



Xcelent NEWS

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UPCOMING DATES

- Feb 5: 18B
NCVA PL2 (Roseville)
- Feb 4-5: 15s-17s
WCVBA League 2
(Various Sites)
- Feb 18-20: 15B, 16s-18s
Las Vegas Showcase/Classic
- Feb 18-20: 12s-14s, 15W
Presidents Day Showdown
(Various Sites)
- Feb 25: 18B
PL3 (San Mateo)

Xceleration
Volleyball Club

John B. David, Editor

Aaah! The Sweet, Sweet Sound of the Whistle



All Teams in Action at the WCVBA NorCal Winter Classic and League 1, NCVA Power League, and Salt Lake City Qualifier to "Officially" Launch Xcel's 2023 Club Season

All Xceleration teams took center stage in various tournaments – at both nearby and faraway locales – during the month of January, and the club could not be more excited to see its athletes take pride in how they played the game and play well against the competition. Some teams found early success, while others were greeted with temporary setbacks. We just need to remind ourselves that teams will hit many peaks and valleys throughout the season, and the first tournaments were no exception.

Club owner **Jeremy Swann** said, "We're just getting off the blocks

and there's plenty more game and opportunities to continue to build on our skills and elevate our position in the standings. We're just glad at this point of the season that there is now a sense of normalcy after playing a few years in pandemic conditions. Let the games begin!" **THWEET!**

The sound of the whistle can mean different things to different people, cultures, and situations. It can attract good luck for one or bad luck or financial ruin for others. It can save lives if you're ever in a precarious situation. It can be rude. It can signify one's happiness as you hum along when your mood is set on high. *(Continued on the next page)*



WESTCOAST

VOLLEYBALL ASSOCIATION

the girls on the courts. Their enthusiasm – contagious! Excitement on their faces – priceless! Their energy – uplifting!”

Club director **Leslie Ray** followed, “All the preparation and work leading up to our first tournaments will begin to show in these events, and we’re confident that they will continue to get better and raise their games in the months ahead.”

NorCal Winter Classic

In a nutshell at the opening NorCal Winter Classic, four of the 10 Xceleration teams in play finished in the Top 10 or Gold Division of their respective age groups, including taking home the NorCal Classic championship title for 17 Blue, after going

(Continued on the next page)

But to the Xceleration Volleyball Club, the sound of the whistle is “SWEET!” Promptly at 8-ish in the morning and then again at 3-ish in the afternoon, the sweet sounds of whistles blew inside various court venues to indicate the start of play and first serves to launch all our teams into action.

While the 18 Blue continued to work hard at the NCVA Power League 1 in San Mateo and the USAV Showdown Qualifier in Salt Lake City, the rest of the 12s-17s squads made their opening debut at the West Coast Volleyball Association’s NorCal Winter Classic and league matches that were spread throughout the Bay Area and Northern California.

An exuberant **Jeremy Swann** said, “We’re super pumped to see



Xceleration 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.



WESTCOAST

VOLLEYBALL ASSOCIATION



undefeated in nine matches and winning 18 of 19 sets over the three-day tournament. Coming so close from bringing home the championship banner were the 14 Blue and the 15 Blue, both ended the Classic with only one loss each in the tournament. Two other squads ended the Classic weekend in the top 20.

Overall, 7 of 10 teams finished over the .500 mark.

WCVBA League 1

With additional clubs into the WCVBA fold this season, the field got stronger and bigger. Play is based on skill level rather than by age-specific groups, which is a thing of the past. This may require younger teams to play against older squads or older units against younger but more polished teams. Each team will be and was challenged throughout league play, as our Blue and White experienced during the weekend. There were no easy matches to say the least.

NCVA Power League (PL) #1

The 18 Blue were riding high after the PL Qualifiers, finishing as the 6th seed in the Gold Division. However, 18 Blue could not maintain that spot after PL1. The team was knocked down to the #1 seed in the Silver Division for PL2 and will look to bounce back and regain their mojo at PL2, PL3 and the region championships for a berth in the Nationals.

Salt Lake City Showdown National Qualifiers

The 18 Blue went on the road to Salt Lake City for their first qualifier tournament and were only a few games away from the single bid available in their division. The spirited team ended the pool in the Gold Division where they were faced with a one-and-done scenario. The 18 Blue finished in 5th Place. Two of their three losses went the distance in three sets each!



BLUE

4



12



HIGHLIGHTS

- Superb start for many first-timers to club volleyball competition by responding with four wins after tough, close matches including an extended 29-31 thriller against OMNI.
- 12 Blue stretched Absolute to three sets but found redemption in a three-set match victory of their own against MVVC.



HIGHLIGHTS

- 12 Blue was awesome, with an undefeated 6-0 record after League 1.
- 12 Blue took down two teams each from OMNI, Encore, and Marin Juniors.
- The challenge is to maintain solid play in upcoming League 2 and League 3 – the secret is out; these ladies are ballers!

Click [Xceleration Photo Galleries](#) for more pictures.

BLUE

5



13



HIGHLIGHTS

- 13 Blue got off to a great start in the tournament after pulling out a runaway three-set win against a solid NNJ club.
- The team ran into a difficult stretch against older teams but was able to bounce back against Stingray to punch its ticket to compete in the Silver pool.
- Top third finish in a field of nearly 80 teams.

“

A solid weekend for the ladies of 13B in League 1. Tough first day but with three consecutive victories to end league play they finished 3-3. Lots of in-system balls ending with solid swings and many kills. We've got lots more to do, but we are getting there. Most important thing is heart, and we have it in abundance.

— Greg Ginsburg
13 Blue Head Coach

”

BLUE



XCELERATION

14

NORCAL
WINTER CLASSIC
2023

HIGHLIGHTS

- 14 Blue remained steady and consistent by keeping its #5 seeding from wire-to-wire among 79 club competitors.
- The team rattled off seven straight victories to start the season.
- Gold Division contest ended in a tightly contested match against a strong Empire national team in three sets.



