



Xcelent NEWS

DECEMBER 2023

VOL. 11, ISSUE # 1

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Feb 4: 16B
Feb 10: 12B
Feb 25: 13B

Xceleration
Volleyball Club
John B. David, Editor

Who, What, Why Xcel?

Happy Holidays to Our 9 Teams That Will Compete in the Club's 18th Season

What is it about turning 18 that makes it a significant milestone in a young person's life? Generally, it marks the end of childhood and the start of adulthood. Celebrating this occasion is a great opportunity to create lasting memories and enjoy time with friends and family. While a few team members (and Xceleration) will celebrate the Big One-Eight this competitive season, we also will help guide our younger athletes in their volleyball and life journeys to reach their milestones. We will do so with our friends and family always being there to support and cheer us along the way.

When founder and former owner **Jon Segall** started the Xceleration Volleyball Club in Concord over 18 years ago, he never would have thought where the club would be today – growing, flourishing, and becoming a fixture in the East Bay volleyball community. Naturally, there were some rough patches for anything starting up or even to this day, with the pandemic in the rearview mirror, new leagues and league changes, staff transitions, to name just a few. Notwithstanding, the club has found and continues a track record of success by following the key tenets that it had initially set out in 2005 and still follows today. Jon's founding principles were simple and could be summed up in three lines:

- *Compete because you love to compete*
- *Win because you love to win*
- *Play because you love the sport*



These principles are still the foundation of the club, and while the club has grown quite a bit, we have not lost sight of these principles. Jon wanted to give volleyball players in the area a competitive club in which to participate and to learn proper volleyball skills.

Initially started as a 3-team club, we have grown each season, both in number of teams, and competitiveness of the players. Our goal was also to provide training to serious-minded volleyball players. We believe in providing the very best training available with our qualified coaches. We provide a well-rounded program that teaches skills,

(Continued on page 3)

A Message from Xceleration Owners, Jeremy & Gayle Swann



On behalf of our coaches and staff, we want to welcome players and their families to Xceleration Volleyball Club's 2024 season. We thank you immensely for choosing Xceleration, to trust in our vision for your child's growth in the game.

When you select Xceleration, you're choosing experience, passion, and the pursuit of perfecting your skills to take you to the next level. Our dedication began over 18 years ago when Xceleration's founder and initial owner **Jon Segall** became inspired to give athletes in the area a place to play competitively, and what began on a spring day in 2005 has blossomed into a nationwide name in girl's volleyball.

So much has changed since Xceleration was established nearly two decades ago, but as the club thrives in its third generation of ownership, the heart and soul of Xceleration remains the same. Xceleration is a place full of Enthusiasm. Drive. Desire. And, most importantly, Family.

Throughout the years, what has really made Xcel into what it is today are the athletes, families, coaches, and staff that are part of the club – the girls that play hard all week and give it their all on the court during tournaments, the families that prep, get up at all hours of the morning to drive to tournaments and fix meals for their athletes, the coaches that dedicate enormous amounts of time to teach the game. The staff

that ensures that everything flows as smoothly as possible. They all make an immeasurable commitment to the success of the club. We are incredibly lucky to have you folks be part of our "Xcel Family."

So, with that said, we look forward to a great season and hope that it will be an enjoyable one for everyone in the club. We cannot wait to see our teams in action, we cannot wait to get to know those that we don't know yet and get even better acquainted with the people returning to Xcel. We look forward to seeing you on the courts! And may the season be filled with lots of learning, fun and friendship.

Enjoy the holidays and soon it will be Go Xcel time! Put in the work and results will follow.

**GO XCEL! Jeremy &
Gayle Swann and family**

Bottom photo: When not in the water for swimming or water polo, the Swann family enjoy their time together in the great outdoors.



Who, What, Why Xcel? (continued from front page)

sportsmanship, leadership, and a strong work ethic.

We set a high standard for our administration, coaching staff, and players. Our programs are designed to develop the ultimate volleyball potential in your child. Whether you are new to volleyball or have years of experience, we are all ready to take you to the next level!

Today, we welcome athletes from 9 teams, comprised of both new and returning players, to the 2023-2024 Season.

In this premier issue of *XCELLent News*, we will meet our teams, our coaches, and our staff who will work together to celebrate 18 years of competitive volleyball in the East Bay. We will also provide improvement opportunities throughout the year through our newsletters, and we always welcome your thoughts and ideas that will help all our members. We ask you to join us in making this season's experience one of the best. We thank you for your continued support and for choosing Xceleration!

Early Club Memories from Jon Segall

XCELLent News caught up with Jon Segall, Xceleration's founder and former owner to gather his memories of the club that he started in 2005 in the following Q&A.

