - Image presentation
 - Maintaining good grades
- Xceleration volleyball club code of conduct
 - Substance policy
 - Conduct during competition
 - Social media policy
 - Rules and regulations
- Club injury policy
- Grievance procedures
- Multi-sport athletes
- Playing time
- Practice attendance
- What we expect from parents
- Team parent liaisons and responsibilities
- Team travel
- Chaperones (if needed) and responsibilities



[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.



Girls' Power League

Coach **Jeremy Swann** said, "The girls played well considering this was our opening weekend. We got off to a quick start in all our games and kept the pressure throughout the day. They kept the pedal to the metal."

In the second round, the 18 Blue continued its hot streak and stretched the unblemished win total to 6 matches.

The team handled 650 Xtreme and Red Rock in straight sets, before another comeback victory in three sets against Vision, which propped the team to the #4 seed.

The 18 Blue would post its first mark in the L column when it could not recover from the nail-biting first set, 26-28, against a strong UC Elite team

from the South Bay and surrendered the 4th spot in the standings. The 18 Blue, however, bounced back with consecutive wins in rematches against Vision and Red Rock that would pit the 6th seeded, one-loss 18 Blue team against the undefeated, 2nd seeded SF Tremors.

The Tremors maintained their seeding and closed the day for the 18 Blue in two.

An elated coach **Andy Schroeder** said, "We had a very productive weekend and we're pleased to show quick improvement from one game to the next." He followed, "We still have a lot of things to work on to get ready for PL1 in January. We will face many of these teams again, including those ahead of us."

18



BLUE

Girls' Power League



18



[Photo Galleries](#)
Courtesy of Tomas Pineda

BLUE

Girls' Power League



I only put nail polish on these two!

Darn it!
I just broke a nail on that pancake.



XCELERATION
5

18

This new dance move will get a million likes on TikTok!



[Photo Galleries](#)





Warm Up and Maturity Are Keys for Evaluating a Player's Potential

A coach can tell a lot about a player just in the five-minute warm up at a tournament. What coaches are looking for is the player who prepares mentally and physically to win the set. Oftentimes the team does a few common things to warm up. They start with passing and progress into setting and eventually a full pepper with some type of variation or progression. After a couple of minutes, team captains are asked by the referee to join them in preparation for the match. During this time college coaches will stand courtside or one court over to see what a player is doing in the warm-up. Is he/she casually warming up or taking the warm-up seriously to prepare to compete? What coaches need on every team is the player that competes to win and uses every opportunity to prepare for a win.

I'll give you a true example. Nine months ago, a player came to me about the recruiting process. After evaluating her, I immediately called a long-time friend and NCAA Division I coach that I knew needed a middle blocker for the 2010 season. Over the phone we

discussed the player, and the coach arranged to fly to Texas to watch this senior play in a home game during the high school season. Within 5-6 minutes of warm up the coach leaned to me and said this trip was worth it, and we are going to make an offer. The coach had not even seen the middle play and only had time to watch the player warm up and go through six or seven swings at the net. She could see the work ethic and potential in the warm-up and that scholarship offer was accepted after an official visit was made by the player.

Coaches are looking for the players who communicate and drive to make those around her better. We all know the importance of leadership and the ability to communicate on the court in relationship to winning. Communication is key even in warm up. Coaches are also looking for ball control, mechanics, and movement. When it comes to ball control, are they passing with intention or going through the motions? Is the player balanced when they set and are they quick to move to the ball? Do they hustle after the ball that is set five

(Continued on the next page)



[Photo Galleries](#)



feet further, or do they just let it drop and pick back up again? In hitting lines, is the player quick to swing and taking the ball at a high point and hitting angles? Is the setter quick to think about the next play and having a consistent location on the ball? Is the libero hustling after the ball with intention to play the ball? Work ethic and potential can all be seen in a warm-up. There are several times that college coaches might be going to a specific court to watch a player but see something that really catches their eye in a warm-up, and they will literally stop and see what a player has to offer. Coaches are always on the lookout for that player that is the difference maker, leader, and one who desires to win.