HIGHLIGHTS

- 14 Blue faced stiff competition against strong clubs in a challenging weekend. On to the next, with lots of lessons learned.

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WHITE

7



HIGHLIGHTS

- Lots of touches for the 14 White that needed to shake off the expected club volleyball butterflies.
- Great learning experience to go toe-to-toe against perennial club powerhouses SynergyForce, OMNI, and MVVC.



HIGHLIGHTS

- 14 White kept plugging away and is getting more familiar with the process.
- With their great attitude and work ethic, the team will enjoy the fruits of their labor. Trust the process and they will get there.



WHITE

“

The 14 White team has had a great time getting to know each other this season. In December, we gathered together for team bonding over pizza and made holiday "Xcel" themed ornaments. It was so fun to learn of their many talents off the court.

Our first tournament together at the Winter Classic was action-packed. We are happy to report that they improved with every match and learned what it takes to play on long tournament weekends. With many of our girls in their first-ever club season, it was a joy to watch them get into tournament mode and acclimate to these weekends, which we refer to as "Happy Chaos."

We have a fantastic group of parents supporting us all as well. The best part of the weekend was hearing parents tell us, "When they talk, they are a great little team!" It seems we all know the secret to success on the court. ;-)

We look forward to a season of growth on the court and in our relationships. These young ladies are a pleasure to coach and be around.

Go Xcel!

— Jenn Uresti & Amanda Mallard
14 White Coaches

”



Photos courtesy of Jennifer Uresti.



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BLUE

9



15



HIGHLIGHTS

- 15 Blue, the initial 5th seed, finished 3rd in the Gold Division among 80 teams.
- The team started with a definitive statement win against Red Rock in three sets and then cruised to seven straight victories that included toppling Red Rock and Absolute in the Gold bracket.



HIGHLIGHTS

- Only SynergyForce 16 and SynergyForce 17 stood in the way after a strong 4-0 start, in which three of those matches went an extra third set, including two tense games that finished 16-14 in 15 Blue's favor.



Click [Xceleration Photo Galleries](#) for more pictures.

WHITE



15



HIGHLIGHTS

- 15 White opened with perennial powerhouses SynergyForce and Absolute to gain valuable experience.
- The team then learned quickly with four straight wins against two NNJ teams, Titan, and Stingray.
- Steadiness and consistency were keys to the game, and the team ended above .500 in both sets and wins.



HIGHLIGHTS

- A strong 4-2 record bodes well for future matches and 15 White are on the right path.
- Battle-tested off the bat by splitting two matches that went overtime in three sets.
- 15 White notched another three-set win over Encore on Day 2.

Click [Xceleration Photo Galleries](#) for more pictures.

BLUE



16



HIGHLIGHTS

- 16 Blue bounced back after a slim 13-15 defeat in the tournament opening match.
- The team responded with a vengeance, coming out on top in its next six games against teams like MVVC, Encore and Titan.
- Top 10 Gold Division finish among 80 teams.



HIGHLIGHTS

- The first day did not go 16 Blue's way but the team regrouped with a better showing on Day 2.

“

16 Blue is working hard in practice and getting better each tournament we play in. We are excited to see the growth in our players!

— Ruth Lawanson
16 Blue Head Coach

”

WHITE



16



HIGHLIGHTS

- Awesome start with five straight wins to enter the Gold Division.
- Among the team-defining victories were against clubs with championship pedigrees – Encore, Titan, Five Starz, and Pulse.
- 16 White finished top quartile in the 80-team pool that included stretching their 16 Blue sisters in three sets.



HIGHLIGHTS

- 16 White has work to do after League 1 but made continuous strides near the end of league play that included two matches going to three sets.

BLUE

13



17



HIGHLIGHTS

- 17 Blue earned the championship belt with an unblemished 9-0 record, winning 18 of 19 sets.
- Championship match against Fresno Heat went into extra frames before 17 Blue snatched the third set, 15-11, for the title.
- The strong field included Five Starz, NNJ, Empire, and Rage.



HIGHLIGHTS

- 17 Blue split four matches that went to three sets each, including a nail-biter in the opener against Marin Juniors. On the brink of defeat, down 21-24, the team rolled up its sleeves and went on to take the 2nd set, 27-25, and the third set, 15-13.
- 17 Blue will look to get healthier in the next tournaments.



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WHITE



HIGHLIGHTS

- After two setbacks in the opening pool against solid Pulse and OMNI teams, the 17 White found its groove with an unbeaten string of four straight matches against Titan and NNJ clubs.
- 17 White finished Top 20 in the 18-and-Under field and will continue to strongly challenge many experienced teams ahead.



HIGHLIGHTS

- An overall strong showing for 17 White that secured five victories in six games during League 1 weekend.
- The team knocked out well-respected club teams including City Beach, OMNI, SynergyForce, and SF Elite, among others.

BLUE



18



**Salt Palace
Convention Center**
100 S W Temple Salt Lake City, UT 84101



“
We LOVE this team!
They are reachable and
teachable—have bought
into being the best
version of themselves—
the process—getting a
little better every day—
finally playing the game
the right way!

At Power League #1,
our pool was the
toughest pool that day!
Absolute ended up
winning it and Pulse
finishing 3rd. The kids
were in every single
game. Just very happy
with where we are at.
We have great
character; it's an honor
to coach these kids.

— Andy Schroeder,
18 Blue Co-Head Coach

”



Click [Xceleration Photo Galleries](#) for
more pictures. Additional 18 Blue pictures
can be found [here](#), courtesy of **Jon Low**.