Why did you start the club? What was the goal?

I started the club because I felt that the "Big Clubs" were overlooking a lot of talented players who, while not necessarily having traditional volleyball "talents" (mostly size), would have a place to play and develop their game. I felt like Clubs were stuck in perception and innovation. As a player, I felt like Clubs worked more to what worked for a system that was less intuitive and more geared to a place of "Well, this is what has been the standard, so....".

I wanted a place for volleyball players, run by volleyball players. I wanted to convey the sense of joy that I felt playing and to develop kids so that they wanted to learn and play a sport for the rest of their lives. AND I wanted these kids to see that they could compete and be great at a sport even if they were overlooked.

What were the challenges encountered by the club in its early years?

Getting kids who were competitive to play for an up-and-coming club. I wanted to challenge "the powers that be" and get kids who were along for that challenge. I think we did that, but it was a constant struggle as we were new and didn't have a "name" yet. Though developing kids was a goal (really our #1 goal), we were not a "developmental" club. We built the club to be competitive as well and winning was also a priority.

What was the most exciting or memorable experience you had with the club?

Well, building this club with amazing people was, of course, one of those. I think I really enjoyed

(Continued on the next page)



Top photo: Signing Night has grown tenfold since the club's founding.

Bottom photo: Jon and Janine did not go totally cold turkey after leaving Xcel; the couple enjoyed and supported their sons play in their sports.



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coaching 14 Blue one year where we had an amazing team, which was one also one that was 99% drama free and finished in the top 5 in Northern California.

I guess one thrilling moment for me that will always live on was in the semifinals of a regional. We had a small team, but the girls were hardcore athletes, and our defense and passing was great. AND we could hit with good teams as well. As I said we were "small" though and in warm-ups scared exactly 0% of the people watching. Anyway, we were playing a team from Fresno who had all these tall players who could just bomb the ball. SO, during warm-ups, I overhear one of their parents say while watching us: "Oh, this'll be over fast – we should have this thing done in 20 minutes.".... Famous last words....

I told my players about it in the huddle and went over our game plan. The match was over quickly (about 30 minutes) with Xcel winning 25-11, 25-10. The girls from Fresno could hit but defense and passing crushed them and we played to that. As we were leaving, I walked past the parent who said that (while talking to one of our parents) and made sure they could hear me say...

"Yep, that one was over quick – but it did take us 30 min." and made sure they heard me. To their credit the Fresno parent just nodded and even returned a slight smile.

ALSO, Coaching my 16-2's one year to a top 25 spot out of 160 teams... That was an awesome team! AND Coaching the 17-2's to a 9th Place finish in a SoCal qualifier where everyone assumed we were the 1's team. It made the girls feel great.

What are you most proud of during the club's long existence?

What Xcel has become. It's a great club and considered a destination club. I love seeing that.

What is your message to the club, families and players for the next few decades and future generations?

Play ball and enjoy it as much as I have and still do. Enjoy the competitiveness and drive. I would say that the club is a success, as long as the Girls make Volleyball part of their lives for many years after AND enjoy it.



A note to all the new Xceleration Families .. You don't know this yet, but you have just made the best decision!... Every day [since joining the club], we have been showered by nothing but positive coaching, kindness and support, straight through into her senior college year. Doesn't matter what age group or if it's the White/Blue team ... I promise you, every effort your daughter puts into this season, she will be rewarded times a thousand. Xcel is the best and your daughter is the lucky one!

Dede Nieto



**Xceleration's
Vintage Logo**



[READ MORE TESTIMONIALS](#) about Xceleration that we have received from friends and parents over the years.

REACH YOUR PEAK!

Xcel Academy Training Camps Return for a Second Season for ALL BOYS & GIRLS, Ages 8-14

Back by popular demand, we are reopening Xcel Academy's Training Camps for all girls and boys, ages 8-14. Training camps will be held on Mondays and Wednesdays each week from 4:30 pm - 6:00 pm, starting January 8 through May 29. **PLEASE SHARE THIS ANNOUNCEMENT WITH YOUR FRIENDS AND FAMILY!**

These training camps will begin and build on volleyball fundamentals, to lay a solid foundation from which you can elevate your game to the next level. We expect a low coach-to-player ratio, with both individual and group coaching and real-game action during these sessions.

For effectiveness and continuity, our training camps are available on a monthly pay-as-you-go basis only (i.e., there are no weekly drop-ins, and missed days are non-refundable and cannot be made up in future sessions). Camp fees will range from \$220 - \$280 per month, depending on the month you are attending. Players may also register for all sessions, or the full season from January through May, with a single payment and registration.