Usually after a warm-up, a team gathers on its side to listen to the lineup and what the coaches have to offer in terms of strategy. This is the time college coaches are looking to see if a player is engaged with the team and looking in the eyes of the coach while he or she is communicating. Being engaged is extremely important for the success of the team, and it also shows the maturity level of a player who has intent of winning. During a set, there are oftentimes a player who is in the recruiting process will have to sit out for several points or even an entire set. This doesn't mean that the college coach is no longer going to be recruiting that player. Parents oftentimes panic if things aren't perfect or playing time is altered in some form or fashion. This is a natural reaction for most players and parents. The absolute worst thing a parent or player can do is start worrying

during a set about the recruiting side of the game. All things turn out usually for the best in most cases and just because a player sits out doesn't mean they lost their chance, or a coach won't evaluate the player. The coaches will also see how a player reacts to situations, such as sitting the bench or a change in pattern. Is the player on the sideline talking and engaged with the team or arms folded and not vocal? Does the player hustle in at a timeout and engage with the coach or does he/she walk slowly to the huddle to hear what the coach says. Is the player engaging with team members and telling them what shots are open, or has the change in play time gotten the player down? This is a crucial side to teamwork that often fails when players think their value to the team no longer exist. It really is never the case until a player allows the playtime to become personal and negative. As a coach, I have never looked down the bench of players and put someone back in the game who is not engaged for the success of the team. If I have a player that I pull for some reason and they are at the bench with their hands on their knees encouraging the team and communicating during and between plays, then my confidence in that player stays extremely high and the chance of the player returning to the game stays high. If the player becomes selfish and takes it personal and is quiet, there is absolutely zero chance he/she will see the floor the rest of the day.

Coaches can see so much in a player during warm up and intense play situations. They want the player who

drives to compete, prepares mentally and physically with one thing in mind, and that is to win. Anyone can pass a ball, set a ball, or attack the ball. Coaches are looking for the maturity level and the drive to win on every touch of the ball. It can all be seen in the small things, so warm up with intention and always take the high road when faced with a challenge. It can make a difference in the recruiting process.

~ Jenny Krueger, Austin Performance.



2022 Season
Photo Galleries
Courtesy of Tomas Pineda



Keys to Volleyball Greatness

With help from some of the sharpest minds in the game, VolleyballUSA has assembled a collection of wise words to guide you through the club season. XCELLENT News will share them with you in future issues.



“The most important contact in the game is the one you are making or about to make. Once you make it, it immediately becomes the least important, and all your attention needs to be directed at your next contact.”

– **Doug Beal, coach of 1984 men’s Olympic gold-medal team**

“Erase the last play from your mind, whether it was good or bad. It does you no good to dwell on a mistake or continue relishing a great kill or block you just made. Reset your focus and look ahead to the next play.”

– **Volleyball USA staff**

“Learn to read the game: By watching not just the ball but the people acting on it as well, the game will become easier and you will improve more quickly.”

– **Hugh McCutcheon, University of Minnesota women’s coach, former coach of U.S. Men’s and Women’s National Teams**

“Be a competitor. Do everything you can physically, mentally, and emotionally to beat your opponent on the next play as often as you possibly can.”

– **John Dunning, former women’s coach at Stanford**

“Tackle the stuff you’re not so good at. There’s nothing wrong with practicing a skill you do well, but don’t shy away from putting in extra time on something that you struggle with. Initially, it’s an uncomfortable feeling because you’re working on something that doesn’t come naturally to you, but in the long run it will boost your confidence to conquer the tough stuff – and it will make you a better volleyball player.”

– **Volleyball USA staff**



[Photo Galleries](#)

What Really Matters...

Tim O'Connell is a high school and club coach in Louisville, a former volleyball dad himself and has written a few articles for PrepVolleyball.com.



This weekend, before my 16s played, I stood on the sidelines with our [younger] team at KIVA. And in that moment, I remembered a few things.

What it's really all about.

Sometimes, it's not about 10-foot touches; it's about who can run under the net without touching it at full stride.

It's not about D1 left sides (yet); it's about 3-foot-9 left sides who can loop the ball into the corner.

It's not about aces; it's about ace cheers.

It's about asking a kid on the sideline what position she plays, and she says "DS, but I don't know what that stands for because I play back row."

It's about parents cheering for every ball that makes its way back over the net like Stanford just scored on Texas. It's about bump sets, down balls, and everybody hustles to the ball. It's about droopy spandex and big dreams. It's about a kid running off the court and asking me, because I coach "big girls," if I saw that pass.

It's about no-tooth grins that are as bright as the lights on the court.

It's about fun.

It's about why we all got involved in this sport in the first place. I hope, personally, that I never forget that. This is a fun sport, and sometimes it takes an 11- or 12-year-old to remind an old man of that.

Goal Setting

By Coach Andrew Randolph

*In upcoming issues of **XCELLent News** we will feature articles from 17 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.*



Creating a task, or multiple, for one to accomplish in a designated amount of time is the most basic way to describe goal setting. Goal setting can come in many forms. Just like most topics on mental performance, the different ones apply to each individual athlete uniquely. The purpose of goal setting is to challenge athletes/people to get a little bit better every day, in order to meet an agreed upon state of accomplishment, usually with oneself.

