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UPCOMING DATES

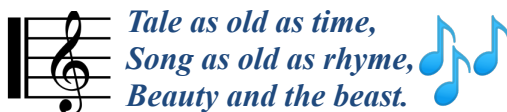
- Now – Aug 3: Indoor 5th-8th Graders
- July 3 – 27: Indoor High School
- Now – July 26: Beach All Ages Month II
- July 28: 17s/18s Tryouts
15s-16s Tryouts TBD
- Aug 2: 2024 Signing Night
- Oct 13-14: Tryouts
12s-13s-14s
- Oct 18: 2024 Signing Night

Xceleration
Volleyball Club

John B. David, Editor

Xceleration Unleashes the Beasts in the East to End the 2023 Season

Season comes to an end at JVA West Coast Cup in Long Beach and AAU Nationals in Orlando; players build a solid foundation and learn life lessons from a Disney Classic



When Mrs. Potts finishes the final chorus of this classic Disney song, one cannot help but imagine any story's ending where the main characters rise to the challenge, overcome adversity, reach (most of) their goals, and live happily ever after (if only life was that simple).

We all know that before we get to these fairy tale endings, we encounter challenges and difficulties along the way. Our club and our players were not immune to these minor stumbling blocks.

Some may have had a great experience with the club, and some others may not. All that we can do is to continue to work harder, learn from our mistakes, make improvements, and strive to be better than we were yesterday.

As we officially ended the 2023 volleyball season at the AAU National Championships in Orlando, FL, little did we know that our club and our teams that competed this season would learn life lessons from Disney's *Beauty and The Beast*. Our experiences may well be very similar to some

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Long Beach, CA



Orlando, FL

of the scenarios in the movie. We've come to realize that we've learned so much from Belle, Beast, and... yes, even Gaston that we carry with us everyday. It's not inconceivable that this fairy tale is partially responsible for us becoming the fine, upstanding citizens that we are. Thanks to ohmydisney.com's writing contributor Rachel Berman, with 10 Life Lessons like the ones below, it's no wonder that the 2023 season turned out well.

1. Inner Beauty > Outer Beauty

We learned this one along with Beast. True beauty comes from within; it's about being kind to others and not only thinking about yourself. For Belle, family is the most important thing, and it is important to make sure that those around us are taken care of. Belle taught us that sometimes you need to sacrifice what you want so your loved ones can be safe.

In a volleyball situation, we display this inner beauty by sacrificing the "me" mentality for the collective and common good of the team. The team is so much better when we're all are moving in the same direction, and everyone is looking out for each other. Even if the game does not tip in our favor, inner beauty always trumps an ugly loss.

2. Never Stop Learning

Belle's insatiable appetite for knowledge inspires us to learn something new everyday. We may not be in a school setting, but we're in the gym, learning something new from our coaches and our teammates.

Everyone in your life can teach you something new, you just have to be

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Pics of the Month



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.



Left photos, top to bottom:
Monique Plummer (17 White),
Ava Berry (15 Blue), and **Erin Mendoza** with **Olivia Canova** (16 White)

open to it. For instance, if you're a hitter for most of your young career but learning to dig or set will make you a better overall player, then you should welcome the opportunity to learn something different. It may be uncomfortable at the beginning, but you've learned to play all facets of the game that will make you more valuable to the team, if not just learning a new skill.

3. A Chipped Cup Can be Better Than a Perfect One

On the surface, you might think that Chip isn't important (because he's chipped), but he saves the day by rescuing Belle and Maurice from the basement, so they can, in turn, save Beast. Perfection isn't everything. Beast (or Prince Adam) wasn't perfect by any means either. The truth is he not only changes but becomes the Prince he was meant to be. All it takes is a little patience.

Have you ever hit a float serve that goes way out? Have you ever just stared and let an overpass hit the ground, giving a point to the other team? Though



we think these situations should never happen because of how hard we've trained, they do, and we learn from them. Volleyball is not a game where you need to be perfect, nothing is predictable.

4. Look Beyond What You Can See

Beast looks intimidating and scary, but once Belle takes the time to get to know him, it's clear that his rough exterior is a just a façade. He's really kind and gentle. He just needs someone to give him a chance to show it.

Xcel coaches are really a bunch of nice people who are here in the best interest of the girls.

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They may have made things uncomfortable for some of us, made errors in judgement in the heat of the moment or how they conducted themselves, or made poor decisions in setting the lineups, but they are human and are continuing to learn – as we all are – to be better coaches.

5. Love is Stronger Than Hate

Hate leads Gaston down a dark path, and while he manages to sweep the town up into a frenzy through fear, it's ultimately love that wins the day. Beast represents all of us at some point in our life. When we have someone who believes in us and can see through our outer shell, we become who we are meant to be. Unless you're like Gaston. Then you're just mean.

Throughout the season, we learned about each other – personalities, idiosyncrasies, mentalities – and in the end realize that we are all different, but we're in this club with a common goal – to be a better



person and a better player. We tried to accept these differences and made things work by putting aside the “hate” and the “meanness” that’s inherent in some people. We deal with it the best we can to create a harmonious environment, and we are the better person for it.

