



## In the News...

- Presidents Day Weekend/League Action
- Know Yourself and Your Team by Coach Andrew
- Six Way to Relieve Stress of Being a Sports Parent
- Keys to Volleyball Greatness
- The Bright Side of Volleyball
- Blast from the Past: Kaitlynn Zdroik
- Six Steps to Progress Your Recruiting Process Towards an Offer

## UPCOMING DATES

- Mar 3-5: 18B  
18s Sierra National Qualifier (Reno)
- Mar 4-5: 13B, 14W  
NorCal Spring Challenge (Roseville)
- Mar 4-6: 14B, 15s  
SCVA Red Rock Rave I (Las Vegas)
- Mar 11-13: 16s, 17s, 18B  
SCVA Red Rock Rave II (Las Vegas)
- Mar 11-12: 12s-14s  
League 2 (Roseville)
- Mar 18-19: 15s-17s  
League 3 (Bay Area Sites)
- Mar 25-27: 16s-17s  
Mar 31-Apr 2: 14B, 15s  
Pacific Northwest Qualifiers (Spokane)

Xceleration  
Volleyball Club

John B. David, Editor

## Classic Showdowns and Showcases on Prez Weekend

### Roseville, Bay Area, and Las Vegas serve as host sites for Presidents Day Weekend Tournaments

In between NCVA Power Leagues 2 and 3 for the 18s and WCVBA League 2 for the 15s-17s, Las Vegas and various Bay Area sites hosted the Las Vegas Classic & Showcase and Presidents Day Showdown, respectively, for all Xcel teams during the month of February.

“Our club travel season has started and will pick up in the next several weeks, with most of our teams traveling around the western regions of the country,” said club owner **Jeremy Swann**. “We see these trips as great opportunities for our athletes to strengthen their bonds of friendship with their own units and other teams in the club, parents included. Fun and fellowship are part of the overall club volleyball experience at Xceleration.”

### WCVBA League 2: 15s – 17s

The month kicked off with league matches for Xceleration’s older age groups. Updates for the 15s – 17s age group from League 2 are provided in the respective teams’ brief reports in the pages that follow. Though there is still a lot of work to do, the teams are progressing and improving with each time on the court.

*(Continued on the next page)*



## NCVA Power League (PL) 2 and 3: 18 Blue

Team 18 Blue were relegated to the Silver Division after PL1, but the girls quickly rebounded and turned it around in PL2 with a 4-1 record to strongly entrench themselves back into the Gold Division for PL3.

The team kept the momentum going with another 4-1 record in PL3, beating powerhouses Vision Delta Valley, and SF Tremors. The team finished 6<sup>th</sup> and is now in position with a favorable seeding in the Region Championships, with a chance to secure a Junior Nationals bid for the big dance in Columbus, OH.

## Presidents Day Showdown & Las Vegas Classic & Showcase

League matches were complemented with tournaments and showcases during the holiday weekend. While the younger teams stayed closer to home in the WCVBA's Presidents Day Showdown at Bay Area venues,

the senior teams ventured to Las Vegas for the 37<sup>th</sup> Annual Classic and 18s Showcase at the Mandalay Bay Convention Center.

At the Classic and Showcase in Las Vegas, the teams had plenty of touches on the court and plenty of looks from college coaches on the sidelines. The 17 Blue and 18 Blue played strong games, finishing in the Gold bracket, and the 17 White in the Bronze bracket.

Locally contested at the Presidents Day Showdown, the 12 Blue and 15 White were on the rise with Silver bracket endings, while 14 White finished in Bronze.

Club director **Leslie Ray** said, "All our teams have put in a lot of work to get ready for these big events, and it was such a joy seeing them play this beautiful game. We're excited to see more in the months ahead as we travel back to Vegas in a few weeks."



## 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.





# BLUE



XCELERATION

12



## HIGHLIGHTS

- 12 Blue entered the tournament as the overall No. 1 seeded team, and they lived up to the billing on Day 1 by coasting to an unblemished 4-0 record.
- The road got steeper on Day 2, but the team managed to finish as Quarterfinalists in the Showdown's Silver bracket.



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



# BLUE

4



13



## HIGHLIGHTS

- 13 Blue was up to the challenge in the 14 Open Division and finished with a flourish, winning two consecutive matches against SF Elite and Stringray to win the pool. The team ended the tourney on a strong note, demonstrating they can hang among the top tier teams.

“

The 13B had a solid tourney this weekend. We found ourselves in a 14 Open tourney with some very tough competition but managed to move up 15% during the weekend. We had some ups and downs and know what we must work on going forward, but there were some moments and even sets of volleyball nirvana. So proud of these young athletes. Stay tuned!