To start with setting goals, you must first decide what you are trying to accomplish, or where you want to

end up. It is almost pointless to start working towards something with little to no plan of a final destination.

Wherever your goal ranges between 'getting a serve over the net' to 'being the top recruit in the nation', your end goal must be solidified in your mind. Until this happens, it's difficult to measure your success leading up to what you want to happen. Achieving one's end goal consists of making habits out of mini successes along the way. This can look like making lists or mental notes about what you want to happen. No matter what your goal is, you cannot



expect it to come true randomly one day; it must be worked for, starting at the very beginning.

If your goal is to be the top recruit, then small things leading up to this possibility are what you can focus on daily. Think of things a top recruit would have to know or be able to do in order to be considered for this honor. Talk to coaches or reach out to players you know who have experienced something like this success before or know enough about the process. Be diligent in your own work ethic and consistency of the game. If you do all these things over the course of a week, a month, or even a season they get to be noted as goals you have accomplished. One of the most common mistakes people make, and the main reason for giving

up on goals, is they do not take time to celebrate the mini successes. No, simply talking to someone about your goal is not going to automatically make it happen. However, if that is the first step you need to take to work towards it, be satisfied and celebrate the fact that you did what you set out to do. You set a goal with a purpose and did exactly what you set out to do. Now, the next phase is coming up with a new goal, with your newfound knowledge, that gets you one step closer to where you want to be or the person you wish to be.

If you have ever considered doing goal setting before or looked into it in any capacity, you have probably heard of SMART goals. S-Specific, M-Measurable, A-Achievable, R-Relevant, T-Time Bound.



S - The most common mistake people make when choosing a goal is not making it specific. If you leave too much room for error then you won't get exactly where you wish to go. Making a serve over the net is a good start goal, but what happens when you finally get the ball over the net, but have no control of where it goes? That was a goal, but maybe not a SMART one. Think what do I want to accomplish, or why is this goal important? Be as specific as you can when first establishing your goal.

M - You want to be able to see your accomplishment and "measure" it, so you will be able to track your progress in real time. Pick a specific number or know exactly what the task is, so you will know the feeling of success when you've done exactly whatever it is.

A - Other words that can be substituted here include attainable or realistic. The whole point of setting goals is for you to imagine things that seem out of reach for you to achieve. You don't want something easy to do, or else you will not feel any satisfaction whatsoever when you accomplish it. On the other hand, choosing a real goal for yourself means knowing your limits, and accepting them. No one can fly on their own accord, so it would be a pointless and unachievable goal to say you wanted to learn how to fly.

R - What does your goal have to do with your desired success and/or task at hand? There is no point in having a goal that does not apply to what you are trying to accomplish in the long run. Make sure you really ponder what you are trying to maintain or work towards and tell yourself honestly if this new goal actually has something to do with what your end goal is.

T - Give yourself an end date to accomplish your goals by. It becomes so easy to give up or put off making the difficult decisions if you say you can "just do it whenever" or "do it some time in the near future". Those give way to slacking off and can cause problems down the road that continue to keep you from your desired outcomes. The more specific you are about the timing of your goal, the more motivated you are to complete it diligently. Know what you want and why you want to accomplish it. Once you have that in mind and have narrowed down your SMART goals, you can have a system of mini successes that lead you to doing the thing you set out to do.

"Focus, discipline, hard work, goal setting and, of course, the thrill of finally achieving your goals. These are all lessons in life." – Kristi Yamaguchi



[Photo Galleries](#)





5 Essential Nutrition Tips for Volleyball Players

1. Eat throughout the day.

Athletes need fuel all day. Clark says it's a good idea for players to eat every two to three hours. "Every time we eat, we're bringing nutrients and energy into the bloodstream," she says. "That influences our ability to think because our brain uses glucose, and it's also the primary fuel for any muscle group." A common problem for student/athletes is going too long between meals or snacks, Clark says. By eating more frequently, you give your body the sustenance it needs to perform well.

2. Eat immediately after waking up in the morning.

Each day, you are creating a foundation for building your energy stores back up to where they were the day before, Clark says. So don't skip breakfast. A lot of teenagers and college students do, but it's a bad habit, especially for athletes. "Skipping breakfast puts you in a serious deficit and you can't catch up," Clark says. "If athletes go to practice at 3 o'clock – even though they've had lunch – they are falsely operating on the idea that their energy levels are high. (If they skip breakfast), their energy levels are actually very low."

3. Timing is everything.

Clark says that athletes need to pay close attention to how their day is going to unfold. "You've got to look at your day as if it matters that calories are available to you," she says. "You have to eat before a workout. You *have* to. (When you eat before a workout), you'll get more out of the workout because you'll

have available energy. We want there to be energy in the bloodstream. If you're working out, you don't want to go into your bank account and dredge out the energy. You want to have high energy in the first part of your workout, and that means having good sugar or carbohydrates in your blood."