6. Dare to be Different

As an extension to #5, standing out because you're not like everyone else isn't a bad thing either. It means that you're an individual. Embrace what makes you different, because it's also what makes you special.

Belle and her father were considered eccentric for the small town they lived in, but they embraced it. Though going against the current can

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Final post from me about 17B. So proud of how they finished at Nationals last week!! We only had eight available players to start and then seven the last couple days, so we had zero subs; players playing positions that are not their normal ones, and they NEVER complained. They were 100% supportive of each other and even with lots stacked against them, they managed to win five matches!! They are great athletes and AMAZING people. Best of luck to all of them in their futures!!

— Lucas Abbott
17 Blue Co-Head Coach



sometimes be difficult, being unique is what makes you who you are. If you're like everyone else, then you are just another face in the crowd. Being different is totally acceptable, as long as you're doing it in a nice way.

7. Don't Let Your Fears Get in the Way of New Experiences

Life can be scary, we get it. But pushing yourself out of your comfort zone makes you a better person. Beast was out of his zone when Belle asked him to dance and when he ate with a fork. Trying new things, anything that raises your anxiety levels can be counted as being outside that zone where you're not going to be comfortable in that situation.

Although anxiety isn't something we're prone to go looking for, a little bit can be surprisingly beneficial. We often need just a hint of anxiety to push us to get our work done, or to improve our performance.

The more afraid we are, the smaller our comfort zone becomes and the more difficult it is to break out of it. Familiarity is comfortable and enjoyable, so it's no real surprise that new things get our guard up. Trying new things takes energy, so when we're feeling tired or flat, we're more

likely to lean on old habits than take a new risk.

According to blogger Belle Beth Cooper, here are some of the benefits of leaving your comfort zone and trying things that raise your anxiety levels just a little bit:

It will help you grow

When mixed with the feeling of success, some anxiety and self-doubt can lead to personal growth. This is why outdoor adventures like rock climbing, or skydiving can be so exhilarating: they induce anxiety and unease but when completed, they give us a huge feeling of accomplishment and increase our base levels of confidence.

Your comfort zone will grow

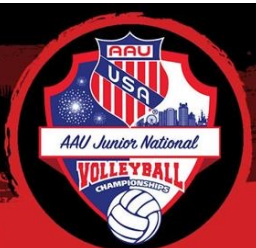
If your comfort zone is small – i.e., the number of things you can do without feeling anxious are few – then you'll either be anxious a lot of the time or miss out on a lot of the excitement life has to offer. By getting out of your comfort zone more regularly, you'll increase the number of things you're comfortable with. You'll also be able to enjoy more things in life, since familiarity makes us more likely to enjoy something, even if it turned us off at first.

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**2023 AAU GIRLS' JUNIOR
NATIONAL VOLLEYBALL
CHAMPIONSHIPS**

JUNE 13 - 29, 2023 ■ ORLANDO, FLORIDA



Doing new things motivates us and helps us learn

Novelty tends to increase levels of dopamine in the brain, which is part of the brain's "reward center." Dopamine's role centers around motivating us to go looking for rewards, and novelty increases that urge. Novelty has also been shown to improve memory and increase the possibilities for learning by making our brains more malleable.

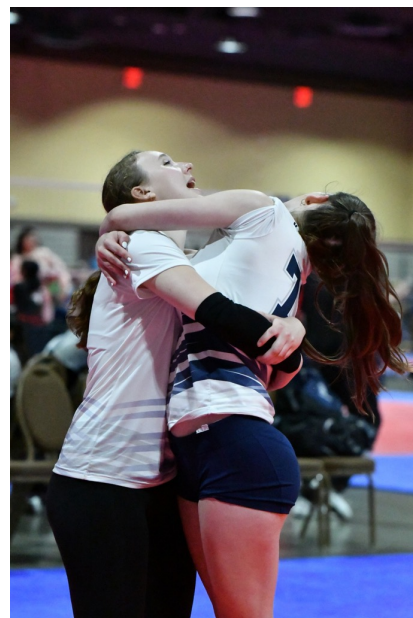
In the past few years at Xceleration, we have engaged our resident sports psychologist, Coach **Andrew Randolph**, as an integral part of our club program to help our athletes cope and learn about about the relationships of sports and the mind. It motivates us to learn how to deal with the many challenges that we encounter from sports – physically, emotionally and mentally. Our overall physical and mental state is critically important to our growth and well-being.

8. Your Happily Ever After Might Not Look Like One Right Away

Locked in a tower because Beast has taken your father prisoner, but you wanted to save him, so you took his place? It doesn't exactly sound like the road to happily ever after (and in real life we do not condone it), but it symbolizes that your happy ending can start when you least expect it.

One of the most important lessons from this tale deals with the ability to overcome yourself. So often, we keep ourselves from following our dreams and are in our own ways of happiness. If you can overcome your own insecurities and flaws, you can overcome anything. At Xceleration, we stress this all the time and underscore the importance of hard work to fulfill your dreams. It may take time and it will work itself out if you put in the effort.