— Greg Ginsburg  
13 Blue Head Coach

”

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





# BLUE

5



# 14



## HIGHLIGHTS

- 14 Blue had a strong start at the Showdown and remained competitive in all their games during the weekend.
- In their last three games of the tournament, the team were solid throughout but could not sustain the momentum after winning the opening sets in each of the three-set matches.
- Plenty of touches means this team will be battle tested in games to come. Watch out Red Rock Rave!





# WHITE

6



## HIGHLIGHTS

- 14 White started strongly at the Showdown before a slight derailment on Day 2.
- The team then recovered to get into the Bronze bracket and won two of its last three matches, with the third by a hair, to conclude the long weekend on a high note.



“

Super proud of these girls!! They fought hard this weekend...Their coaching and hard work are beginning to show. Super exciting!! Way to battle girls!!

— Greg Andrada  
14 White Parent

”

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





# BLUE



# XCELERATION

# 15

SCVA  
37TH ANNUAL  
2023 LAS VEGAS CLASSIC  
LAS VEGAS, NV

## HIGHLIGHTS

- The 15 Blue entered the 16s Division to test their mettle and found an uphill road at the Classic.
- However, it's not how you start; it's how you finish! The team got back on the right path with four consecutive victories to end the Classic on a high note.



## HIGHLIGHTS

- 15 Blue stayed two wins ahead of the .500 mark after a 3-3 weekend at League 2.
- Two of their three wins went to three sets, toppling Encore 17 and SynergyForce 16.
- 15 Blue nearly snatched a three-setter from Marin 17, with the Blue falling 13-15 in a thrilling contest.

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



# WHITE



XCELERATION



15



## HIGHLIGHTS

- 15 White opened with four consecutive wins in triumphant fashion at the Showdown.
- The team finished as the Silver A Bracket finalists to conclude the tournament in the top third of the total pool.



## HIGHLIGHTS

- Tough weekend for the 15 White, which had a stretch of three straight matches going to three sets each.
- 15 White will look to finish strong in matches and keep the pressure on opponents going forward.
- The team faced Empire, OMNI, and Synergy Force – all solid club teams.

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



# BLUE



XCELERATION

16

SCVA  
37TH ANNUAL  
2023 LAS VEGAS CLASSIC  
LAS VEGAS, NV

## HIGHLIGHTS

- 16 Blue continue to work hard, facing tough teams at the Classic, which will only elevate their skills in future matches.
- The team will look to rebound at the national qualifier when in returns to Las Vegas for Red Rock Rave.



## HIGHLIGHTS

- It was not 16 Blue's weekend at League 2, although the team showed flashes of brilliance by stretching games to three sets against SynergyForce, Marin Juniors, and NorCal.

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



# WHITE



# 16



## HIGHLIGHTS

- 16 White faced several national teams in the field and did not roll over easily in each contest.
- The team will look forward to returning to competitive action at the Red Rock Rave in a few weeks.



## HIGHLIGHTS

- 16 White was impressive with four straight victories without surrendering a set to start League 2.
- The team continued to improve to move up in the standings but ran out of steam in their last two matches that went to three sets each.

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



# BLUE



## HIGHLIGHTS

- 17 Blue finished the Classic as Gold quarterfinalists, with a total of six victories over several elite and national teams during the weekend.
- Southern California's Tstreet, a perennial powerhouse, ended the team's run in an extended three-set match at the Classic.



## HIGHLIGHTS

- 17 Blue evened its league record to the .500 mark with a 3-1 record in League 2.
- The team stretched Empire and NNJ to three sets each and won both matches.
- Abbott: Out athletes put up a good fight... There were wide smiles and plenty of amazing plays!

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



# WHITE



## HIGHLIGHTS

- Solid play to begin the tournament elevated the team near the top of the standings.
- The team finished in the Bronze bracket to end a strong run at the Classic.



## HIGHLIGHTS

- 17 White continues to impress, with an overall league record of 10-2 (20-8 in sets), after winning 5 of 6 matches in League 2.
- The team's three-set matches were nothing short of amazing. Winning both extended matches was worth more than the price of admission!

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



# BLUE



# 18



## HIGHLIGHTS

- 18 Blue rolled to a gaudy 9-1 record at the 18s Showcase, which generated plenty of buzz among college coaches on the scene.
- The team had plenty of reasons to smile, 18 Blue ended as Gold semifinalists in Las Vegas.



## HIGHLIGHTS

- 18 Blue ran its overall record to 17-7 in league play, after going 8-2 in PL2 and PL3.
- The team was bounced to Silver after PL2 but promptly returned to the Gold Division after PL3 competition to reclaim the 6<sup>th</sup> seed going into the Region Championships.