All sessions will be held at our Xceleration Facilities at NorCal Courts in Martinez, 360 Ferry Street.

Dates, Sessions and Fees:

- Jan 8-31, 2024, 7 sessions, \$220
- Feb 5-28, 2024, 7 sessions, \$220
- Mar 4-27, 2024, 8 sessions, \$250
- Apr 1-29, 2024, 9 sessions, \$280
- May 1-29, 2024, 8 sessions, \$250

FULL SEASON: For all sessions from January 8, 2024 - May 29, 2024, 39 sessions, \$1,220

HOLIDAYS: No sessions on January 15, (MLK Day), February 19 (Presidents' Day) and May 27 (Memorial Day)



Register Now

How to remit payment and register:

STEP 1: Go to our [ONLINE STORE](#) to make your payment by PayPal or credit card to obtain a Payment Transaction Number.

STEP 2: Complete the Xcel Academy Training Camps [REGISTRATION](#) below to enter player and other information, including Payment Transaction Number.

Please [CONTACT US](#) if you have any questions.

REACH YOUR PEAK



XCEL ACADEMY

Create a Winning Culture of Un-Entitlement and Buy-in

By Munciana's Mike Lingenfelter and former Penn State Volleyball Coach, Russ Rose. Originally published and reprinted from the Junior Volleyball Association.

With 18 years of experience as a competitive volleyball club, getting from Point A to Point B for Xceleration requires a lot of dedication and hard work from all involved – parents, coaches, players, and staff! The club has looked to many programs that have found success on and off the courts throughout its history and has taken facets that were successful from different programs to make itself better each year. One of the best programs that the club has tried to emulate and replicate is that of the Penn State women's volleyball team under the leadership of their former coach, Russ Rose. His accomplishments are legendary – coach of the year multiple times, his lifetime coaching record ranks first in Division I history, he has the most wins and highest winning percentage of any Penn State intercollegiate athletic coach in Penn State history, 41 NCAA tournament appearances, 7 national titles, and the list goes on. Who can argue with this level of success in the college ranks.

Xceleration's leadership team has taken the 5 keys elements described in the article below to heart and is reminded each day that they are needed to make the program better.

In 1979, at the age of 25, Russ Rose took the Penn State Women's Volleyball Head Coaching Position. With three paid scholarships at the time, he fielded a full roster of female student athletes. One of the first things he did as Head Coach was to establish the culture of the team: it was based on hard work, honesty and the student athletes putting team success before individual success.

Rose was the Head Coach from 1979-2021. He led the program to seven NCAA National Championships, first in 1999, then in each year from 2007 through 2010, and in both 2013 and 2014. He led the Nittany Lions to appearances in every

NCAA Division I Women's Volleyball Tournament, making Penn State the only program in the nation to appear in every NCAA volleyball tournament since its inception in 1981. Rose is the nation's all-time leader in wins, winning percentage and NCAA tournament winning percentage.

To this day Rose credits the team's success to the cultural foundation that was built and then fostered from the early years of the program, and then passed along from class to class, becoming a part of each player's DNA. Rose continued to focus on culture four decades later and believes that a program's culture will attract certain players who exemplify that culture.



I'm not trying to set the bar high. We're just trying to compete. We want to grind. This is what we do.

Russ Rose

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Photos Courtesy of
Penn State Athletics

Create a Winning Culture of Un-Entitlement and Buy-in (continued)

Whether you are a new club or an established club, a new volleyball coach or a long-time coach, here are 5 keys to Create and Foster a Winning Culture of Un-entitlement and Buy-In:

INSTALL HARD WORK

Teach your kids how to work hard. If they work hard, your athletes will care more, and in return they will receive more. Teach them how to compete and be competitive in everything they do. Let your players know that it's OK to compete. Compete with their counterparts, compete with the coach(es) and compete with themselves. Spend a lot of time on first ball contacts (serve/pass) and work really really hard at it.

HONEST COMMUNICATION AT ALL TIMES

The key to creating a relationship with the student athletes is to be honest. Clear, concise and honest communication creates buy-in and trust. Your athletes need to be open to taking criticism, whether it is technical, emotional or mental feedback.

Playing time conversations are common during the season. You want players that want to play; however, you want them to care more about the success of team than themselves. Use player meetings to address how the student athlete is doing, what his/her role is on the team and why, and have the meeting a few times throughout the season: prior to the first tournament, mid-season and post season.

Everyone on the team deserves open and honest communication so there are no questions.

Keep players on each team to a workable number so you don't run into too many playing time issues.

Some athletes want to play at the highest level. Honesty can make a big difference during the recruiting process as the student athlete is navigating trying to find a college program to call home. The biggest home does not always mean the best home. Honesty is about finding the best home.