BLUE



HIGHLIGHTS

- 18 Blue ended PL1 as the top seed in the Silver Division for PL2.
- Their tough bracket included the first place and third place finishers in the Gold Division.
- At the Salt Lake City Showcase, 18 Blue survived their pool for a place in the Gold Division competition, where it fell short for the second time in the tournament against Vancouver, WA-based Aspire VBC.

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Additional 18 Blue pictures can be found [HERE](#), courtesy of Jon Low.

Beat Yourself

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.*



I find myself constantly having to tell teams, or remind them, to focus on their own team's success before the other's. A dangerous, yet all too common, thought many athletes have is that I have to beat my competitors. After all, it's a game right, and that is the point? While this is definitely factual and a good goal for many to have, it becomes complicated when you don't understand who your competition is. As players and coaches, we want to be aware of what the other team is doing at all times. We focus on reading hits and serves, exploiting blocks, and watching intently what each contact looks like on the other side. Also, we can show that we are ready and can do it better. So, does that make them our competition? Yes, in a way. Notice how reading a hit, tracking a setter, and the like are all skills coaches will teach only after their team has learned the basics of the game. Point being, until you yourself are ready to play, it doesn't matter who is across the net from you.

The number of games we have left to play, either competitively or for fun is limited for everyone. Regardless of how high that number is for you, working on the changes that will make you better should be a priority now.

Be better than the team on our side of the net. We have a funny way of looking at competition now. We see it as something that hinders us from success, as something that wants the worst for us.

Competition can be anything we need it to be, as long as we see it for what it is: a challenge. If you know you have a tendency for playing on your heels in serve receive, make the adjustment over and over again until you build a new habit. If you find your timing is off on an approach, take time to notice what you need to be doing differently. Any bad habit that you know of or have been told of by a coach (or someone else with knowledge of the game) should be something you care enough about to work on. If our focus is on what we are capable of doing, rather than on the possibility of mistakes from our opponent, we have a much higher chance for success.

Consider this last example. You decide to work on hitting, and improve a lot in every aspect of hitting. You spend time working on your vertical, footwork, perfecting your timing and understanding your range. You practice seeing the court, hitting with power, and consistency with all of it. Now, when the time comes for you to play and show

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Beat Yourself

By Coach Andrew Randolph

what you have been working on, you find that there is a libero on the other side of the net who gets every single thing up that you hit her way. The wrong way to assess this situation is to say that you are not good enough to beat her, or that she must be too good. Who's to say she didn't spend the last year working on her own reading, passing, and aggressiveness for this very reason. The work that you put in doesn't just go away. You, all of a sudden, don't lose the skills you spent all that time working towards. Take the experience as an opportunity to see how far you've come and what more you can do for

next time. You will continue to be your own competition, while she remains simply your next challenge of many to see what exactly you're capable of in this moment. Beating the other team is something everyone has always and will always continue to do. However, being a team that recognizes exactly what competition is so incredibly crucial to growth in any sport. Make yourself better; beat yourself at your own game; challenge yourself; be your biggest competition. When this happens, your "competition" on the other side becomes more of an afterthought than a priority.



“

You don't play against opponents, you play against the game...

— **Bobby Knight**
Basketball Coach

”



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How to Deal with Setbacks: Bounce Back from Life's Hurdles

By Liz Noelcke, Reprinted from SparkPeople, Inc.

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

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

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

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

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

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



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

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

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

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



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Tips on Teaching Your Child to Recognize the Value of Self-Care

By Kelly Coleman, Consumer Health Labs

Self-care is not only beneficial for adults, but many would argue in favor of it being just as beneficial for kids, especially in the digital age where kids can find it difficult to switch off mentally from digital technology. So, if you have been a little concerned about your child's mental health lately, here are some tips from [Xceleration Volleyball Club](#) and [Consumer Health Labs](#) on how to teach your child about the value and benefits of self-care.

Start Healthy Habits Early

Kids under seven years of age are considered most impressionable; hence, why it's critical to [make time for them](#) and teach them healthy lifestyle habits from an early age, as they are more likely to stick with these as they progress into adulthood. So, for example, you should teach them about [the benefits of eating healthy](#) versus the consequences of choosing unhealthy food so that they can make the right choices from early on. The same applies to personal hygiene and looking after their appearance, as this will improve their self-confidence and self-esteem as they approach adolescence.

Focus on Their Mental Health

Suppose you can see that your child is indulging in too much screen time, and you can see that it is taking a toll on them mentally. Cleveland Clinic notes that it may be time to encourage them to take a step away from their computers and mobiles to engage in [healthier, more stimulating mental activities](#) such as exploring nature. This can be something as simple as playing outside in the backyard, or taking a walk around the block with them or riding their bike at a nearby park.

If you happen to live in an area that has a high Walk Score, the more [opportunities to get out of the house](#)! This can easily turn into family fun time, when everyone can benefit from some fresh air while getting in a little exercise.

Again, the key to achieving mental health is achieving balance in every aspect of your lifestyle; the same could be said for your kid's mental health too. So, while screen time is not necessarily a bad thing, try to limit it in favor of doing something with them that will allow them to work on all five senses instead of just two.

But there aren't always opportunities to enjoy the outdoors all the time. This is where investing in [good board games](#) and other educational indoor activities might be a good idea for those rainy days when you just can't get outside. However, make purchases that will be worth your time instead of just spending unwisely on the next fad.

To help contribute to positive mental health at home, as well as ensure there's a good spot for board games, be sure that you instill good cleaning and decluttering habits. There are excellent resources online where you can pick up new [cleaning tips and tricks](#). Maintaining a clean home not only contributes to mental health, but to physical health, too.

(Continued on the next page)



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Tips on Teaching Your Child to Recognize the Value of Self-Care (continued)

Encourage Them to Open Up About Their Feelings

Self-care includes being more aware and in tune with your feelings. This is where open communication comes in handy to help your child express their emotions better. Furthermore, when you encourage [open communication with your child](#), you strengthen the bond and relationship you have with them so that they know they can turn to you and talk to you if they feel stressed, anxious, or depressed.