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



# Know Yourself and Your Team

## Part I

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.*

Many sports rely on teamwork to be successful. Many games are won because the team, with a common goal, worked together to achieve that goal. Teamwork is most evident in volleyball. For example, we have not yet seen (or will we ever see) a game where someone took control and single-handedly won a match; it would mean serving 74 Aces in a row (across 3 sets) (49 for a best of 3). That is the only way the game would play out where you could say that one person did it all by herself. It is uncommon among team sports athletes to have a feeling that they can do it on their own or that they don't need her teammates. The idea or thought that I am better than certain (or all) people on my team, and should be treated as such, is a pointless and utterly wrong conclusion to come to.

Alex Morgan, 2012 Gold Medalist and Female Athlete of the Year, stated in an interview that she began playing soccer because she loved the idea of teamwork.

Morgan says when they play, the relationships that her and her teammates have off the field have helped a lot in their success. They are sisters; they are family. (Douglas J., 2014).

We often find many quotes from pro athletes on being a team player or how success is based on the collective work of the team. The number of times these coaches and athletes have made some sort of attribution or given credit to teamwork in some capacity is extensive. Key ideas on just about every single one includes some aspect of teamwork equaling success. It is not just the fact that you need someone to pass the ball or give you an assist. These players have come to realize and truly appreciate the roles that every one of their teammates have to offer. To put it a different way, teamwork means "[players] each doing a part but all subordinating personal prominence to the efficiency of the whole."

*(Continued on the next page)*



“

*Good teams become great ones when the members trust each other enough to surrender the 'me' for the 'we'.*

— **Phil Jackson,**  
**Legendary NBA Coach**

*In order to have a winner, the team must have a feeling of unity; every player must put the team first—ahead of personal glory.*

— **Paul Bear Bryant,**  
**Legendary Collegiate Football Coach**

”





# Know Yourself and Your Team, Part I

By Coach Andrew Randolph

Successful players disregard their “I” or “me” tendencies for the betterment of the team. There is no work around to this tried-and-true strategy.

Let’s talk roles. Regardless of skill, understanding, position or talent, each player has a vitally important role to play on the team. There are captains or natural leaders. There are those that push players to be their best and show physically and mentally how to do that well. There are those who encourage constantly and have a great understanding of how the game works. There are those who love playing with their team, or watching them play, because they see how much fun they all have together. There are those who listen to their teammates and know how to help their friends when they are struggling. There are those who

are constantly talking on or off the court, they have the best cheers on the team, and can show others how to have fun with them.

No matter where you are on this spectrum, all these things, and more, matter a lot. Whichever of these, or multiple, applies to you, it is something your team sees from you and will appreciate. Nothing that was listed has anything to do with how good of a player you are or how much time you spend on the court. Every player has equally important roles. A good coach is one who notices that; a great player is one who accepts it. Notice how your teammates are different from you and learn to appreciate them for who they are and the reason you all need to be on this team.

*To be continued in the next issue...*



Douglas, J. (2014, September 22). *Teamwork is the Secret to Alex Morgan's Success*. Yahoo! Retrieved November 13, 2022, from [Teamwork Is the Secret to Alex Morgan's Success \(Yahoo.com\)](https://www.yahoo.com/sports/teamwork-is-the-secret-to-alex-morgan-s-success-123456789.html)



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

Helpful  
Tips

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

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

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

### Find a safe place to vent.

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

### Face your fears.

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

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

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

### Give your kid credit.

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

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

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

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

*(Continued on the next page)*



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

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





## 6 Ways to Relieve Stress of Being a Sports Parent (continued)

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

### Avoid the craziness.

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

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

### Get a life!

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

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

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

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

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







## 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:** Teach the angles of the game. One way to do that is by doing more threes. In practice, you can create game-like angles by playing small-sided/small court games. You can also work on angles on the full court. For example, have your setter work on front and back sets with the ball coming from Zone 4 near the three-meter line. Progress to balls coming from 5, 6, and 1. Finally, have them set balls from Zone 2, the hardest angle for a setter.”

– **John Kessel, USAV Volleyball**

“Don’t be afraid to make mistakes. It’s natural and normal to make errors. That is how we learn. But learn every time you make one.”

– **Terry Liskeyvych, head coach Oregon State**

“Be model of supreme effort for your teammates.”

– **Bill Neville, former USA coach, national commissioner of coaching education for USAV**

“Work to become a volleyball player, not a position. It’s important to be able to play the entire game. There will be some point in just about every match that you will need to make a volleyball play.”