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9. Every Rose Has its Thorns

And by thorns we mean Gaston. But really, nothing is as perfect as it seems. And sometimes that's difficult to accept. Most of the time, it just means that we're all human and we all need each other.

Gaston was definitely a handsome guy, but that was about it. Despite being popular and wanted by all the bachelorettes, Belle was able to see through that and know he was a misogynistic, shallow jerk. "*Beauty and the Beast*" taught us that just because someone is physically attractive, doesn't mean they have a personality to match. Which brings us back to... inner beauty over outer beauty and that no one is perfect.



We all experienced these and lived by them over the course of the season. And finally...

10. Tea Heals All

Sometimes all you need to feel better is a warm cup of tea (a heart-to-heart with Mrs. Potts doesn't hurt either.) In our case, it was water (or Gatorade) and the meals that kept us hydrated and nourished before, during, and after the competition. And of course, Mom and/or Dad were always there for a shoulder to lean on and to give us encouraging words or advice when things weren't going our way. Thanks, Mom! Thanks, Dad!

What's a life lesson that you've learned from *Beauty and the Beast*?



BLUE

8

XCELERATION

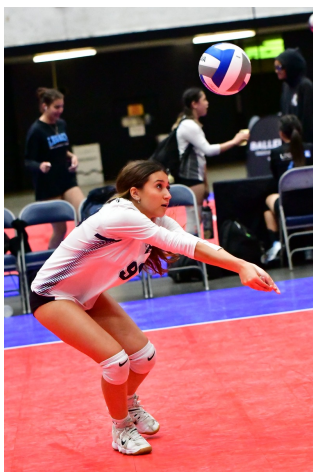
14



HIGHLIGHTS

- 14 Blue finished in 15th Place and closed out their awesome season in the Silver Bracket of the Club Division at JVA.
- The team steamed out of the gate with a 3-0 record before slightly cooling off. The resilient 14 Blue got back on track and managed to end with a winning record at 5-3.
- Xceleration's core of young talent will continue to shine in the years ahead.

WHITE



XCELERATION

14



HIGHLIGHTS

- 14 White made great strides throughout the season, always improving from one tournament to the next.
- At the JVA, the team strung together three consecutive victories before ending their 2023 journey.
- These ladies are ready to take the next steps in their volleyball development and we can't wait to join them.

BLUE



HIGHLIGHTS

- 15 Blue got stung at the opening match but never looked back, winning 6 straight wins thereafter to reach the semifinals of the Gold bracket.
- The team faced a perennially tough T-Street unit that handed 15 Blue a 5th place finish at JVA with a 6-2 record.



HIGHLIGHTS

- 15 Blue scorched the competition with 6 consecutive victories to open the tournament, including two wins that reached three sets each.
- The team finished 57th in a pool of 183 teams in the Aspire Division after completing AAU Nationals with an 8-4 record.

WHITE



XCELERATION

15



HIGHLIGHTS

- 15 White were shorthanded but fought valiantly to the end at the JVA to finish 27th in the Platinum division.
- Smiles from our players amid the tough competition were priceless. The club wishes all of them continued success in the years ahead.

Click [Xceleration Photo Galleries](#) for more pictures, which can be downloaded for free before site expiration.

BLUE



HIGHLIGHTS

- 16 Blue had an up-and-down tournament but made huge strides in their development; the team was able to reach the Bronze competition, where Forza ended their run in three sets in the bracket finals.
- The team ended RRR in 46th place (out of 157 teams) in the division. Only one other team from Northern California finished higher than 16 Blue.

WHITE



16



HIGHLIGHTS

- 16 White placed third each time in pool play on the first two days of action to enter the Platinum bracket.
- On get-away day, the team closed out the season on a high note, with three straight wins to secure Platinum, topping the Fighting Angels, North Coast Volleyball, and Juggernaut.
- These girls have the knack for hard work and will go far both on and off the court. Xceleration is excited for what is to come.

Click [Xceleration Photo Galleries](#) for more pictures, which can be downloaded for free before site expiration.

BLUE



HIGHLIGHTS

- 17 Blue was golden with a 5th place finish in the Club Division at JVA after compiling a gaudy 6-1 record.
- Six straight wins and strong performances at JVA prepared the team for AAU.



HIGHLIGHTS

- The unit finished 90th (in a pool of 179 teams) after going 5-7, quite impressive for a slimmed down roster.
- After a shaky start, the 17 Blue got back on track, winning three of their last four matches to feel good to end the tournament and season.
- Xceleration is confident of this squad doing great things in the future.

WHITE



XCELERATION



17



HIGHLIGHTS

- 17 White opened strongly by winning its first two matches in exciting three sets each.
- The team blew a tire but managed to fight and ride to the end to get into the Bronze division.
- 17 White is always capable of toppling anyone in front of them, specially when all the gears are running and they're on top of their game. The club is excited to see them back next season for a final year of club volleyball.