ACCOUNTABILITY AND TAKING OWNERSHIP OF PERSONAL GROWTH

Setting expectations through open and honest communication sets the tone for accountability. Open the season reminding your club athletes and parents that they are paying to train verse paying to play. Everyone gets equal training. Address it early and often and consistently. One of the biggest reason clubs track stats is to explain playing time decisions, however it should be to validate an athlete's personal growth and improvement, or non-improvement. Make it about the athlete achieving their goals and dreams.

Clubs should keep parents involved in the journey of their athlete. Don't hesitate to speak to the parents, the consumer, the customer. Involve them to eradicate issues and help their athlete grow, after all, they know their child better than anyone else. Build trust through communication and honesty.

One can argue that student athletes haven't changed, the



Photos courtesy of Penn State Athletics

Create a Winning Culture of Un-Entitlement and Buy-in (continued)

parents have changed. Parents need to understand that when their child gets out into the real world, they will not have the protection of their parents, and will need to fight their own fights. Cultivate a supportive parent culture and understand that at the end of the day your culture may not be for everyone. Stay consistent and hold your ground. Remember, you're more likely to hear from the unhappy parent than the happy parent.

SURROUND YOURSELF WITH QUALITY STAFF AND BUILD RELATIONSHIPS

It is difficult for culture to drive success without the support from the coaching staff and club leadership. Every player needs to feel like there is someone they can communicate with whether it is the assistant coach, head coach or club administrators. Do more off the floor to address non-volleyball priorities:

Mental Training, Nutrition, Strength Coach, Academic Guidance, Time Management.

MAKE SAFETY AND THE NEEDS OF THE ATHLETES A PRIORITY

The fact that volleyball is a team sport means that culture plays such a big role and can impact performance. We owe it to the student athlete to give them a quality experience, and a safe experience.

Culture is something that grows and develops over time. It's the foundation of every program and is detrimental to the success of any volleyball team. Spend the necessary time coaching parents on how to allow their kids to be coached, coaching your coaches on how to teach their players to be coached, and teaching players how to be coached. The time you put into your club's culture will be worth it.



Key Takeaways

5 Keys to Create and Foster a Winning Culture of Un-entitlement and Buy-In:

- 1) Instill Hard Work
- 2) Honest Communication Always
- 3) Accountability and Taking Ownership of Personal Growth
- 4) Surround Yourself with Quality Staff and Build Relationships
- 5) Make Safety and the Needs of the Athletes a Priority

Elements of a Winning Culture



MEET OUR TEAMS: 12 Blue Jaylee Mills & Abby Topete



JAYLEE MILLS – HEAD COACH 12BLUE

Jaylee joins Xcelation for her first year of coaching with the club. She recently completed her Freshman season as Middle Blocker for Pacific Union College (PCU) in Angwin, CA. Jaylee hails from Wilmington, IL, and was a volleyball and softball standout at Wilmington HS.

ABBY TOPETE – ASSISTANT COACH 12BLUE

Abby joins her PCU teammate and coach Jaylee for her first season with Xcelation. The Freshman Opposite prepped at Bonita Vista HS in San Diego, CA, where she also played for Coast Volleyball Club. Abby is very passionate about volleyball; she is driven and is looking forward to helping young athletes in the sport. Abby started as a Middle Blocker because at a younger age she was typically taller than most girls her age; however, she gravitated toward the position now of Right-Side Hitter/Blocker and serve receive. In her spare time Abby likes to spend time with her family and friends and work out.



2024 ROSTER

Ahalya Ammundi

Freya Bridge

Tierra Foster

Hannah Hanes

Sarah Nolan

Sophia Regacho

Kyla Anne Salcedo

Adriana Salditos

Gabby Santo Domingo

Mbali Sibanda

Evelyn Tsai



MEET OUR TEAMS: 13 Blue Taylor Dixon & Allan Alberto

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TAYLOR DIXON – HEAD COACH 13 BLUE

Xceleration alumnus Taylor has played volleyball for over 10 years, including two years with Xcel. Taylor earned a scholarship to play at Cal State San Marcos as an outside hitter for the Cougars. There she earned her BA degree in Liberal Arts, with an emphasis in Sociology. Taylor also obtained her teaching credential from CSU San Marcos and currently teaches 2nd Graders. Taylor prepped at Liberty High School in Brentwood, CA through 2016, where she was on varsity volleyball all four years and earned First Team All-East Bay for two years in a row. Last season, Taylor kept a busy competitive volleyball schedule, serving as an assistant to both the 14s and 17s teams.