– **Kevin Hambly, head coach Stanford University**

“Volleyball knowledge/IQ is one of the most important qualities in successful players and teams. It is what separates the good ones from the great ones. It comes from hours of competing and playing the game and working to understand the game, not just showing up to play. You have to be invested in the game.”

– **John Sagula, head coach North Carolina**

“If you are going to help us be a great team you must find out what you are going to do to lead us besides being a great player.”

– **John Dunning, former head coach Stanford University**





# Karch Kiraly's Volleyball: The Bright Side of Volleyball

*Reprinted from Volleyball USA*

**This blog from volleyball great Karch Kiraly serves as a reminder to all our teams about the benefits of staying positive, especially as we face tougher and tougher competition.**

You'll read and hear from any number of experts how important it is in life to maintain a positive attitude. Agreeing with that is easy. Doing it, not so much.

I've had to look on the bright side of tough losses many times in my volleyball career, both as an indoor and beach player and as a coach. Most recently, it happened when our U.S. Women's National Team came up short in August at the FIVB World Grand Prix. We didn't make the six-team final round and that was a big disappointment for all of us – coaches and players included.

But even in the wake of defeat, there's no upside to staying in a funk. Much as you may not feel like it, you have to bounce right back up, evaluate what went wrong, work hard to correct it and move forward with an optimistic attitude.

When we returned home from the Grand Prix, we knew a bigger tournament awaited us: The FIVB World Championship, which began in Italy on Sept. 23 and is one of the three majors of the quadrennial. Priority 1 was working on things we needed to improve, like serving and transition hitting. We also had to remind ourselves that we're going to get knocked around and

punched in the face at the World Championship and at any major tournament. These are tough, tough competitions that include the world's best teams. There's no such thing as a smooth ride.

Part of developing the ability to stay positive is competing frequently in practice so you get comfortable with the pressure of high-level play and the ups and downs of battling challenging opponents. As much as possible, we add a competitive element to our scrimmages and drills.

Another aspect to staying positive is preparation. I read an article recently about how a military unit - I believe it was either a SEAL Team or a Delta Force - uses a balanced approach to plan its operations. That includes two components. One, not surprisingly, is creating a detailed plan and continually reviewing it. The other is anticipating what might go wrong with that plan and coming up with contingency plans.

Military planning is very much like preparing for a volleyball match. You have a plan, but then you need a series of secondary plans in case Plan A goes awry.

Take, for example, a poor start at the beginning of the match.

*(Continued on the next page)*





## Karch Kiraly's Volleyball:

### The Bright Side of Volleyball (continued)

Maybe your team is down 6-0 or 7-1. If you've talked about that possibility ahead of time, you're likely to deal with it a lot better than if you just prepare a game plan and hope for the best. After losing a bunch of points early in a match, there are a lot of little things you can do as a player to maintain composure. One is to huddle with your teammates after each play, looking each other in the eye and reinforcing the idea that you're all going to weather this storm together. The norm when things go badly is usually to get quiet and not huddle, but success depends on engaging each other and sticking together.

As I said before, I understand that it's difficult to stay positive when things aren't going well. But my final thought is this: Staying positive in volleyball isn't nearly as hard as staying positive when faced with serious life events. A

book I got a lot out of was Viktor Frankl's *Man's Search for Meaning*. It's a first-person account of his experience as a prisoner in an Auschwitz concentration camp during World War II. It was a living hell, but one of his main themes is this: You can't control what happens to you, but you can control your reaction. He concluded that prisoners of war who made the best of things generally lived longer lives.

There's no comparison between volleyball and war. None. But the lesson of maintaining a positive outlook that Frankl shares is one that can be applied to anything in life, even sports. If you make the best of a situation and rise to overcome it as a collective force with your teammates, you're likely to be happier and more productive and rise to a greater level of achievement.





This Fall, I am going to take  
my talents to...