RESET THE RIGHT WAY

By Coach Andrew Randolph

*We hope you enjoyed these features in **XCELLent News** from 17 White coach Andrew Randolph that leverages his expertise in the world of sports psychology. 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.*



Athletes always must deal with some sort of adversity or challenge during competition, even in the form of practice. If you want to improve at your sport, you will have to learn how to accept those challenges, and then to respond the right way. The athlete who refuses, or is afraid, to adapt and work to become better is going to be stuck in his or her own way (*see Attacking Failure: E.G.O.*). However, as we have addressed in the previous *Finding Your Why* newsletter section, this may not apply to everyone. Each athlete responds differently and wants different things out of the experience of sport. If you would like to challenge yourself and hope to gain more out of your sports experience, the following are ways to help you do just that. If you are content with your current athletic ability and position, the following strategies can help in other terms of progress and success.

Having the proper mindset in any situation is an everyday necessity, not necessarily an athletic one. The techniques described here are

meant to be used by anyone in any situation in order to better individuals and provide methods for such thoughts and behaviors. To use these methods properly, my advice would be for the athlete to incorporate them into his/her daily life first, and then find a way to translate that strategy onto the court. The purpose here is to notice negativity, and shape it in a way that we can benefit from, instead of tearing us down. Let's learn to replace negative thoughts with positive ones and create an environment where this becomes more habit than happening.

Unfortunately, it has become all too natural for people to think negatively in most situations. It usually takes time and practice to change these thoughts to positive ones, and even longer to break the habit of negative thinking altogether. Psychologists have studied what is known as the negativity bias among humans. The negativity bias explains reasons for thinking naturally towards bad news or experiences. Past traumas have a more

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significant effect on people than do positive experiences. Humans tend to remember traumatic experiences over positive ones, recall insults better than praise, react more strongly to negative stimuli, think negative thoughts more often than positive ones, and respond more strongly to negative events than to equally positive ones.

During a practice in which a player made all her serves, hit everything into the court, and played every ball up on defense, yet came up short in a Serve Receive drill and had one too many blocking errors on the day will automatically think of that practice as bad. She will naturally associate herself with her poor performance on the day rather than what she did right. The same psychologists have deduced that this behavior, while overall hurtful, can have benefits of its own. Studies show that people are generally more motivated to avoid punishment or the loss of something than they are to gain a reward. A player who understands that she might not see the court if she cannot get a serve in might be more inclined to work at it than another player who knows she has a starting spot regardless. A player on the court is going to be more afraid to pass a ball on defense when her first thoughts involve what might happen if she messes up (embarrassment, ridicule, self-doubt, getting pulled, not playing anymore) rather than the praise she would receive for great effort and a decent pass. This, of course,

is all subjective and applies to everyone (and team) differently.

There are many things that go wrong in sports all the time; that is just a part of the game. How a player chooses to react and respond to these events will show how they are able to come back and keep pushing towards success. Negative events are going to occur more often than we may care to admit, but that does not mean they always have to define us or slow us down. Learning to replace these negative thoughts with positive ones is the goal here. Recognizing the negative thoughts that come to mind when we play is the first step. The mind on its own is a dangerous thing, and surprisingly not a very intelligent one. Many strategies exist that involve a player resetting and refocusing their minds towards more

positive reactions. The reason for this is because of how important and powerful positive thoughts can be in a person's life.

Trigger Words

Think of something that makes you happy, something that puts you in a good mood no matter what is going on in your life. For some, this could be a fun childhood memory or a unique thing between you and your best friend. Next, come up with a singular word or phrase that helps you to remember that moment. This word/phrase should be said repeatedly each time you feel yourself getting in your head or playing below your average

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skill level. If you want, you can also share your trigger word with a friend or teammate, so she can help remind you as well when it looks like you may need it.

Visual Cues

Visual cues have the same purpose as trigger words, but this must be something you see on a regular basis. Visual cues may only be good for game or practice scenarios, as having the same thing with you all the time might not be realistic in every situation. Choose something that you can look at, something of value to you or not, whenever you need a reset during a game or practice. This could be something detailed like a logo or a specific marking somewhere on the wall. It could also be something generic like a color or the floor. In a lot of cases, athletes will choose something they take with them to every game/tournament and practice, such as a shoe.

Look at whatever your visual cue is repeatedly to get your mind in the right place for performing in the here and now.

Action Cues

Action cues require a physical movement by you. If you are the type of person who needs to see something and feel a change in order to recognize the need to reset and move on to the next play, an action cue may benefit you. Because the action cue forces you to physically do something, it can be done almost anywhere in any circumstance. Certain ones you may have seen different

athletes do include tightening a hair tie, untucking and re-tucking a shirt, hitting their legs, tapping their foot, clenching a fist, etc. Whatever your action cue ends up being should, again, be something that allows you to own the mistakes that have been made and then adjust to a better performance in the same moment.