Clark recommends eating one hour before a workout, and she says that what you eat should be heavy on carbohydrates. Some options: fruit and half of a bagel, a peanut butter and jelly sandwich, yogurt and fruit, dry cereal or trail mix.

Keep in mind, the first half of a student/athlete's day is usually filled with classes, so eating an hour before practice or a workout means planning ahead. "You need to know where you're going to be, and you need to carry the snack with you," Clark says.

4. Drink before you're thirsty. "This is something I've had to implore my athletes at Penn State to be mindful of," Clark says. "They know they should drink more, but it's not on their minds because they're not stimulated to drink if they're not thirsty."

Clark recommends drinking 32 ounces of water before noon every day and 32 ounces of water before practice. Penn State athletes carry a 32-ounce water bottle with them to class so they're never without access to water.

5. Eat a balance of carbs and proteins after your workout

Muscle-cell repair occurs at

the fastest rate within the first two hours after a workout, Clark says. She advises her athletes to eat as soon after exercise as possible to facilitate maximum muscle-cell repair.

"We want players to be eating a meal within an hour after exercise," Clark says. "If that can't happen, then a snack is appropriate until they can eat a meal. And the snack needs protein. This is where protein is most important for athletes. Fifty percent of what they eat should be protein, and 50 percent of what they eat should be carbohydrate."

At Penn State, we give the players protein-carb shakes. But (the snack) could be anything from nuts to trail mix, a sandwich, a protein bar. It could be a glass of chocolate milk – things that are easy to prepare in advance and don't require refrigeration."

Clark says that it's best if players start the recovery process while they're still in uniform. Ideally, they will be eating just a few minutes after they walk off the court.

"So many athletes don't understand that their muscle cells have undergone some microscopic damage during an intense practice," Clark says. "There are hormones, one of which is cortisol, that are elevated with intense exercise. The minute you bring protein into the diet, it suppresses that cortisol production, so it really helps prevent soreness and muscle-cell damage. That's part of the recovery process."

A big part of getting players to perform their best is making sure they're eating the right things at the right time.

Experts will tell you that eating and drinking is as much a part of playing good volleyball as fitness training and practicing skills. Not surprisingly, Penn State, which has won several NCAA volleyball championships, pays close attention to nutrition.

We thought it would be a good idea to pass along some information on how players can improve their play by improving their diet. So, we went right to the top and got five tips from Dr. Kristine Clark, who is Penn State's director of sports nutrition.

**Reprinted from
StudentSports.com by
Don Patterson**

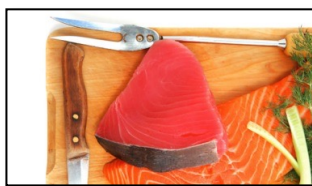




Quinoa



Berries



Salmon



Beans and Legumes



Pasta



Bananas



Cruciferous Veggies



Nuts and Nut Butter



Chocolate Milk

Sure, carbo-loading's important—but for top-notch performance, it's just part of the story. Supplement your training with these healthy eats that will help you build strength, sustain energy, and recover faster.

Eating for athletic performance shouldn't just take place after the gym or right before a big event. It's something you should be conscious of at every meal and every snack, say sports nutritionists Barbara Lewin and Jill Pluhar, and your strategy should involve more whole foods and natural nutrition than the factory-manufactured kind. Here, 9 of their favorite eats for athletes, and tips on how to make the most of their nutritional benefits.

Reprinted from Outside Online
by Amanda MacMillan



Nine Best Foods for Athletes

Quinoa – Considered a “super” whole grain, having twice as much protein as other grains, and it’s one of the only foods to contain all nine essential amino acids our bodies need to build lean muscle and recover from tough workouts.

Berries – Helps protect against oxidative stress and free radicals that form in the body during strenuous physical activity.

Salmon – Good source of lean protein and omega-3 fatty acids, which help reduce inflammation that can hamper athletic performance and contribute to chronic conditions like heart disease.

Beans and Legumes – For vegetarian athletes (or those who just want to go meatless once and a while), plant-based sources of protein are a must. Unlike animal protein, beans have no saturated fat and are also a good source of fiber, which can help keep you feeling fuller for longer.

Pasta – Carbohydrates are still the single most important component of an athlete’s diet. Whole-grain varieties are best. They have more fiber and, usually, less added sugar than their refined white counterparts. The night before a big competition, though, switch to the simple stuff—plain pasta with red sauce, for example.