**PACE**  
UNIVERSITY

**Annika Blas-Cedeno**  
Miramonte HS  
Pace University  
New York City, NY



**Camryn Hirst**  
Miramonte HS  
Linfield College  
McMinnville, OR



**Breanna Davis**  
Vanden HS  
Solano Community  
College  
Fairfield, CA



**Aunyka Uresti**  
Berean Christian HS  
Messiah University  
Mechanicsburg, PA



**Marley Harrison**  
Laguna Creek HS  
University of  
California - Santa Cruz  
Santa Cruz, CA



**Olivia Wiseman**  
Campolindo HS  
Rhodes College  
Memphis, TN

*Congratulations*





2016

Kaitlynn Zdroik  
XCEL CLASS OF 2016



## Player... Professional... Coach... Traveler... Strategist... Kaitlynn Zdroik

*Kaitlynn joined Xceleration in 2016 as a prep standout at Liberty High School in Brentwood, CA. From there Kaitlynn was recruited to play for San Jose State University (SJSU) where she played both indoor and beach for the Spartans. Kaitlynn's road then took her to Bournemouth, England in the UK before landing with a professional volleyball team in Marseille, France – Vitrolles Sport Volleyball Club. Below is a short and selected history on how she got there. This pictorial highlight first appeared in XCELLent News in 2016 and was later updated in 2021. Today, we are honored to have Kaitlynn return to the club to coach our 16 White team, and this feature will again give you another update on one of our distinguished alumni – What has she been up to? What are her plans near-term? Read on!*

**PERSONAL:** Coming from a very athletic family, Kaitlynn's mother, Kelly Fedel, was a four-year letter winner (1988-91) in swimming at the Air Force Academy and her father, Dan Zdroik, lettered in football at the Air Force Academy as well. Younger brother, Payton Zdroik, played football and baseball at Liberty HS and was on the 14U USA-LABC National Baseball Team. Now he is the starting nose guard at the Air Force Academy, helping the team secure another record season with the #1 top total defense in the nation.

**HIGH SCHOOL:** Graduated from Liberty High School in 2016, Kaitlynn lettered four years in volleyball for head coach Linda Ghilarducci. She was the starting libero as a freshman then the starting setter the next three years. Three-time first team All-Bay Valley Athletic League honoree, she was then voted 2015 BVAL Most Valuable Player in her Senior season. With All-East Bay team selection by the Contra Costa Times, BVAL and NCA Scholar-Athlete recognition, Kaitlynn also lettered four years in swimming for head coach Cindi Coats and was the team's Most Valuable Swimmer three times.



Photos courtesy of  
Kaitlynn Zdroik, Tomas Pineda,  
and San Jose State University  
Athletics.



**CLUB:** First playing with Pacific Rim Volleyball Academy in 2014, she was selected as a setter for the USA Volleyball A2 Youth National team and trained in Colorado Springs. The next season she competed with NorCal Volleyball Club 17-1 Black in 2015, where the team advanced to the USAV Girls Junior National Championships in the USA Division. Later that year, Kaitlynn represented the Northern California Volleyball Association in the Girls 17U High Performance Program at the European Global Challenge Tournament in Croatia. Finally, she played for Xceleration Volleyball Club in 2016, where she led the team to a 10<sup>th</sup> Place finish at the AAU Championships in Orlando, FL.

**SJSU:** In her four years at San José State, Kaitlynn was a two-sport Academic All-Mountain West honoree. Kaitlynn was the only player who lettered all four years of her career in the beach program, along with being the 9th Spartan setter to join the notable “1,000 club” hitting 1,000 career assists her Junior season. Her proudest accomplishment at SJSU was earning the Iron Spartan Award in 2018.

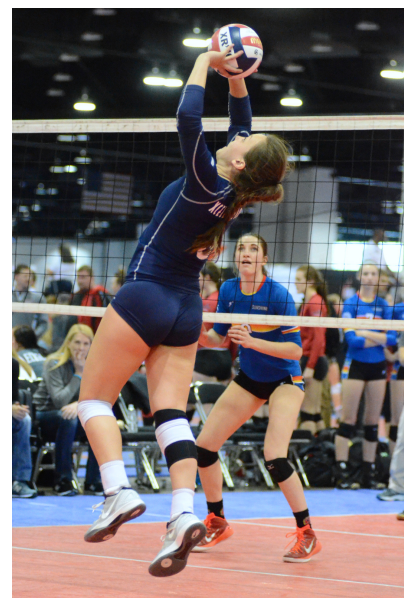


**XCELERATION**  
VOLLEYBALL





# XCELERATION











kzdroik6 -Unbelievably excited to announce a long time dream that's finally come true! I'm heading to Vitrolles, France to play for @vitrollessportvolleyball in my first professional season as an indoor volleyball player.

-Living in the UK (over 5,000 miles away from home) and overcoming the challenges of this pandemic has taught me so much about perseverance. This contract is a direct result of that determination and trust.

-To people I've had the pleasure of meeting in the UK, you've made such a positive impact on my life in this short time and I am so truly grateful for how welcome you made me feel.

-To my SJ people, you will always play such a big role in my life, I can't thank each of you enough!

-Finally to everyone from home, especially my family, thank you for the unconditional love through all the ups and downs, endlessly supporting each new challenge I've been blessed enough to take on!