Taylor said, "I look forward to coaching and being a part of the Xcel family once again!"

ALLAN ALBERTO – ASSISTANT COACH 13 BLUE

In his 4th year with Xceleration, Allan's 30 years of volleyball experience began in his hometown in the Philippines. Allan started his collegiate volleyball career at National University in the Philippines, playing the middle and right position. He was a member of the Philippine National Team in 2002, 2004, and 2005 and competed internationally in Fukuoka, Japan, in 2002. Allan also became a member of the Philippine Air Force Volleyball Team and was the Philippines' National Open champions from 2005 to 2007.

Allan started his volleyball coaching experience as the Head Coach of Asian College of Science and Technology in the Philippines from 2004 to 2006. He was the Assistant Coach for the Philippine Air Force from 2004 to 2006 and National University in the Philippines from 2006 to 2008. When Allan arrived in California, he joined Club Solano and was one of the head coaches, coaching the Girls 15's, 16's, and 17's age groups from 2017 to 2020.

Allan loves and is very passionate about Volleyball. He enjoys teaching players the fundamentals of the sport and fostering the importance of hard work, determination, and teamwork. His goal is to share his talent and experience with younger players, to inspire them to develop their skills and passion for volleyball.

2024 ROSTER

Rebecka Alberto
Meha Balamurugan
Ainsley Chan
Joyanna Guada
Olivia Naranjo
Dakota Small
Kimora Underwood
Talia Walsh



MEET OUR TEAMS: 14 Blue

Andrew Randolph & Andy Jee

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ANDREW RANDOLPH – HEAD COACH 14 BLUE

Andrew is now in his 7th year of coaching and has done so for multiple high school and club teams. He began coaching in 2017 for Belltown VBC in Riverside, CA for their 12's, 13's, 14's, and 16's teams. Shortly after, he moved on to coach the Girls' Frosh, JV, and Varsity teams for the 2019 season at Southlands Christian Schools in Rowland Heights, CA, as well as the Boys' team for Martin Luther King High School in Riverside. Andrew coached two seasons with the JV team at Will C. Wood High School in Vacaville, CA. Andrew helped coach the 15 White team for Xcel during the 2020-2021 season, the 16 White Team during the 2021-2022 season, 17 White during 2022-2023, and now looks forward to coaching our 17s and 14s teams for this upcoming season.

Andrew played High School Volleyball for Berean Christian High School in Walnut Creek, CA from 2010-2014 as the team's starting Libero. He also played three years as an Outside Hitter and Libero for Diablo Valley Volleyball Club (DVVC). He earned DVAL Honors all four years including Honorable Mention his Freshman year, 2nd Team All-League Sophomore and Junior years, and 1st Team All-League Senior year. From 2014-2017, Andrew attended California Baptist University (CBU) in Riverside, CA and graduated with his Bachelor's 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.

Andrew has worked with a multitude of high school and college sports teams including Cheer, Golf, Basketball, Volleyball, and Soccer as a Mental Performance Coach. Andrew also currently holds a certification as a Personal Trainer, with a specialization in Sports Conditioning. Andrew's goal is to gain as much experience as he can working among high school student athletes, and desires to be one of the first to work with high school and college athletes in both mental and physical performance aspects. Helping athletes learn to set goals for themselves and work diligently to find success is what Andrew is most passionate about and will continue to work towards as he builds his career surrounding athletics.

ANDY JEE – ASSISTANT COACH 14 BLUE

Andy brings a wealth of knowledge and enthusiasm to the Xceleration staff. Andy has coached for over 25 years at various levels from Club to Junior College. Andy is currently the Head JV coach at Carondelet HS (Concord, CA). Prior to his role at Carondelet, Andy was formerly the Head Varsity Coach at Miramonte HS (Orinda, CA) and Assistant Coach at Diablo Valley College (Pleasant Hill, CA) and Los Medanos College (Pittsburg, CA). Andy has also coached at various clubs in the Bay Area and is a five-time Girls' Junior National Championship qualifier, which included a 3rd Place finish at the National level. Additionally, Andy has 30+ years experience in Volleyball Officiating. He is a current Pac-12 Official's Observer, Division 2 Official, Junior College Official, and USA Regional Volleyball Official.

2024 ROSTER

Olivia Baysa
Evelyn Canova
Clara Chequer
Sloane Chester
Mahya Hekmat
Alyssa Jee
Emma Lopez
Gianna Smith
Georgia Vaz
Danielle Viray
Emma Williams



MEET OUR TEAMS: 14 White Jennie Bautista-Boyd & Ryin Le

14



JENNIE BAUTISTA-BOYD – HEAD COACH 14 WHITE

Jennie was born and raised in Honolulu, HI and has over 15 years of volleyball experience. She played intramural volleyball at Long Beach City College, has been coaching high school volleyball since 2018, and is currently the boy's varsity coach at San Ramon Valley HS. She believes in the long-lasting lessons inherent in team sports, and in creating a team-first atmosphere, where talent comes in all different forms and where everyone is an asset to the team.