Bananas – Great source of easy-to-digest sugar and natural electrolytes. A favorite post-event recovery food, containing potassium to regulate fluids and prevent muscle cramps and spasms. You sweat out potassium during physical activity, so it’s important to replenish as soon as possible afterward.

Cruciferous Veggies – Dark, leafy greens and members of the cruciferous family (like broccoli, cauliflower, brussels sprouts and kale) have higher concentrations of antioxidants, fiber, and other important nutrients.

Nuts and Nut Butter – A natural combination of protein and healthy fats, nuts (and nut products) are a staple in many athletes’ diets. Easy to digest and can help balance your blood sugar when paired with carbs.

Chocolate Milk – Simple carbs with a little bit of protein for recovery could be found in some store-bought drinks like low-fat chocolate milk. Plus, the caffeine in chocolate dilates and relaxes blood vessels, helping oxygen-rich blood reach your muscles more quickly and easily. Another favorite recovery drink is tart cherry juice to help prevent inflammation and reduce muscle soreness.

Nine Foods to Avoid

Diet Soda – Increases your risk for health problems and weight gain; they trick the body into thinking it's consuming real food, and because they're over a hundred times sweeter than the real thing, your body starts producing insulin (the fat storage hormone).

Canned Soup – It's more convenient, but their long shelf life should tip you off. Some soups are so processed and high in sodium that it trumps over the health benefits.

Rice Cakes – This staple diet snack is practically empty—nutritionally speaking. They do boast a low-calorie count, but athletes need calories to keep their energy levels up. Not to mention these crunchy little snacks will send your blood sugar soaring.

Sugary Cereal – Artificial sugar is a definite no but eating too much of the real thing is just as bad. Too much sugar also causes a spike in insulin, priming your body to store more fat.

White Bread – White pastas, rice, and breads are OK, (but not ideal) because they are stripped of their nutrients and fiber, what is left is a highly processed food product, and when consumed, raises insulin levels and

contributes to dips in energy and weight gain. Stick to whole-grain products.

Microwave Popcorn – Saturated with unhealthy fats, unearthly levels of sodium, and in some cases, laced with chemicals, popcorn does not fuel an athlete's body for a strenuous training session, nor does it encourage recovery after a long workout. There is a flip side, however. If you air pop the corn or pop it on the stove with a small amount of coconut oil, it turns into somewhat of a superfood, boasting high levels of antioxidants and a hearty dose of satiating fiber.

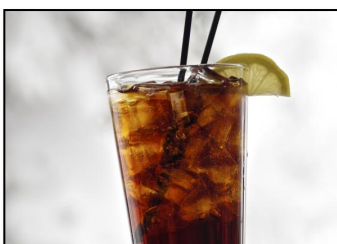
Granola – Might seem healthy, with fibrous oats as the base, but it's not exactly all it's cracked up to be. Most versions of the cereal come stacked with high amounts of sugar, unnecessary fat, and an excess amount of calories.

Alcohol – Slows muscle recovery, impairs motor skills, and decreases strength and sprint performance. Duh!

A meal without protein – Protein is important for repairing and strengthening muscle tissue and maintains adequacy, balance, and variety, while also helping lower blood sugar levels.

Top performing athletes know that nutrition is king when it comes to gaining an edge over their competitors. However, no matter what your goal is, the gateway to success lies on your plate. An athlete's diet is more than just calories in and calories out—it's fuel. The right foods increase your energy, promote muscle growth, and aid in muscle repair. The wrong ones set you back. When it comes to chowing down, there are certain eats a serious athlete just won't touch. Top athletes wouldn't dare devour these diet disasters—and neither should you.

Reprinted from Men's Fitness by Tiffany Gagnon



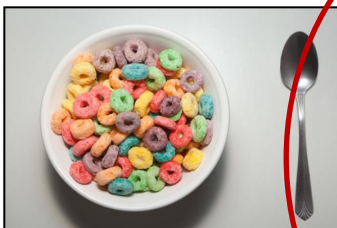
Diet Soda



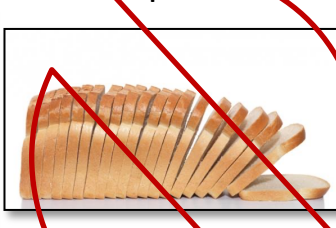
Canned Soup



Rice Cakes



Sugary Cereal



White Bread



Microwave Popcorn



Granola



Alcohol



A meal without Protein

College Recruiting



How to Tell If a College Coach is Recruiting You

By Matt Sonnichsen

It can be tricky for a volleyball athlete to understand if and when he/she is being recruited by a college coach. Do recruiting questionnaires count? How about camp invites? A phone call? Not every coach is going to show interest the same way, and interest will mean something different for every program. Here's what you should look out for.