Negative Thought Tracking/ Replacement

Earlier, I made the note that your mind on its own is not very intelligent. We try to view the mind and brain as two separate entities. The reason you yourself are so intelligent is because you have learned a lot of thing, in school or otherwise. Logically, you know the right and wrong answers to many questions and situations. However, your mind on its own does not. While your brain can discern a double negative comment or instruction, your mind cannot. The reason double negatives are allowed to exist in our daily lives is because we have learned what they are and how to deal with them consciously. A coach saying “Don’t serve into the net” has put two negative thoughts in your mind without realizing it: Don’t and Net. “You shouldn’t break a platform when passing” = Shouldn’t and Break. “Don’t let a ball drop” = Don’t and Drop. Having to constantly think about the logical way to process these things can take extra time that an athlete might not have. Instead, coaches should work at telling their athletes

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exactly what to do, rather than what not to do. “Make good contact on your serve, and follow through to spot 1”, Keep your platform together and hold the angle on every pass”, “Stay in position and keep every ball up for your team”.

Negative thought tracking is something that is very difficult to do in the moment. Unless you have experienced the same negative thoughts over and over, and now know how to deal with them, this method is only going to be helpful in certain situations. I will have athletes check in a few times a day and try to remember any negative thoughts they may have had. Write out exactly what the situation was and what their negative thought was right after. Next, to alter that frame of mind, they must produce at least two positive lessons, feelings, or responses to that seemingly negative situation. This way, we begin to see things for what they really are (opportunities) and not what they shouldn't be (hindrances).

Swipe

The swipe method should be utilized strictly by those individuals who respond well to visualization work. Visualization is simply the ability to picture a moment or series of events and create what success would look like in one's own mind. Basically, see yourself being successful before you do it, that way you will know what to expect when it comes time to perform. With the swipe method, a player must be able to recognize

her mistake right away and know what to do next time without hesitation. If it is something a coach must take a second to explain, she may not be able to properly use this method. The mistakes that players are going to make are most likely repetitive things, such as passing, serving, hitting, transitioning, blocking, etc. The first thing I always ask a player who keeps making mistakes is if she has ever done it correctly before. Most, if not all, of the time they will say yes. The follow up question is if they remember doing it right, which again most agree to. When we can recognize that we have done something before and can picture ourselves doing it properly, it becomes so much easier to admit that we can do it again.

Swipe involves, first, owning the mistake. See exactly what happened and everything you did wrong, no matter how hard it is to experience again. Next, think back to a situation where you knew exactly what to do and you performed how you should have and had an amazing play. Once you have that image in your head and can supplement the correct action into your current scenario, then you may (externally or internally) replace the picture of the mistake with the picture of your success. When this moment comes up again during play, you have trained your mind to see success and what you should be doing rather than allowing the mistakes to weigh too heavily on you.



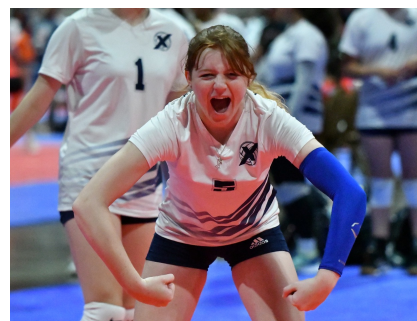
Recruiting Solutions: Staying Proactive in the Recruiting Process Outside of the Club Season

by Janis Meredith, reprinted from The Art of Coaching Volleyball

The recruiting process in general is currently slow to develop for athletes and colleges. Many schools are navigating rosters and adjusting budgets. The transfer portal is also having an impact in the pace of the process. These factors have allowed more time for athletes to find schools based on their best fit and with a mutual interest. It is not about when you commit, but more about committing at the right time.

Here are some ways that prospective student athletes in the Class of 2024 can stay proactive in the recruiting process outside of the club season:

- ☐ Review your list of for interest and adjust to fit your priorities.
- ☐ If you have not had communication with schools on your current list, it's time to reevaluate the considering level of play, and position needs. This can be humbling but essential in meeting your goal of playing in college.
- ☐ Continue email correspondence with schools throughout the fall with updates on life and volleyball.
- ☐ Attend camps at schools that have a mutual interest.
- ☐ Make a fall plan for training and development.
- ☐ This includes High School Season, clinics, private lessons, agility/strength training, recovery, injury prevention.
- ☐ Review film from this past season and update your highlight video and recruiting profile
- ☐ Club – find the right team with the right club for your development and exposure.
- ☐ Plan to attend college matches of schools of mutual interest this fall.
- ☐ This could include unofficial/official visits or attending by choice (it is always helpful to let the coach know that you will be attending the match).
- ☐ Follow your schools on social media for one day clinics during season.