Speaking of talking to someone they trust, perhaps you feel like an online therapist would be a good idea. Moreover, it will allow your child to speak to a professional without feeling the pressure of seeing someone in person. Plus, Verywell Mind notes that finding an online therapist that is a good fit for your child is easier to do when [consulting with telehealth professionals](#) as there is a wider range of options available, and they offer a free consultation to help you find the right match for your child's requirements.

Ultimately, every parent's goal is to raise kids who are more self-aware, so they can make the choices they need to thrive from here on out.

For East Bay's leader in helping young athletes achieve their volleyball dreams, visit [Xceleration Volleyball Club](#) and [Consumer Health Labs](#) today.



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QUICK TIPS

Parents & Athletes:

Help Your Child Be the Best Backup Player as Possible

Reprinted from, "The Art of Coaching Volleyball"

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

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

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

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

Here are 3 things you can say to encourage them:

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

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

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

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



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



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Karch Kiraly's Volleyball: Stuff Happens... Learn to Love It

Reprinted from Volleyball USA

This *redacted* blog from volleyball great Karch Kiraly serves as a reminder to all our teams about dealing with adversity.

In preparation for coaching the U.S. Women's National Volleyball Team for the upcoming quadrennial, one of my early tasks was making an adversity list. My goal was to create an easy-to-follow guide of things that can go wrong for a volleyball player during a typical day. In 15 minutes, I had about 30 examples, and many of them had nothing to do with volleyball.

One of my goals is to prepare the team for as many speed bumps as possible, both in volleyball and in life. I'm going to call it "Adversity School." Its mission will be to condition ourselves – players and coaches alike – to handle adversity so it doesn't detract from what we're trying to accomplish on the court.

The first thing that I'd like everybody to realize, to accept, and, even better, to embrace is that there will be adversity. It's part of sports – and part of life. No situation is ever perfect. And just as you and your teammates are facing adversity, so too is the other team, so you're not alone. The trick is to handle it better than they do.

Once you accept the inevitability of less-than-ideal surroundings, the next step is

figuring out how to deal with them. My plan for the U.S. Women is to help athletes go beyond just dealing with it. I'd like us to embrace adversity so we view it as a welcome challenge rather than a burden, and also as a chance to learn and get better. If we can develop a mindset where we enjoy headwinds, we're likely to have more success.

A key strategy for dealing with adversity is focusing on controlling what you can control and not worrying about what you can't control. One of my favorite memories from my playing career was when our U.S. Men won the gold medal at the 1985 FIVB World Cup, a tournament that no U.S. team had ever won. But to get to that tournament, we had to beat Cuba in the finals of our zone qualifier. Our starting setter, Dusty Dvorak, wasn't at that tournament because of a death in his family, and our second setter, Jeff Stork, got severely dehydrated during the final against Cuba and had to take himself out and receive IV fluids.

At that point, we were up 2-1 in games, but it was early in the fourth,
(Continued on the next page)



“
In times of adversity and change, we really discover who we are and what we're made of.

— Howard Schultz,
CEO of Starbucks



Karch Kiraly's Volleyball: Stuff Happens... Learn to Love It (continued)



and we had no setter. Our coach, Marv Dunphy, said, "Karch, you're setting." I hadn't set since my college days at UCLA, and we were in a completely screwed up rotation because our setter (me) was in an outside hitter position. It would have been easy for us to fall apart, or at least to panic. But we didn't. In fact, we relished the challenge and figured out a way to make it work. We went on to beat Cuba 15-10 in that game and book ourselves a ticket to the World Cup, where we won.

Had we not faced down adversity, we wouldn't even have gotten an opportunity to play in that World Cup, and that would have been a bitter disappointment for a team intent on proving to everybody that we were indeed the world's best.

Another key to battling adversity is simply breaking down each challenge into tiny segments. If your team is behind in a match, that's in the past.

There's nothing you can do about the score, so there's no point in worrying about it. If negative thoughts begin to creep in, redirect them and focus on what's next. Simple stuff. "See the server's hand." "Great first step." Zeroing in on what you will need to do to perform well on the next play is a great way to stay positive and deflect adversity.

The final point I'd like to make is that there are no guarantees. You might be a great player who handles adversity well, and your team might be great, and your teammates might be good at handling adversity, and you might be extremely well prepared – and you still might lose. It happens. But by focusing on what's most important and welcoming each challenge, you'll increase the odds that things will go right. And doing that will put you in a position to win a lot of points, a lot of sets and a lot of matches.



Click [Xceleration Photo Galleries](#) for more pictures.

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. XCELlentNews will share them with you in future issues.



“For coaches: Acknowledge the presence of every person in your program every day. Get to know and take time to find out what is going on in their lives outside of volleyball.” – **Marv Dunphy, Head Men's Volleyball Coach at Pepperdine University**

“Never show an opponent that they have shaken you.”
– **Bill Neville**

“Leadership is what drives a team, and leadership can come from everyone, not just veterans. If your veterans are not invested, you will struggle. Great leaders need to lead when things are most difficult, the true sign of courage and competitive spirit.”

– **Joe Sagula, head coach of the women's team at University of North Carolina**

“Account for the probability of success for everything you do. That's what the great players do. If the ball is passed only three feet off the floor, great setters understand that they can't set the backset. If the ball is 20 feet off the net, great hitters understand that they can't swing hundred miles an hour. Be sensitive to what's likely to work and what's not.”
– **Marv Dunphy**

“No pass, no play. That says it all. It emphasizes academics, and it also emphasizes the most important thing to success: passing.” – **Mick Haley, former U.S. Olympic Women's Team head coach and current women's coach at University of Southern California**



We take one step forward and then one step back. How should we deal with an “up-and-down” season?