Haven't heard anything from the coach or school? The coach isn't interested yet.

Even if the [NCAA volleyball contact rules](#) mandate that coaches cannot start communicating with you yet, athletes can still receive recruiting questionnaires, camp invites, NCAA materials and non-athletic publications. If you haven't received any of these, you will have to get proactive and reach out to the coach, while following up with schools that are showing interest.

Received questionnaires in the mail? You may be on the coach's radar.

Coaches will send questionnaires out to a large number of freshmen and sophomores to gauge their interest in the program. Make sure you respond to the questionnaires as soon as possible so they know you are interested. You should also send the coach a follow-up email with your key information and highlight or skills video so they can make their

initial evaluation. If you're a junior or senior who's still only receiving questionnaires, you need to immediately reach out to the coaches at programs you're interested in to claim a spot on their list of recruits.

Camp invites filling up your inbox? The coach may want to evaluate you in person

Camp invites can be somewhat tricky. At camps, coaches usually have a set [list of athletes who they are interested in evaluating](#), and they will spend most of their time watching those athletes compete. If the coach mentions specifically that they know who you are or that they have watched your [highlight video](#), that's a good indication you are on their list of recruits to watch. If your invitation is generic, you may be in the larger pool of athletes who aren't really on their radar yet. Before you go to an event, reach out to the coach, sending them your highlight or skills video, key stats and a short introduction.

Fielding emails from the coaching staff? You're probably on their list of recruits.

Email is an easy way for coaches to communicate with athletes who are on their list of recruits. They

(Continued on the next page)



[Photo Galleries](#)

College Recruiting

may ask you for more information about your athletics, academics and character. Make sure you respond promptly, and you proofread your emails for any grammar or spelling errors. At this stage, you still need to show the coach that you're interested.

The coach has been calling, texting or DMing you? You're definitely a prospect.

The coach is likely very interested if you're receiving calls, texts or direct messages through social media. If the coach has given you their personal contact information, you can feel confident that you are relatively high up on their list of recruits. However, just because you're on their list of recruits, doesn't mean that you've secured your spot on the team yet.

You need to keep putting in the work to get an offer.

Invited on an official or unofficial visit? You're an important recruit.

Visiting a school is an important step in your [recruiting process](#), especially if the coach personally invited you.

Official visits, or campus visits in which any part is paid for by the school, indicate the strongest interest from college coaches. They are using their budget to show off their school and create an impressive experience for you as a recruit. However, being personally invited for an unofficial visit also indicates clear interest from the coach. Not all coaches and programs have a huge budget, and some simply don't have the ability to conduct official visits. Make the most of this trip by being polite and attentive, answering the coach's questions appropriately and preparing your own questions. Campus visits are a popular time for coaches to extend an offer to athletes, so make sure you're prepared if that conversation comes up.

Received an offer? Congratulations, you're a top recruit.

If a coach extends an offer to you, remember that you can ask what their deadline is for your response



so you have time to think about it and determine any questions you have. Since verbal offers are not legally binding, keep in touch with the coach up until Signing Day to ensure that you will surely be a part of the team.

For related reading on the volleyball recruiting process click [HERE](#). For more education on the volleyball recruiting process click [HERE](#).

To give your club athletes the tools to compete at the collegiate level, [click HERE to learn more](#).

About the Author

Matt Sonnichsen is the former Director of Volleyball and National Speaker for Next College Student Athlete (NCSA). Matt has over 20 years of experience coaching volleyball at the collegiate level.



[Photo Galleries](#)

Thank You for Your Support!



Thank You!