-I hope you all stay tuned for this very exciting new chapter that wouldn't have been possible without you!!



**Kaitlynn,**

*We cannot express how proud we are of the talented, caring, and beautiful young lady you have become. You have such a bright future and no matter where this next chapter in your life takes you, we will always be beside you, encouraging you to live your dreams.*

**All our love - Mom and Dad**



# Where are they now?



## Kaitlynn Zdroik: Player, Professional, Coach...

After leaving Xceleration for San Jose State in 2016, Kaitlynn had a storied volleyball career for the Spartans, playing for both the beach and indoor volleyball programs. During that time, Kaitlynn also earned the Iron Spartan Award – given to one male and female athlete across all sports for outstanding performance and work ethic in the weight room. At the end of her college stint at San Jose State, Kaitlynn moved to Bournemouth, England, UK to further her education and semi-pro volleyball career; she competed on the UK Beach Tour and earned Gold in all but two tournaments through the season. Later that year, she was signed by Vitrolles Sport Volleyball Club to play professionally as a setter in Marseille, France. Kaitlynn believes that integrity, balance, and passion were most crucial to her collegiate career and foundations as a professional player. She said, “As much as I

value being a student of the game, I believe growing as a person through sport and leaning into our mental health will truly guide us to not only be great teammates but become better people in the world.”

Unfortunately, Kaitlynn’s time with Vitrolles was a life-changing event. For the first time in her athletic career, Kaitlynn suffered her most devastating injury, partially tearing three ligaments in her ankle. As a result, Kaitlynn is officially done playing professionally.

“Being injured and immobilized in a foreign country where I struggled to speak the language was really isolating and I went through my share of struggles,” Kaitlynn lamented.

After finishing her career, in 2022, Kaitlynn returned to the UK to coach Team England Women’s and Men’s top beach volleyball teams, specializing as  
*(Continued on the next page)*





## Kaitlynn Zdroik: Player, Professional, Coach... (continued)

their Head Game Strategist – the Men’s team competes on the World Beach Pro Tour and is currently on the hunt for 2024 Paris Olympic Qualification. The Women’s team competed at the 2022 Birmingham Commonwealth Games and had their best season to date for England Women’s beach volleyball!

There is a silver lining, and with a positive outlook, Kaitlynn said of her injury, “Essentially, my injury was a blessing in disguise because I wouldn’t have been able to be a coach for these teams (and now XCEL 16 White!) if it wasn’t for being physically taken out of the game and having to reassess the role that I wanted volleyball to play in my life.”

Being able to coach again has reignited her spark for volleyball that she thought she had lost touch with.

“My Team England players have given me a chance to continue ‘nerd-ing out’ over the game and now these XCEL girls are reminding me of all the important life skills you get the opportunity to safely learn through sport in your developing years,” said Kaitlynn. “Playing pro was an amazing opportunity and living abroad is an awesome experience. I learned a lot about myself, but I wouldn’t trade getting to coach these players now for the world!”

Club owner **Jeremy Swann** said, “We were thrilled when Kaitlynn reached out to us in Oct '22 to join Xcel as a coach. Having alumni return and want to coach with us

is the best gift a club can get. The girls and their families are so fortunate to get a little piece of K.Z. in their lives. The feedback regarding Kaitlynn is 100% positive and we feel so blessed to have her with us.” Kaitlynn followed, “I’m excited to take advantage of my time back in the Bay Area to give back to an organization that was instrumental in my career as a player and coach. XCEL put me on a path to live out my childhood dream of playing volleyball professionally, but ultimately shaped my growth mindset that will impact my life long after volleyball.”

While Xceleration is top of mind for Kaitlynn five days a week for practices, XCEL Academy, and a few weekends at a time each month, she is also preoccupied with her new role as the Marketing Manager for an IT services and cyber security company for Bay Area businesses and nonprofits, based in Oakland. Kaitlynn likes to keep busy!

At the end of this XCEL season, Kaitlynn plans to move back to the UK with her fiancé, Nick Morris, who is pursuing his accreditation in Sports Psychology. Along with building their personal careers, Kaitlynn and Nick together coach the Team England Men’s pair and serve as home base for their players who will be traveling throughout Europe and training in Brazil in preparation for a crucial season on the World Tour!

***Congratulations and good luck Kaitlynn and Nick!***





# College Recruiting



## Recruiting Solutions: 6 Steps to Progress Your Recruiting Process Towards an Offer

Here are six steps high school volleyball student athletes can take to stay pro-active in their college recruiting process and potentially receive and/or accept an offer without an unofficial or official visit.