XCELlentNews caught up with former club owner Jim Ross to hear his thoughts on this question.

It's not uncommon for teams to have an up-and-down season. While many teams move up or down in a PL event or in tournaments, we have not had a team really experience prolonged “downs.” But we know that they can be a part of the season and many teams will suffer through them. My advice to them? Don't let your highs get too high, or your lows get too low. What do I mean by that?

Embrace and celebrate your victories, but never think that you are beyond improving. It's a quick slide down if you rest on your laurels. Remember... Stay focused. Stay determined. Stay diligent. Continue to push yourselves to the next level. Don't dwell on your losses, but don't forget them either. Understand them, learn from them and use them to motivate you. As a coach or player, if you are giving all you have in practice to ready yourself or your team for competition, you will usually find that you have more to give.



Player... Coach... Teacher... Taylor Dixon

XCELent News Digs Through the Archives to feature Xcel's Class of 2016 alumnus Taylor Dixon, or Coach Taylor of 12 Blue and 18 Blue.

We combed through the archives and found a feature story on Coach Taylor when she was a Junior at Liberty High School in Brentwood, CA in the East Bay and played for the 17 Blue. She concluded her prep career with the 18 Blue before being recruited to play volleyball at Cal State San Marcos until her graduation with a degree in Elementary Education from the university.

Aside from coaching for Xceleration, you can also find Taylor with her lesson plans for 2nd Graders at Marsh Elementary School in Antioch.



Courtesy of Tomas Pineda, CSU San Marcos Athletics, and Leslie Dixon.





ONE THING PEOPLE DON'T
KNOW ABOUT YOU?

I'm gluten-free!

~ Lizzie Fabian

I like to draw a lot.

~ Emily Fabian

I have four broken bones.

~ Taylor Dixon

People think I'm really shy. I'm really outgoing when I get to know you.

~ Ashley Dixon

Then...

Left photo: Ashley (in pink) gives Taylor (in blue) a pat on the head.

Right photo: Despite the boo-boo on her forehead, Emily comforts Lizzie with a loving hug.

Photos courtesy of Leslie Dixon and Hilary Fabian.

A Dose of Double-Double Trouble, DDT

OK, you've heard the rumors, wondered what it was, maybe even felt a little left out of the loop. What is a *Double-Double Trouble*, or *DDT*? It is neither an item from In-N-Out's Secret Menu, nor something that will rumble in your gut after having one too many of their delectable two-burger patties with animal style fries, nor is it a toxic compound that keeps bugs away! A dose of *DDT* of the Xceleration variety is something that opponents of the 17Blue will have to face at every volleyball competition – **Lizzie** and **Emily Fabian** and **Ashley** and **Taylor Dixon** – two sets of twins that can be as deadly on the courts.

It is said that twins start out their existence as womb mates. With a bond like that, it should come as no surprise that later they become playmates, roommates and, in this case, teammates. With two sets of twins on the 17Blue, opponents will be seeing “double” when the foursome takes the court.

The Fabian girls, juniors at Miramonte High School in Orinda, are in their fourth year playing for Xceleration, and the Dixons, also juniors at Liberty High School in Brentwood, are entering their first season with Xceleration. Emily and Lizzie have always played on the same team ever since they picked up a volleyball in grade school. Ashley and Taylor,

on the other hand, have only played together three times before joining Xceleration (in their first year of club volleyball in middle school and for two years at Liberty).

For the first time, they join forces to make a formidable quartet as you may even see all of them competing on the same court at any given time. The foursome will confront the competition from different directions. While Emily may be handling the setting duties, her “older” sister Lizzie may be patrolling the back row as one of the team's liberos/ defensive specialists. Ashley and Taylor will lead the attack from the front. Ashley, the older of the Dixons by a scant 60 seconds, is one of the team's middles/opposites and may stand shoulder-to-shoulder with Taylor, an outside hitter for the 17Blue.

One of a Kind

Many sets of twins become impassioned with the same sport. They partner up, or they face off against each other. As fans, we are intrigued. We often wonder if they can anticipate one another's moves. Is one dominant over the other? Do they feel one another's pain? While we may never be let in on such answers, one thing is for sure: history has churned out a number of twin siblings with notable careers in sports, but this is a first for Xcel having two sets of twins on the same team. Though it is only natural to see if they are coordinated and in sync on the court, and wonder if they communicate with some sort of secret twin telepathy, you won't have much luck. Ashley, Taylor, Lizzie, and Emily are as different as anyone else and have very little in common.

Continued on the next page



Other than being born to Jon and Leslie Dixon in Pleasanton in the spring of 1998, having an older and a younger brother, and both wanting to become elementary school teachers, Ashley and Taylor have different passions, interests, and favorites.

Taylor said, "First, we're fraternal. I have green eyes, Ashley has brown eyes. I am super organized, Ashley is more clustered. I like to read or watch Gossip Girl when I'm not playing volleyball, Ashley likes to go shopping when she's not on the court."

To which Ashley replied, "Taylor is taller and also played basketball, we both have different taste in clothes, we fight a lot, and we have different fond childhood memories – for me, I always remember the first time we went to Disneyland when we were three years old; Taylor's favorite memory is going to my grandma's house with me and my cousins and putting on our mom's and aunt's old prom dresses."

Both agreed that there are certain advantages of having a twin – you will always have a best friend and will always have someone there you can talk to or share stories with. Taylor recalled a match in which she was supposed to run a "2" [a ball is set to the middle hitter] and said, "Ashley forgot, so she was in the way, and I knocked her down and she ended up under the net on the other side of the court." According to Ashley, "Taylor tripped me on the court." Nonetheless, they both thought it was funny and was a sight to see. "You had to be there."