Recruiting Solutions: Staying Proactive in the Recruiting Process Outside of the Club Season

by Janis Meredith, reprinted from The Art of Coaching Volleyball

Here are some ways that prospective student athletes in the Class of 2025 can stay proactive in the recruiting process outside of the club season:

- ☐ Sort through the list of schools that are interested or may be interested in recruiting you.
- ☐ Review your priorities that you want in a school with or without volleyball.
- ☐ Adjust list to priorities which may continue to change as the process goes on.
- ☐ Continue email correspondence with schools throughout the fall with updates on life and volleyball.
- ☐ Fill out questionnaires for schools of interest.
- ☐ Attending camps for position/skill development and possible mutual interest
- ☐ Club-Finding right team with right club for your development and exposure
- ☐ Planning to attend college matches of varying division levels to help find your fit – look at all levels – DI, DII, DIII, NAIA, JUCO
- ☐ Follow your schools on social media for one day clinics during season
- ☐ Make a fall plan of training and development
- ☐ This includes High School, clinics, private lessons, agility/strength training, recovery, injury prevention.
- ☐ Review film from this past season and update your highlight video and recruiting profile
- ☐ [Click for additional recruiting education.](#)





The Role of College Volleyball Camps in the Recruiting Process

Xceleration is often asked about college volleyball camps and their role in how they can help their daughters get into the school of their choice and be able to play at the college level. Below is an article reprinted from JVA Volleyball that might shed some light on this often-daunting process.

In the end, attending these camps do not necessarily mean that you have to be a college prospect. Participate in them to meet new people, learn new skills, or just to have fun in a college environment.

College volleyball camps are a great opportunity to get evaluated by college coaches and show off your skillset against elite competition. With thousands of college volleyball camps across the country, how do you decide which one to attend?

First, consider camps at schools you're interested in attending. These camps are an opportunity for you to get a better feel for the school. During your stay, walk around campus, get to know the coaching staff, tour the dorms and consider talking to an academic advisor.

In addition, it can benefit your [recruiting process](#) to attend camps based on the coaches in attendance. It is common for Division II, Division III and NAIA coaches to coach at major Division I camps. If you are interested in a specific program, these large camps can be an opportunity to get in front of the coach.

4 Types of Camps

In general, there are four types of college volleyball camps. **Elite camps** (Prospect/ID) typically give volleyball recruits the best chance of catching the attention of a college program. Be advised — if you're hoping to get discovered, it is best to establish contact with a program before the camp. **Position-specific camps** focus on developing skills for your particular position. Whether you're a libero or an outside hitter, position-specific camps offer in-depth training.

All-skills camps provide general skills development and are usually geared toward younger athletes, while **team camps** are a great opportunity for programs to develop their team chemistry. All-skills camps and team camps are usually less recruiting-focused, but both offer campers a chance to improve their skills and have fun.



The Role of College Volleyball Camps in the Recruiting Process (continued)

Know what to expect before you arrive

College volleyball camps can be a great experience for volleyball players who want to play at the next level — as long as you go into it with the right expectations. Got your heart set on a specific volleyball program? Attending the program's camp can be a good way to catch their attention. However, if you are seriously considering a school, try to establish contact to get on the coach's radar before camp season.

At the camp, keep in mind that coaches are evaluating more than your athletic ability. Coaches want to see how you compete against top competition and how you react to success and failure. They are evaluating your body language and how you interact with your teammates.

During volleyball camps, you can expect to receive instruction from coaches and college athletes. You'll participate in drills to sharpen your skills and positioning. Many volleyball camps also include tournament play and personal evaluation.

How should you respond to a volleyball camp invite?

Always get back to the coach promptly—no matter who the invite is from. Even if you can't make the camp or aren't interested in the volleyball program, a respectful decline is a much smarter recruiting play than no response. College volleyball coaches may move to another school. You never want to burn any bridges.

Email the coach before camp

Once you register for a 2019 college volleyball camp, reach out to the coach to let them know. If it is a large camp, tell them your schedule and which court you'll be on to help them find you during the camp. Also include your highlight video, verified measurables, academic info and social media handles. Keep it short and sweet!

Remember to follow up after camp

Ride the momentum of your 2019 college volleyball camp. After the camp ends and you go home, follow up with the coach and send over any new verified stats. Thank them for the opportunity and ask for feedback on which skills you need to improve. Keep the conversation going by letting them know about your athletic progress and any upcoming volleyball tournaments or showcases.

Looking for more recruiting answers? Make sure to check out [NCSA's College Recruiting Guide](#) before setting up your online recruiting profile.

For related reading on the volleyball recruiting process click [HERE](#). For more volleyball education for athletes, coaches and parents click [HERE](#).



About the Author

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





Parents & Athletes: What's Left When Your Child's Glory Days are Over

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

No athlete plays competitive sports forever. At some point, the glory days must end.

Pros retire. College athletes graduate. High school students don't make it to the next level. Whether your child quits playing at 14 or 40, the question remains: What kind of person will he or she be when the playing days are over?

What will you as parents get in return for all the money, hours and emotional energy poured into growing athletes?

My 27-year-old daughter played softball for 15 years. We spent a lot of money for travel ball, catcher's equipment and hitting lessons. In 2011, she graduated from college and is now a kindergarten teacher. She doesn't play softball for a living, but that money we spent wasn't wasted because we know that her softball experience was a lot more about who she became than what she accomplished.