2023 Information Sheet

19

Tournament Schedule

Tournaments	Dates	12B	13B	13W	14B	14W	15B	15W	16B	16W	17B	17W	18B
NCVA Power League - @The Grounds - Roseville	Dec 10-11												x
JVA NorCal Winter Classic The Grounds (Open) & Bay Area Sites (Club)	Jan 14-16	x	x	x	x	x	x	x	x	x	x	x	
NCVA Power League 1 - San Mateo Event Center	Jan 21												x
WCVBA League 1 & 2 - @The Grounds	Jan 21-22						x	x	x	x	x	x	
USAV 18s Salt Lake City Qualifier - Salt Lake City	Jan 27-29												x
WCVBA League 1 & 2 - Bay Area Sites	Jan 28-29	x	x	x	x	x							
NCVA Power League 2 - San Mateo Event Center	Feb 5												x
WCVBA League 3 & 4 - Bay Area Sites	Feb 4-5						x	x	x	x	x	x	
Las Vegas College Showcase	Feb 18-20												x
Las Vegas Classic	Feb 18-20						x		x	x	x	x	
WCVBA Presidents Day Showdown - Bay Area Sites	Feb 18-20	x	x	x	x	x		x					
NCVA Power League 3 - San Mateo Event Center	Feb 25												x
NCVA 18s Sierra National Qualifier - Reno	Mar 3-5												x
JVA NorCal Spring Challenge - @The Grounds	Mar 4-5		x	x		x							
SCVA Red Rock Rave 1 - Las Vegas, NV	Mar 4-6				x		x	x					
SCVA Red Rock Rave 2 / OC Qualifier - Las Vegas, NV	Mar 11-13								x	x	x	x	x
WCVBA League 3 & 4 - The Grounds	Mar 11-12	x	x	x	x	x							
WCVBA League 5 & 6 - Bay Area Sites	Mar 18-19						x	x	x	x	x	x	
Pacific Northwest Qualifiers - Spokane, WA	Mar 25-27								x	x	x	x	
Pacific Northwest Qualifiers - Spokane, WA	Mar 31-Apr 2				x		x	x					
NCVA Power League Region Championships Capitol Sports Center/McClellan, Sacramento	Apr 1-2												x
NCVA Far Westerns - Reno	Apr 22-24		x	x		x							
USAV 18s Spring Nationals - Columbus, OH	Apr 28-30												x
WCVBA League 5 & 6 - @The Grounds	Apr 29-30	x	x	x	x	x							
JVA West Coast Cup - Long Beach	May 27-29				x	x	x	x	x	x	x	x	
50th AAU National Championships - Orlando	June 13-29						x		x		x		
USAV Jr Nationals (As Qualified) - Chicago	Jun 28-Jul 6				AQ	AQ	AQ	AQ	AQ	AQ	AQ	AQ	

Tournament dates only, excluding travel days. Always check tournament websites for real-time information. Do not leave tournament premises at the end of each day without knowing your next assignment or play schedule.

- **AAU Junior Nationals:** [ESPN Wide World of Sports](#), 700 S Victory Way, Kissimmee, FL; [Orange County Convention Center](#), 9899 International Dr., Orlando, FL
- **JVA Norcal Winter Classic / WCVBA League:** The Grounds [Placer Event Center](#), Event Center Drive, Junction Blvd, Roseville, CA 95678. Some events may be held elsewhere throughout the Bay Area, including other VBC facilities.
- **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 Pacific Northwest Qualifier:** Multiple [venues](#) in the Spokane area.
- **USAV 18s Salt Lake City Qualifier:** [Salt Palace Convention Center](#), 100 S W Temple St, Salt Lake City, UT 84101
- **USAV 18s Spring Junior National:** [Greater Columbus Convention Center](#), 400 N High St, Columbus, OH 43215
- **USAV Junior Nationals:** [McCormick Place Convention Center](#), 2301 S King Dr, Chicago, IL 60616

2023 Information Sheet

20

Tournament Waves and Venues

WESTCOAST VOLLEYBALL ASSOCIATION



JAN 14-16, 2023



Site and Wave Assignments are here! This has been finalized by the tournament sponsors. On the off chance that a team changes their wave and site, the WCVBA will contact the affected clubs directly before finalizing and posting the changes. This is posted on the NorCal Winter Classic website.

Note: For all Club Divisions, this wave and location is locked in for Saturday and Sunday. All teams play in the AM wave on Monday. Teams will be at the same location on Monday as the previous 2 days UNLESS they are a team playing at Encore/City Beach that qualifies for the Gold Bracket in their respective division.

The Spectator Wristband Purchase Link will go live on Monday, January 2nd. At that time, it will be live on the tournament website.

Team	Division	Wave	Location
Xceleration 17 Blue	18 Club	3 PM	NorCal VBC Facilities : 789 N Canyons Pkwy, Livermore
Xceleration 17 White	18 Club	3 PM	NorCal VBC Facilities : 789 N Canyons Pkwy, Livermore
Xceleration 16 Blue	16 Club	3 PM	Encore : 2575 E Bayshore Rd, Redwood City
Xceleration 16 White	16 Club	3 PM	Encore : 2575 E Bayshore Rd, Redwood City
Xceleration 15 Blue	16 Club	3 PM	SportsHouse : 3151 Edison Way, Redwood City
Xceleration 15 White	16 Club	3 PM	SportsHouse : 3151 Edison Way, Redwood City
Xceleration 14 White	14 Club	8 AM	SportsPlex : 800 Embedded Way, San Jose
Xceleration 14 Blue	14 Club	3 PM	SportsPlex : 800 Embedded Way, San Jose
Xceleration 13 Blue	14 Club	3 PM	SportsPlex : 800 Embedded Way, San Jose
Xceleration 12 Blue	12 Club	8 AM	OMNI : 11327 Folsom Blvd., Suite 180, Rancho Cordova

Tournament Venues: Facility Expectations & Regulations



As provided by the tournament organizers, below are facility expectations and regulations that will be at each specific site. Please get familiarized with each site's rules and expectations regarding seating/parking/team camps. This will also be emailed to all wristband purchasers from the tournament on the Friday before the event. No information is available for NorCal Facilities.