In joining Xceleration this year, Ashley and Taylor look forward to helping the 17Blue achieve success during the season and add to their volleyball memories. Recently, Ashley received the Coaches Award at Liberty, a Second Team All-League selection from the Bay Valley Athletic League (BVAL), and the BVAL Sportsmanship Award. Taylor was a BVAL First Team All-League selection and a Contra Costa Times All-East Bay Third Team honoree, which came on the heels of a memorable gold medal performance at Junior Nationals in Minneapolis with her club team last season.

Ashley said, "I really like the 17Blue coaches and players. Everyone works hard in practice and my coaches have taught me a lot so far." Taylor followed, "I agree with Ashley,

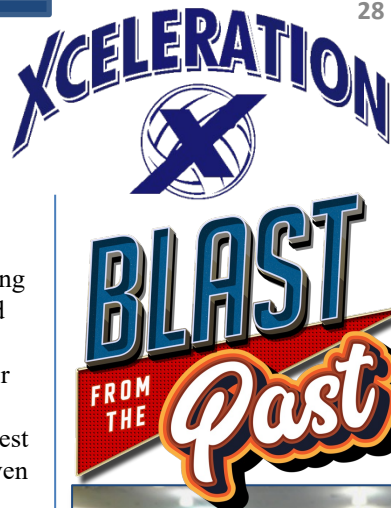
everyone is hard working and motivated. Our teammates play hard every practice and want to get better."

Enjoying Life with Sis

When Hilary and Joe Fabian decided to expand their family after having two young boys, little did they know that they would get a 2-for-1 surprise 17 years ago when Lizzie arrived, followed by her twin sister Emily six minutes later. Ever since then, Lizzie and Emily have been permanent best friends and inseparable that you might even think they're conjoined – playing volleyball together on the same team since the 5th grade, spending time outdoors playing all kinds of sports or in the backyard having tons of fun with their siblings, and bonding with their volleyball teammates during overnight tournaments and team parties, which both indicated as what they enjoy most being on their Xceleration teams during the last three years. They look forward to adding to their wonderful memories with the 17Blue in their fourth season with the club. Hilary said, "My girls are pumped about their team and for the season."

In some ways, Lizzie and Emily share the same interests. They like to go skiing in Lake Tahoe's white powder, hanging out with the same group of friends, getting a caffeine fix at Starbucks, listening to country music, and of course, having a great passion for volleyball and Xceleration. "I love how Xcel is so family-oriented, and all of the coaches and staff are so kind," said Lizzie. Coming from a close-knit family, it's not a surprise to hear that the "family" is at the core of the conversation with Emily as well. She said, "I love the family that comes with Xceleration. I truly feel at home and I wouldn't want to be playing volleyball anywhere else. Every single coach I have ever had has been amazing, and everyone has been nothing but supportive. I am truly thankful for all that Xcel has done for me and I couldn't be happier."

Similar to Ashley and Taylor's tale, the Fabians also have plenty of differences. Lizzie has braces at the moment and Emily is taller, which are dead giveaways to tell them apart. Lizzie also pointed out that Emily likes to go on runs every day or go



... And Now

Top photo: Taylor and Ashley strike a pose before their match at the Cal Kickoff.

Bottom photo: Emily and Lizzie flash their smiles for the camera.

Photos courtesy of Tomas Pineda.

to the gym, which she really hates. "We also don't like the same type of foods," said Emily. "We have different tastes in music, we have different hobbies, and we don't have the same style of clothes, although we do wear the same outfit some days just to give people a hard time," she said with a giggle.

Having a twin may also bring funny awkward moments. Lizzie recounted how her boyfriend at the time thought she was Emily, only to correct him quickly. "The only time that I really pretend to be Emily is when people call me Emily. I think it's awkward pointing it out when people call me the wrong name." Being twins, the duo also experimented if they can "punk" anyone. They switched classes in 8th grade. "It failed!" Emily said emphatically.

In the near future, the inevitable will come when Lizzie, Emily, Ashley, and Taylor will part ways, to go to college, for instance. Their play dates and sleepovers every day will end, but they will always be sisters and the best of friends even if they are separated.

While Lizzie would like to go to Long Beach State or Oregon State to pursue her interest in interior design, Emily is unsure yet where or what she wants to study, saying "I probably would go somewhere out of state and somewhere warm, so that may rule out both of Lizzie's choices. But who knows where we

end up."

Wherever the road leads from here, the Fabians and the Dixons will certainly have messages for each other before saying their goodbyes. "I would tell Liz to keep being herself; everyone seems to love her, so I wouldn't want her changing one bit. And probably to stay focused on school," said Emily with a wry wink.

Lizzie replied, "I figured she would say that. I would tell her to not worry about me. Emily tends to do that a lot! I would also tell her that she's such a fun person to be around, and she shouldn't be nervous meeting new people."

Hoping to attend Cal State East Bay someday, Ashley said, "I hope Taylor keeps in touch with me. I would tell her to remember that everyone makes mistakes (she is really hard on herself), and to work her butt off to achieve all her goals and dreams."

"I would tell Ashley to work hard, stay strong, and don't be nervous," said Taylor. "Most important to make sure she keeps in touch with me so that I can always know what she is doing."

Now, you're in the loop and you've been warned. Watch out for Xceleration's DDT!