### Evaluate or re-evaluate your priorities

Before getting too far in the recruiting process, student athletes should identify their priorities when it comes to the college search. This is also a good time to re-evaluate priorities, especially if some previous opportunities or offers are no longer on the table.

The list below identifies factors that the student athlete should weigh, and then prioritize the value each one has for finding the best collegiate fit. These may require doing some research or asking the college coach directly on the phone, during a zoom call or in an email.

- **Distance from home** (Mileage, climate, etc.)
- **Size of school** – size of the campus and also the population size of the school.
- **Level of Play** DI, DII, DIII, NAIA, Junior College, Playing time
- **Major** – make sure the school has the major the student athlete is wanting to receive a degree in.
- **Cost** – how important or necessary is a scholarship? Find out the cost of tuition at the school, plus room and board cost.
- **College program needs** – check the rosters online and see how many athletes of your position are listed and what

*(Continued on the next page)*





# College Recruiting



## Recruiting Solutions: 6 Steps to Progress Your Recruiting Process Towards an Offer (continued)

graduation class they are in. The NCAA gave eligibility relief to DI, II and III student-athletes, so they can receive an additional year of eligibility if they decide to take it. This does not guarantee that the collegiate program will award an additional year of scholarship money. It is important to discuss this with the college coaches if they are seriously recruiting the student-athlete.

### Take a virtual tour

Check the college admissions websites to see if they have a virtual (or “360”) visual tour of a college campus. Also, most colleges have a YouTube page (official or unofficial) of students sharing their experiences with the cafeterias, dorms and classroom buildings. On campus visits with DII, DIII, NAIA and NJCAA programs are currently allowed, however a virtual tour can be a great starting point before getting on campus, especially if that particular school is not currently allowing on campus visits.

### Zoom call with the coaching staff

Utilize technology and get some face time with the head coach and assistant coach(es) to learn more about them and ask some direct questions. When the recruiting process moves into more serious discussions about a potential offer or future visit, you can invite your parents on a zoom call with the coach. If the assistant coach is the member of the staff that you have a primary recruiting relationship

a primary recruiting relationship with, ask the coach to share more about their personal ties to the program to better understand the ambitions of that coach and their chances of staying with the program throughout your time at the program.

### Take a visit on your own

After developing a relationship with the college coach(es) and narrowing down your list of schools, visiting the campus on an academic visit can be the next step. This is recommended if the student athlete knows they are the top one or two recruit for that college program in their position or class. It's possible an athlete commits without a “volleyball” visit on campus (official or unofficial) but it is highly encouraged to visit the campus on your own before committing to a program. It's simply too important of a decision to make without having all of the information that an on-campus visit provides. Student athletes should choose a school based on if they would be happy attending the school if volleyball was not in the picture. This is an extremely difficult decision to make without having been on the campus in person.

### Zoom call with the players

Zoom calls are a great way to connect with current players separately from the coaches to be able to more freely discuss what it is like to be a volleyball student

*(Continued on the next page)*





# College Recruiting



## Recruiting Solutions: 6 Steps to Progress Your Recruiting Process Towards an Offer (continued)

athlete at that university, and better understand the demands of the volleyball program.

Try to talk with the freshman and sophomores since they are the ones who will be there while the student athlete is there if they end up committing to that program. A zoom call with the players of the same position would also be valuable to hear their perspective on the coaches' philosophy and their personal and team goals.

### Be patient and wait as long as possible

This step is for student athletes who are juniors or younger. Many clubs are following the lead of the college coaches they have established relationships with at all division levels, and they are encouraging athletes to be patient. Most programs will not know what their needs will be until after this spring is over and their current athletes on the rosters know if they plan to return to use the additional eligibility or not. Right now,

coaches want to hear updates from athletes, see video in the form of highlights and full matches and receive information on schedules and streaming to watch athletes compete at tournaments.

Use this time to [build relationships with college coaches and update your video](#) to share with them.

Stay focused on your academic and athletic goals, and continue to communicate with your club recruiting coordinator and/or club coach as you navigate the next few months of your recruiting journey.

[More volleyball recruiting education available here.](#)

---

*This article is written by **Briana Schunzel**, JVA Director of Marketing and Education in collaboration with **Glenna Bianchin**, Recruiting Coordinator for Carolina Union Volleyball Club and a group of JVA members from across the country.*





# Thank You, Friends and Families!

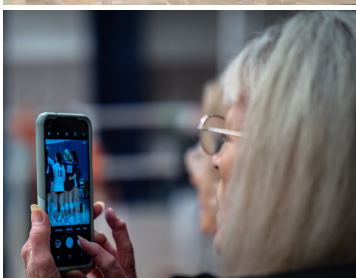


“

*The simple message of “It Takes a Village” is as relevant as ever: We are all in this together.*

— Hilary Rodham Clinton

”



Thank you coaches and parents for your photos:  
Lucas Abbott, Allan Alberto, Rochelle Alonsabe,  
Greg Andrada, Greg Ginsburg, Jon Low, and Reggie Pagtakhan.