RYIN LE – ASSISTANT COACH 14 WHITE

In her first year with Xceleration, Ryin joins the coaching staff while also playing as a DS in her Freshman season for the Pacific Union College Pioneers in Angwin, CA. At this point, her career aspiration is clinical pharmacy and is a Pre-Pharmacy major at Pacific Union.

The Roseville native prepped at Rocklin High School and competed for SynergyForce 18 Gold, NW Power 17 Ohana, and Rage 16-1 as S, L/DS, and RS. She is also a major force on the sand. Ryin possesses an internal fire to compete and desire to win. Ryin is a 2-time Coach's Award recipient. The versatile player is often her team's most powerful and consistent hitter; she is a top go-to option in crunch time. Ryin brings passion and enthusiasm to Xceleration, and her positive energy is uplifting in a supportive way. Mentally tough and determined, Ryin loves to compete and plays big in big moments: the bigger the point the brighter she shines. She is one of those athletes who not only accepts pressure but embraces it. If she is not in the gym putting in extra work, she is training hard with a personal trainer to improve her overall athleticism. She loves to work with an entire squad of girls who share her level of desire and dedicated work ethic.

2024 ROSTER

Barbara Babrauskas
Maya Dorado
Valentina Fantin
Julianna Hernandez
Shae McCall
Brynn McCall
Faye Pang
Alison Rost
Gigi Yancey



MEET OUR TEAMS: 15 Blue Andy Jee & Taylor Scriven

15



ANDY JEE – HEAD COACH 15BLUE

Andy brings a wealth of knowledge and enthusiasm to the Xceleration staff. Andy has coached for over 25 years at various levels from Club to Junior College. Andy is currently the Head JV coach at Carondelet HS (Concord, CA). Prior to his role at Carondelet, Andy was formerly the Head Varsity Coach at Miramonte HS (Orinda, CA) and Assistant Coach at Diablo Valley College (Pleasant Hill, CA) and Los Medanos College (Pittsburg, CA). Andy has also coached at various clubs in the Bay Area and is a five-time Girls' Junior National Championship qualifier, which included a 3rd Place finish at the National level. Additionally, Andy has 30+ years experience in Volleyball Officiating. He is a current Pac-12 Official's Observer, Division 2 Official, Junior College Official, and USA Regional Volleyball Official.

TAYLOR SCRIVEN-THOMPSON – ASSISTANT COACH 15 BLUE

Taylor is currently the Head Varsity coach at Mt. Diablo HS (Concord, CA). After playing volleyball at Liberty High School (Brentwood, CA), Taylor played two years at Los Medanos College (LMC) as an Outside Hitter. She was named conference MVP during her sophomore year and received an athletic scholarship to Alcorn State in Mississippi, a D1 university, where she continued her volleyball career and education. After graduating in 2017 with a BS in Psychology, Taylor moved back home and became the assistant coach at LMC for about six years. She coached at many different age levels, girls and boys from middle school to the collegiate level. Taylor has also obtained her MS in Sports Psychology and is currently in school to earn her teaching credential and a Masters degree in Education. Taylor said, "Volleyball is my passion and I love spending my time sharing my knowledge and love for the game. I also enjoy spending time with my friends and family. We love hanging out on the weekends and watching Sunday football."

2024 ROSTER

Madison Andrada
Emery Benavides
Bea Bohulano
Mira Clark
Svea Crawford
Aubrey Dowdy
Mia Jee
Amelie Kim
Ella Macchi
Makayla Morin
Jerita Pingol
Vanessa Rosello-Duenas



MEET OUR TEAMS: 16 Blue

Jack Cowden & Bryanna Davis

16



JACK COWDEN – HEAD COACH 16 BLUE / DIRECTOR OF COLLEGE RECRUITING

Jack has coached all ages of athletes. Most recently, he coached at a four-year NCAA Division II university. Previously, he was the first assistant at Foothill College where they won conference championships from 2009-2011. He coached in the regional girl's High-Performance program for four years, Recently, he assisted in the start-up of the national women's Professional League (PVL) through USA Volleyball and the NCVA and had a final-four finish in the National Championships in Louisville, Kentucky as head coach.