XCELERATION

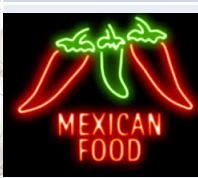

BLAST FROM THE Past

2015
3012

*When sisters stand
shoulder to
shoulder, who
stands a chance
against us?*

~Pam Brown

**WHAT DO THE FABIANIS
AND THE DIXONS HAVE IN
COMMON? NOT MANY...**

	Favorite Place to Go on Vacation	Favorite Actor/Actress	Favorite Food	Favorite TV Show	Favorite Movie	Favorite Musical Artist
Ashley						
Taylor						
Emily						
Lizzie						I'm into all kinds of music

College Recruiting



4 Ways to Find the Best Division for Your Talent Level

One of the most important—and difficult—parts of the recruiting process is projecting the right division level for you based on your athletic talent. Finding the right division level early on will help you focus on the right schools in your [recruiting process](#), so you don't waste your time pursuing colleges at division levels you aren't suited for. However, many families struggle to determine where their athlete might fit in a year, two years, three or even four years. Here are four simple ways to help you analyze your best division levels. While there's no one magic solution, you can get a good idea if you try each of these methods.

1. Go watch college volleyball games at each different division level and analyze if you can see yourself playing at that level

Most student-athletes are just a short drive away from watching collegiate volleyball games at many different division levels. When you go, get there early so you can see the flow and dynamic nature of college volleyball, from their warm-ups all

the way through the last point. Look at their physical build and skillset. See how demanding the coach is and try to project if you can see yourself playing at this level.

Often, families think that playing on a high-profile club means their athlete is ready to jump onto a D1 volleyball team. But when the girls come in, they are overwhelmed by the pressure and the dynamics. Really watching and analyzing college matches can help you avoid this shock.

2. Drop into a college volleyball practice unannounced In most cases, a coach isn't going to mind if an interested recruit watches a practice.

By checking out a practice, you get the opportunity to see what the everyday environment is like. How hard does the coach push the team? What kinds of drills do they run? How demanding is the practice? This is a great chance to see all the behind-the-scenes work that goes into being a college athlete, and it's a good opportunity to tell if you're up to it.

(Continued on the next page)



College Recruiting

3. Use email to see which coaches are interested—and which aren't

One easy way to figure out your talent level is to have the college coaches tell you, and you can find this out via email. If you're interested in a particular conference—for example, the Pac 12—email all the coaches in that conference, letting them know you want to compete for their school. Don't forget to use proper emailing techniques when you put together your message and make sure you follow-up if you don't hear back after a week or two. Then, check out how many of those coaches contacted you back. If you haven't received responses from anyone, it's safe to say that you might need to move on to a different conference or a lower division level. If you received some messages prompting you to fill out recruiting questionnaires or they sent over some recruiting information, you might be at the right spot.

Conversely, if you email a bunch of schools and every single one gets back to you might be able to try moving up a division. This isn't an exact science—and it doesn't account for coaches with busy schedules who may not have the time to respond back right away. But as a general rule, a coach will respond to an athlete if they think that recruit could have a positive impact on their team. Even if you're an underclassman, the coach can still send you recruiting questionnaires or recruiting information to indicate that they are interested in you.

4. Consult your club coach about what division levels they think you might be suited for

Your club coach is an important resource in your recruiting process. Not only have they most likely been around volleyball for a long time, they've probably seen many athletes go on to compete in college. They know what a Division 1, Division 2, Division 3 and NAIA player looks like.

Schedule a quick 30-minute meeting with your coach—bring your parents, too—and ask them to be very honest about your skill level. Remember: This is business; it's not personal. If they say that you might be more of a D3-level athlete when your dream is to be a D1 volleyball player, it's not personal. Ask them how you can improve your skillset, and make sure you're still watching collegiate volleyball matches, emailing coaches at different levels and sitting in on practices.

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

About the Author

Matt Sonnichsen is the former Director of Volleyball and National Speaker for NCSA Athletic Recruiting, the Official Recruiting Services provider of the JVA. Matt has over 20 years of experience coaching volleyball at the collegiate level.



College Recruiting



Recruiting Solutions: Understanding the Rules Regarding Face-to-Face Communication at a Tournament

Reprinted from JVA Volleyball

Club season is in full swing and during a given tournament weekend, the courts are crowded with players, parents and college coaches. Everyone is constantly intermingling throughout the tournament. In order to assist junior volleyball athletes and families with understanding what is permissible and non-permissible in terms of face-to-face communication, let's review the NCAA Rules related to prospective student athletes and communication with college coaches during a tournament.

If an athlete crosses paths with a college coach during a tournament and exchanges greetings, this would be considered an incidental contact by the NCAA and is not an infraction against the athlete or college due to it being a pass by.

However, there is a point that this incidental contact becomes a violation of NCAA rules for Division I, II, III. DI, DII and DIII coaches are not allowed to talk to athletes until the completion of the event for the day and their coach has released them as well. This includes passing notes and any conversation further than a "hello".

Athletes that are Juniors or Seniors have the option to talk with college coaches at the completion of each day.

Sophomores cannot have contact until after June 15 at the completion of their sophomore year.

These rules have been approved for the benefit of the athlete. Athletes should be focused more on their team and playing volleyball than the college coaches that are standing around the court. Also, college coaches talking to athletes during events could possibly give them an advantage in the process. Many college coaches understand the rules and will not approach the athlete. The ones that do approach and have a conversation may mislead the athlete to believe that they are more interested in recruiting that athlete than others.

If an illegal face to face interaction is reported against the college coach, he/she could face a recruiting infraction/violation and there is the possibility that the college program can no longer continue recruiting that athlete. Knowing the landscape of the recruiting process with the current COVID waiver and the Transfer Portal, athletes' lists are limited.

(Continued on the next page)



Click [Xceleration Photo Galleries](#) for more pictures.

College Recruiting

Recruiting Solutions: Understanding the Rules Regarding Face-to-Face Communication at a Tournament (continued)

This is a result that can be prevented by following the rules set forth by the NCAA.

Some volleyball clubs have their own rules related to college coaches approaching players during the tournament. For instance, a club may enforce no communication until the end of tournament unless the college coach is not going to be in attendance on the final day of competition. The college coach should first and foremost approach the coach/recruiting coordinator before approaching the athlete to see if the athlete is able to talk that day. Note: DII and DI college coaches are permitted to talk to parents during tournaments.