Encore

- NO outside food or drink allowed inside facility. Food & Drink are available for purchase inside the venue and at designated food vendors.
- There is no parking at the Encore Facility. All Players, Families, and Coaches, must park at the Google Parking Garage located less than half a mile away. There are multiple shuttles operating between the Google Garage and the Encore Facility starting at 6:30 AM and until the last matches each day.
- Parking at the Google Garage is \$10 per car per day.
- There is no space for tailgating or team camps at the Encore Facility.
- No outside chairs are allowed. Ample Bleachers and Seating will be provided.

Omni

- NO outside food or drink allowed inside facility
- Courts 1-2 are located in the OMNI Sky High Building (Suite 180), and Courts 3-6 are located in the OMNI Metro Building (Suite 120)
- There is ample parking available between the two buildings. Parking is free.
- No tailgating in parking lots
- Teams are encouraged to bring in collapsible outdoor chairs into the venue. There are a limited number of chairs available on site. We DO allow and encourage spectators to bring fold- up chairs with rubber bottoms.

SportsHouse

- NO outside food or drink allowed inside facility. Food & Drink are available for purchase inside the venue.
- NO tailgating, BBQ, or tents allowed to be set up on the asphalt parking lot. Tents are allowed in the designated shared patio only. Upon arrival, refer to patio map posted on front door.
- There are a few local parks close to SportsHouse that can be used for picnicking, Edison/ Fair Oaks at 9th Avenue and Bay Road at 2nd Avenue.
- Guests must park in SportHouse lot or mind the parking signs in the neighborhoods. Additional parking is located at Synapse School 3375 Edison Way, Menlo Park, CA 94025
- SportsHouse is located around a residential area. Be sure to follow posted signs and do not block neighbors' driveways; respect their property and mind the parking signs
- Teams are encouraged to bring in collapsible outdoor chairs into the venue. We DO allow and encourage spectators to bring fold-up chairs as we do not have enough seating.

SportsPlex

- NO outside food or drink allowed inside facility. Food & Drink are available for purchase inside the venue.
- There is ample parking available at the Silver Creek SportsPlex. Parking is free.
- No tailgating in parking lots.
- No outside chairs are allowed. Ample Bleachers and Seating will be provided.

2023 Information Sheet

22

Travel & Lodging

	JVA NorCal Winter Classic Roseville	WCVBA League 1-6 Roseville	Las Vegas Classic Las Vegas	NCVA 18s Sierra Qualifier Reno
Tournament Dates	Jan 14-16	Jan 21-22 / Jan 28-29 / Feb 4-5 / Mar 11-12 / Mar 18-19 / Apr 29-30	Feb 18-20	Mar 3-5
Travel ⁽¹⁾	Booked by Parents/Players	Booked by Parents/Players	Booked by Parents/Players	Booked by Parents/Players
Lodging ⁽²⁾	Booked by Parents/Players	Booked by Parents/Players	Arranged by Xcel Booked by Parents/Players	Arranged by Xcel Booked by Parents/Players ⁽³⁾
	JVA NorCal Spring Challenge Roseville	Red Rock Rave Las Vegas	Pacific NW Qualifiers Spokane	NCVA Far Westerns Reno
Tournament Dates	Mar 4-5	Mar 4-6 Mar 11-13	Mar 25-27 Mar 31 – Apr 2	Apr 22-24
Travel ⁽¹⁾	Booked by Parents/Players	Booked by Parents/Players	Booked by Parents/Players	Booked by Parents/Players
Lodging ⁽²⁾	Booked by Parents/Players	Arranged by Xcel Booked by Parents/Players ⁽³⁾	Arranged by Xcel Booked by Parents/Players ⁽³⁾	Arranged by Xcel Booked by Parents/Players ⁽³⁾
	USAV 18s Spring Columbus	JVA West Coast Long Beach	AAU Nationals Orlando	USAV Jr Nationals Chicago
Tournament Dates	Apr 28-30	May 27-29	June 13-29	Jun 14-17 Jun 28-Jul 6
Travel ⁽¹⁾	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 ⁽³⁾

⁽¹⁾ Players and parents are responsible for getting themselves to tournament the day prior to start date. 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 the tournament website to book their hotel reservations.

For all travel and lodging-related questions, please contact [Normie Pineda](#).