BRYANNA DAVIS - ASSISTANT COACH 16 BLUE

Bryanna is an Xceleration alum bringing over 15 years of volleyball experience, including 3 years playing at Xceleration. While competing with the 18 Blue, Bryanna received a Division I volleyball scholarship to play at La Salle University in Philadelphia, PA playing as a six-rotation outside hitter in the Atlantic 10 Conference. At La Salle, Bryanna earned her Bachelors of Science in Integrated Science, Business, and Technology with a concentration in Biotechnology. Prior to her collegiate career, she played volleyball at Bishop O'Dowd HS, earning MaxPreps California All-State Honors and a North Coast Section Division III title in 2013. Bryanna said, "I am thrilled to coach at Xcel this season and excited to contribute to the development of young athletes!"

2024 ROSTER

Mia Brown
Grace Hayes
Hoda Hekmat
Stella Larkin
Janie Luo
Leila Malabuen
Gianna Miller
Jadyn Sanchez
Erin Veatch
Jadyn Voorwinden
Addison Weber



MEET OUR TEAMS: 17 Blue Andrew Randolph & Allan Alberto

17



ANDREW RANDOLPH – HEAD COACH 17 BLUE

Andrew is now in his 7th year of coaching and has done so for multiple high school and club teams. He began coaching in 2017 for Belttown VBC in Riverside, CA for their 12's, 13's, 14's, and 16's teams. Shortly after, he moved on to coach the Girls' Frosh, JV, and Varsity teams for the 2019 season at Southlands Christian Schools in Rowland Heights, CA, as well as the Boys' team for Martin Luther King High School in Riverside. Andrew coached two seasons with the JV team at Will C. Wood High School in Vacaville, CA. Andrew helped coach the 15 White team for Xcel during the 2020-2021 season, the 16 White Team during the 2021-2022 season, 17 White during 2022-2023, and now looks forward to coaching our 17s and 14s teams for this upcoming season.

Andrew played High School Volleyball for Berean Christian High School in Walnut Creek, CA from 2010-2014 as the team's starting Libero. He also played three years as an Outside Hitter and Libero for Diablo Valley Volleyball Club (DVVC). He earned DVAL Honors all four years including Honorable Mention his Freshman year, 2nd Team All-League Sophomore and Junior years, and 1st Team All-League Senior year. From 2014-2017, Andrew attended California Baptist University (CBU) in Riverside, CA and graduated with his Bachelor's 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.

Andrew has worked with a multitude of high school and college sports teams including Cheer, Golf, Basketball, Volleyball, and Soccer as a Mental Performance Coach. Andrew also currently holds a certification as a Personal Trainer, with a specialization in Sports Conditioning. Andrew's goal is to gain as much experience as he can working among high school student athletes, and desires to be one of the first to work with high school and college athletes in both mental and physical performance aspects. Helping athletes learn to set goals for themselves and work diligently to find success is what Andrew is most passionate about and will continue to work towards as he builds his career surrounding athletics.

ALLAN ALBERTO – ASSISTANT COACH 17 BLUE

In his 4th year with Xceleration, Allan's 30 years of volleyball experience began in his hometown in the Philippines. Allan started his collegiate volleyball career at National University in the Philippines, playing the middle and right position. He was a member of the Philippine National Team in 2002, 2004, and 2005 and competed internationally in Fukuoka, Japan, in 2002. Allan also became a member of the Philippine Air Force Volleyball Team and was the Philippines' National Open champions from 2005 to 2007.

Allan started his volleyball coaching experience as the Head Coach of Asian College of Science and Technology in the Philippines from 2004 to 2006. He was the Assistant Coach for the Philippine Air Force from 2004 to 2006 and National University in the Philippines from 2006 to 2008. When Allan arrived in California, he joined Club Solano and was one of the head coaches, coaching the Girls 15's, 16's, and 17's age groups from 2017 to 2020.

Allan loves and is very passionate about Volleyball. He enjoys teaching players the fundamentals of the sport and fostering the importance of hard work, determination, and teamwork. His goal is to share his talent and experience with younger players, to inspire them to develop their skills and passion for volleyball.

2024 ROSTER

Alexis Andrawess
Olivia Canova
Eleanor Dickson
Maya Fowler
Leyni Levenfeld
Erin Mendoza
Gigi Quesada
Anna Ryan
Emma Seelenbacher
Zinna Wasonga



MEET OUR TEAMS: 18 Blue

Andy Schroeder, Jeremy Swann & Taylor Dixon

18



ANDY SCHROEDER - CO-HEAD COACH 18 BLUE

Andy is entering his 16th year with Xceleration and 19th year as a club volleyball Head Coach. Prior to joining Xceleration, Andy spent four seasons coaching at Odyssey VBC and NorCal VBC. As a player, Andy played D-1 volleyball for Cal Poly San Luis Obispo. He was an AA-ranked beach volleyball player and, in 2007 was voted into the Seaside Beach Volleyball Hall of Fame. In 2015, Andy was named a finalist for the PrepVolleyball.com National Club Coach of the Year. In the last 14 years, Andy has coached Xceleration's 18Blue teams that have consistently qualified for the USA Volleyball (USAV) Junior National Championships, with three teams finishing in the Top 5 in 2010, 2012, 2013, 2017 and 2023. During his coaching career at Xceleration, nearly 200 of his former players have gone on to play in college.