As a club, you want your athlete in the best situation for them to have success when talking with college coaches and sometimes there are circumstances that may not create that environment.

If needed, coaches should review these rules with their athletes:

Division: I – [website](#)

13.1.6.2.1 Sports Other Than Basketball. In sports other than basketball, in-person contact may not be made with a prospective student-athlete at any site prior to any athletics competition (including a non-institutional, private camp or clinic, but not an institutional camp or clinic) in which the prospective student-athlete is a participant on a day of

competition, even if the prospective student-athlete is on an official or unofficial visit. In-person contact may occur after the prospective student-athlete's competition concludes for the day and the prospective student-athlete has been released by the appropriate authority (e.g., coach). (Adopted: 5/1/19, Revised: 7/17/20)

Division: II – [website](#)

13.1.6.1 Contact With Prospective Student-Athletes Involved in Competition.

Recruiting contact may not be made with a prospective student-athlete at any site prior to any athletics competition (including a noninstitutional, private camp or clinic, but not an institutional camp or clinic) in which the prospective student-athlete is a participant on a day of competition, even if the prospective student-athlete is on an official or unofficial visit. Contact includes the passing of notes or orally relaying information to a prospective student-athlete by a third party on behalf of an institutional staff member.

Contact may occur after the prospective student-athlete's competition concludes for the day and the prospective student-athlete has been released by the appropriate authority (e.g., coach). [D] (Revised: 1/11/89, 1/10/91, 1/11/94, 1/9/96 effective 7/1/96, 6/22/11, 1/18/14, 10/22/19)

(Continued on the next page)



College Recruiting



Recruiting Solutions: Understanding the Rules Regarding Face-to-Face Communication at a Tournament (continued)

Division: III – [website](#)

Title: RECRUITING — CONTACTS AND EVALUATIONS — CONTACT RESTRICTIONS AT PRACTICE OR COMPETITION SITE — CONTACT WITH PROSPECTIVE STUDENT-ATHLETE DURING A TOURNAMENT OR ON AN EXTENDED ROAD TRIP

13.1.4.2 Practice or Competition Site. Recruiting contact may not be made with a prospective student-athlete before any athletics competition in which the prospective student-athlete is a participant during the day or days of competition, even if the prospective student-athlete is on an official or unofficial visit. Such contact shall be governed by the following:

[13.1.4.2-(a) through 13.1.4.2-(d) unchanged.]

13.1.4.2.1 Contact with Prospective Student-Athlete during Tournament or Extended Road Trip. Recruiting contact may

be made with a prospective student-athlete during a tournament that is not conducted on consecutive days, provided the prospective student-athlete has been released by the appropriate institutional authority and the contact occurs on a day in which there is no further competition. Additionally, during an extended road trip, recruiting contact may be made with a prospective student-athlete at the conclusion of a competition and prior to the team traveling to the next competition, provided he or she has been released by the appropriate institutional authority and has departed the dressing and meeting facility.

[Additional recruiting education](#)

[About the Author](#)

Glenna Bianchin is the JVA Recruiting Education Chair and Recruiting Coordinator for [Carolina Union Volleyball Club](#), a JVA member club located in Charlotte, North Carolina.



Click [Xceleration Photo Galleries](#) for more pictures.



WHAT IS A FRIEND?

A friend is someone who you think your life would be different if they didn't exist. A friend is someone who NEVER leaves you out, you are ALWAYS included when you are with them. A friend is there for you, no matter what.

Does this describe your friend?



Thank You, Friends and Families!



“

In all the games that we've watched, the Xcel side of the court is always standing room only! The support is unparalleled and unmatched. It's FANTASTIC!

— Normie Pineda,
Travel Coordinator

”



Click [Xceleration Photo Galleries](#) for more pictures.



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Tournament Schedule

Tournaments	Dates	12B	13B	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	
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							
NCVA Power League 2 - @The Grounds	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					
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							
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							
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							
USAV 18s Spring Nationals - Columbus, OH	Apr 28-30											x
WCVBA League 5 & 6 - @The Grounds	Apr 29-30	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 18-29					6/18-21		6/26-29		6/22-25		
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/Showcase & 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

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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 18-29	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](#).

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Tournament Waves and Venues



The SCVA has released wave assignments for Las Vegas Classic. Assignments for Day 1 are as follows:

Note that the below wave assignments are for Day 1 (Round 1) only. Wave assignments for Day 2 will depend on results of Day 1 pool competition.

Additional information in the tournament page including waves and general formats for Rounds 2 through 4:

[2023 Las Vegas Classic](#)

Team	Division	Day 1 Wave	Location
Xceleration 18 Blue	18 Club	AM	Mandalay Bay
Xceleration 17 Blue	17 Club	PM	Mandalay Bay
Xceleration 17 White	17 Club	PM	Mandalay Bay
Xceleration 16 Blue	16 Premier	AM	Mandalay Bay
Xceleration 16 White	16 Premier	AM	Mandalay Bay
Xceleration 15 Blue	16 Premier	AM	Mandalay Bay



Team	Division	Wave and Site Assignments	
Xceleration 15 White	16 Club	PM	City Beach Facilities : 4020 Technology Place, Fremont*
Xceleration 14 Blue	14 Open	PM	The Plex , 800 Embedded Way, San Jose
Xceleration 13 Blue	14 Open	AM	Encore Facilities : 2575 E Bayshore Rd, Redwood City*
Xceleration 14 White	14 Club	AM	Las Positas College : 3000 Campus Hill Drive, Livermore
Xceleration 12 Blue	12 Open	AM	

Additional information in the tournament page: [2023 WCVBA Presidents Day](#).

*Teams will not change venues Saturday or Sunday. Some teams will change venue on Monday based on results.

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