The same goes for my son, now 24 and a college grad. He played sports all through high school and football in college. We paid for him to go to QB camps and work with a personal

trainer, but he never went pro. So, we could ask: Was it a waste of time and money? Absolutely not. Playing sports has helped shape our son into a strong, caring, sure-minded young man.

Playing sports brings excitement and recognition. It may even help pay for college and open doors for the future, but nothing will ever be more important than the type of person your son or daughter becomes in the process.

You can't put a price tag on learning self-discipline, a good work ethic, unselfishness and persistence. Press clippings and stats will come and go, but these positive character traits will be part of your young athlete's DNA for life. Keep this big-picture perspective and the youth sports journey will be much more enjoyable for you and your child.

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

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Playing sports brings excitement and recognition. It may even help pay for college and open doors for the future, but nothing will ever be more important than the type of person your son or daughter becomes in the process.

Xcel at the JVA West Coast Cup



14 Blue



14 White



Thank you for lifting me up.
 Thank you for uplifting me.
 Thank you for always boosting my confidence.
 Thank you for your endless support.
 Thank you for being so supportive.
 You are the best! I appreciate all the support.

Xcel at the JVA West Coast Cup



15 Blue



15 White



Thank you for supporting me.
 Thank you for making me feel better.
 Thank you for always giving me encouragement.
 Thank you so much for your unwavering support.
 I am grateful for your support.
 Thank you for all your help.

Xcel at the JVA West Coast Cup



16 White



17 Blue



Thank you for all the support you have given me.
 Thank you for your dedicated support.
 Thank you for always inspiring me.
 Your support is greatly appreciated.
 Thank you for your understanding and support.

Xcel at the JVA West Coast Cup



17 White



Thank you for uplifting me.

Thank you for supporting me.

Thank you for always
giving me encouragement.

Your support is
greatly
appreciated.

**Thank
YOU!**



*To our Xceleration Parents and Families,
We know that you have choices. For that, we
thank you for trusting in us to help lead your
athlete's journey. We look forward to continuing
to work with you next season... and beyond.*

Xceleration VBC



We know that there are many options for you when it comes to selecting a volleyball club that best fits your needs. We're certain that before and after the club season each year volleyball families will grapple with one or all the following questions, just to name a few: "What club should I play for?" "Where can I play that will allow me to reach my goals and help me get there?" "What club has a track record of elevating their players' skills to get them to the next level?"

In today's digital world, we often may rely on a slew of resources, like YELP! for recommendations and reviews. We may look at the number of followers, subscribers, or the number of LIKES on Twitter, Facebook or Instagram. At Xceleration, there really is no better way to gain trust and prove the validity of our brand like customer testimonials.

Here are recent testimonial letters on our program... and we will let them speak for themselves!

If you would like to tell us about your experience, or provide a testimonial, please [SEND US](#) an email.



TESTIMONIALS 2023

Hello Coach Andy, Jeremy & Taylor,

Congratulations on your 3rd place victory at Nationals! I was SO bummed to miss the final finale... Andrew won the coin toss on this one:(. So fortunate to have Xavier and Jon to capture everything and I've been having fun watching all the games and looking at all the pics.

A year ago, Kate was really grappling with the difficult decision to give up volleyball altogether. Her 17s club season was dreadful with everything that happened, and it left her reeling at the end of the season. I honestly didn't know how to advise her and wanted it to be her decision, so I told her to call Jerry Mix, her 17s club coach. He mentioned the possibility of trying to get on an Xcel team, and Kate moved quickly to contact you.

BEST. DECISION. EVER!!! I want to thank you for taking a chance on her by bringing her onto the team. She needed a fresh start, and this move made her fall in love with the game again. She has not once regretted this decision. On Monday, exhausted and tired from a long weekend, 1:30 a.m. arrival home, and two tests looming I thought she would be stressed but she was SO HAPPY! She said to me, "I've always wanted to be valued as a person and a player and I got that at Xcel." What a gift!

Thank you so much for everything and wish you continued success at Xceleration!!

- Molly Giang





TESTIMONIALS 2023

Hi John,

I read your latest newsletter and want to congratulate you on another great edition. I particularly liked your summary of the 18s team and their season thus far. I had the pleasure of seeing them at the Sierra National Qualifier. What I saw was a special "TEAM". They were very impressive in their effort to qualify for the Nationals. The team was balanced, played together, lot of energy and focused on their goal. What I saw was a group of players new to the team that played together as a cohesive unit in a relatively short time. They played their hearts out and missed the finals by a slim margin. There was no give up at all, misplays were immediately forgotten, and the team refocused quickly on the next opportunity. There was no figure pointing but players holding hands and continuing to attack the opposing team. I am sorry they didn't qualify but glad they still have an opportunity to make it to the Nationals.

*Best regards,
Norm Haraguchi*

From an astute volleyball fan! What a great compliment to our club and team.

Click here for [MORE TESTIMONIALS](#) from prior seasons.