# 2023 Information Sheet

33

## 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 - @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 - Bay Area Sites	Jan 28-29	x	x	x	x							
NCVA Power League 2 - @The Grounds	Feb 5											x
WCVBA League 2 - 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 2 - The Grounds	Mar 11-12	x	x	x	x							
WCVBA League 3 - 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 3 - @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



# 2023 Information Sheet

34

## Travel & Lodging

	JVA NorCal Winter Classic Roseville	WCVBA League 1-6 Roseville	Las Vegas Classic Las Vegas	NCVA 18s Sierra Qualifier Reno
<b>Tournament Dates</b>	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
<b>Travel <sup>(1)</sup></b>	Booked by Parents/Players	Booked by Parents/Players	Booked by Parents/Players	Booked by Parents/Players
<b>Lodging <sup>(2)</sup></b>	Booked by Parents/Players	Booked by Parents/Players	Arranged by Xcel Booked by Parents/Players	Arranged by Xcel Booked by Parents/Players <sup>(3)</sup>

	JVA NorCal Spring Challenge Roseville	Red Rock Rave Las Vegas	Pacific NW Qualifiers Spokane	NCVA Far Westerns Reno
<b>Tournament Dates</b>	Mar 4-5	Mar 4-6 Mar 11-13	Mar 25-27 Mar 31 – Apr 2	Apr 22-24
<b>Travel <sup>(1)</sup></b>	Booked by Parents/Players	Booked by Parents/Players	Booked by Parents/Players	Booked by Parents/Players
<b>Lodging <sup>(2)</sup></b>	Booked by Parents/Players	Arranged by Xcel Booked by Parents/Players <sup>(3)</sup>	Arranged by Xcel Booked by Parents/Players <sup>(3)</sup>	Arranged by Xcel Booked by Parents/Players <sup>(3)</sup>

	USAV 18s Spring Columbus	JVA West Coast Long Beach	AAU Nationals Orlando	USAV Jr Nationals Chicago
<b>Tournament Dates</b>	Apr 28-30	May 27-29	June 18-29	Jun 14-17 Jun 28-Jul 6
<b>Travel <sup>(1)</sup></b>	Booked by Parents/Players	Booked by Parents/Players	Booked by Parents/Players	Booked by Parents/Players
<b>Lodging <sup>(2)</sup></b>	Arranged by Xcel Booked by Parents/Players <sup>(3)</sup>	Booked by Parents/Players	Booked by Parents/Players	Arranged by Xcel Booked by Parents/Players <sup>(3)</sup>

<sup>(1)</sup> 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.

<sup>(2)</sup> Details to be provided to Team Parents, including booking instructions, once the tournament site opens for reservations.

<sup>(3)</sup> 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](#).



# 2023 Information Sheet

## Tournament Waves and Venues



Wave assignments and locations, including portals to wristband purchases, are provided in the links below.

**March 3-5, 2023:** [2023 Sierra Girls 18s National Qualifier](#) / [Wristbands](#)

- 18 Blue



**March 4-5, 2023:** [2023 WCVBA NorCal Spring Challenge](#) / [Wristbands](#)

- 13 Blue and 14 White (14s Premier): AM Wave



**March 4-6, 2023:** [2023 SCVA Red Rock Rave I](#)

- 14 Blue (14 American Division): PM Wave
- 15 Blue, 15 White (15 American Division): PM Wave

**March 11-13, 2023:** [2023 SCVA Red Rock Rave II](#)

- 16 Blue, 16 White (16 American Division): AM Wave
- 17 Blue, 17 White (17 American Division): PM Wave
- 18 Blue (18 American Division): PM Wave



**March 11-12, 2023:** [WCVBA Power League 2](#)

- 12 Blue, 13 Blue, 14 Blue, 14 White

**March 18-19, 2023:** [WCVBA Power League 3](#)

- 15 Blue, 15 White
- 16 Blue, 16 White
- 17 Blue, 17 White



**March 25-27, 2023:** [2023 Pacific Northwest Qualifier](#)

- 16 Blue, 16 White
- 17 Blue, 17 White

**March 31-April 2, 2023:** [2023 Pacific Northwest Qualifier](#)

- 14 Blue
- 15 Blue, 15 White