Dear Andy, Jeremy and Taylor,

Our family wanted send you a quick note to thank you for the most incredible club experience we have ever had in the last decade. I'm not sure where to start but... placing third in Nationals is pretty epic :) Winning aside, we want you to know what a tremendous impact you have had on Marley. She learned so much about the game of volleyball, but more importantly she learned a lot about herself. Hers is somewhat of a comeback story. She finished her 17s year questioning her love of the game and her own ability to compete at her highest and best potential. Within a day of sending film to you last May, she was in Martinez practicing. By tryouts, we knew that Xceleration and the two of you was where she needed and wanted to be. We have been so fortunate to have watched our daughter learn and grow and find her way back to love the game. We want you to know, we deeply appreciate all the hours you have spent with this team which takes away from your own families. You both are consummate professionals that have taught these young women that hard work matters and putting the team above individual wants is paramount to anything else. You have taught them that having high standards and goals are important, winning is possible despite size and strength. As they all head out into the world, these experiences will be with them for the rest of their lives. For our daughter, it all mattered and she is a better player and person because of it. As you know, raising daughters is no easy feat. We want them to be strong and capable as to not let life knock them down. Thank you for being positive male role models and setting the bar high. Taylor was the best compliment to the coaching squad; Marley adored her, and we hope she is the next generation of excellence at your organization.

We are not sure of what lies ahead for Marley, but we will definitely stay in touch. No matter what, she plans to come back to play over the summer. How lucky for her she gets to be an Xcel alum!!

Thank you for the most wonderful year, our family is truly grateful.

***Much Love and Respect,
The Harrisons***

**From a dedicated player –
Marley Harrison – who hails
from Elk Grove and drives
nearly 2 hours each way 3
days a week to practice!**

**Click here for [MORE
TESTIMONIALS](#) from prior
seasons.**



Summer Camps - INDOOR



OFF-SEASON CAMPS - 2023 Schedule
All off-season indoor camps are open to all players.

SUMMER INDOOR:
Xceleration Sports Facility at NorCal Courts
360 Ferry St., Martinez, CA

UPCOMING 5th-8th GRADERS

All weeks are Mondays/Tuesdays/Thursdays (17 sessions), from 6:00 - 7:30 PM

- Week 1 I58: June 26, 27 & 29
- Week 2 I58: July 3 & 6, no camp on July 4
- Week 3 I58 July 10, 11 & 13
- Week 4 I58: July 17, 18 & 20
- Week 5 I58: July 24, 25 & 27
- Week 6 I58: July 31, Aug 1 & 3

Costs:

- \$55/drop-in
- \$140/week; \$95 for Week 2, July 4th week
- \$760 discounted for all 6 weeks
- No refunds will be issued for player absences or cancellations, but we will gladly offer credits to future indoor or beach camps.

Remit online payment [Here](#) and register [Here](#).

UPCOMING HIGH SCHOOL*

All weeks are Mondays/Tuesdays/Thursdays (11 sessions), from 7:45 PM - 9:45 PM

- Week 1 HS: July 3 & 6, no camp on July 4
- Week 2 HS: July 10, 11 & 13
- Week 3 HS: July 17, 18 & 20
- Week 4 HS: July 24, 25 & 27

Costs:

- \$70/drop-in
- \$185/week; \$125 for Week 1, July 4th week
- \$680 discounted for all 4 weeks
- No refunds will be issued for player absences or cancellations, but we will gladly offer credits to future indoor or beach camps.

Remit online payment [Here](#) and register [Here](#).

*** First day of practice for high school is July 28.**



We invite you and look forward to having you on one of our teams next season... save these dates (subject to change) on your calendar!

High School 15s-18s

- **17s/18s:** Fri, Jul 28, from 7 pm - 9 pm
- **16s:** TBD
- **15s:** TBD
- **Signing Night:** Wed, Aug 2 (Time TBA)

Pre-High School 12s-14s

- Fri-Sat, Oct 13-14
- Wednesday, Oct 18 (Signing Night)

Summer Camps - BEACH



**SUMMER 2023
BeACH**



OFF-SEASON CAMPS - 2023 Schedule
All off-season beach camps are open to all players.

SUMMER BEACH:
Moraga Commons Park
1425 St. Mary's Road, Moraga, CA

[CLICK HERE FOR MORE INFORMATION](#)

UPCOMING 5th-8th GRADERS & HIGH SCHOOL

All weeks are
Mondays/Wednesdays,
from 9:00 AM - 11:00 AM
(NEW TIME)

Month II (8 sessions)

- Week 5: July 3 & 5
- Week 6: July 10 & 12
- Week 7: July 17 & 19
- Week 8: July 24 & 26

Costs:

- \$465/month
- \$120/week. Weekly drop-ins are now available until capacity is reached. No refunds will be issued for player absences or cancellations, but we will gladly offer credits to future indoor or beach camps.

Remit online payment [Here](#)
and register [Here](#).

Right photos (top to bottom): Just a few of our Xceleration alumni who have also had successful careers on the sand.

Kaitlynn Zdroik (San Jose State), **Emma Doud** (Loyola Marymount), **Dora Beilin** (Cal Poly SLO), and **Hailey Lindberg** (Santa Clara University).