JEREMY SWANN - CO-HEAD COACH 18 BLUE

Jeremy is owner of the Xceleration Volleyball Club. He is in his 16th season at Xceleration and in his 20th season of coaching junior girls' volleyball. Jeremy returns this season to coach with Andy Schroeder for 18Blue. It will be their 13th year of coaching this team together. Before joining Xceleration, Jeremy was the Head Coach at Monte Vista HS in Danville for two seasons and led his teams to North Coast Section (NCS) appearances each season. Jeremy played volleyball at St. Mary's College in Moraga, CA and soccer at Cal State East Bay in Hayward, CA.

TAYLOR DIXON – ASSISTANT COACH 18 BLUE

Xceleration alumnus Taylor has played volleyball for over 10 years, including two years with Xcel. Taylor earned a scholarship to play at Cal State San Marcos as an outside hitter for the Cougars. There she earned her BA degree in Liberal Arts, with an emphasis in Sociology. Taylor also obtained her teaching credential from CSU San Marcos and currently teaches 2nd Graders. Taylor prepped at Liberty High School in Brentwood, CA through 2016, where she was on varsity volleyball all four years and earned First Team All-East Bay for two years in a row. Last season, Taylor kept a busy competitive volleyball schedule, serving as an assistant to both the 14s and 17s teams.

Taylor said, "I look forward to coaching and being a part of the Xcel family once again!"

2024 ROSTER

Lauren Au
Hannah Hetrick
Marina Miller
Aliyah Palwick
Jade Profilio
Ayana Ruffin
Lila Siale
Noelani Sio
Zepora Tia
Mackenzie West



MEET OUR TEAMS: 18 White

Justin Hoover & Lindsey McLaughlin

18



JUSTIN HOOVER – HEAD COACH 18 WHITE

Bay Area born and raised volleyball player and coach Justin Hoover returns to Xceleration after a hiatus from the club. In high school he played for Head Royce, winning CIF Northern California Section finals one year and went with his team to NCS finals a second year. He also played four years of club / JO's volleyball. After high school, Justin attended college at Colgate University where he played D-I varsity ice hockey but left the team after a year to play volleyball. He played all the remaining years at Colgate with the club team competing against D-3 schools across NY State. Justin also played in France with the University of Dijon during his study abroad. Justin began his coaching career in 1998 at Head Royce, as the JV girl's coach, received his first coaching certification from Gold Medal Squared in 2001 coached the Colgate D-1 women's club volleyball team from 2001-2003. From 2003-2009 Justin coached high school and club volleyball in the Bay Area with M-Power, Xceleration, Golden Bear, and St. Mary's College High School until 2009. After that, Justin took a break from volleyball and turned to martial arts, gaining a black belt in Kung Fu and competing at high levels across California. Justin continues to practice and teach martial arts today and is a certified yoga instructor. Justin also continues to coach and play volleyball, currently coaching for Piedmont Middle School and Piedmont High School. Justin's certifications include Gold Medal Squared, the Art of Coaching, and Positive Coaching Alliance and Justin is a candidate for a NASM personal trainer certificate later this year. Justin holds a master's degree in fine art from the San Francisco Art Institute and a master's degree in public administration of international management from Middlebury University. Justin resides in Piedmont, CA with his wife and three kids.

LINDSEY McLAUGHLIN – ASSISTANT COACH 18 WHITE

Lindsey is an Xceleration alumna and returns as an assistant coach of the 18 White. Lindsey graduated from Rodriguez HS where she was the RHS 2019 Female Athlete of the Year, 2019 First Team All-Conference honoree, and RHS Scholar-Athlete from 2015 to 2019. She then entered Solano Community College, where she finished in the top ten in 2019 in the CCCAA in hitting percentage, service aces, and blocks per set. There she received the November 2019 Athlete of the Month and 2019-20 CCCAA Women's Volleyball Scholar-Athlete awards. She then transferred to Cal Poly Humboldt where she was a two-time CCAA All-Team, CCAA Academic Honor Roll and Deans List recipient. Lindsey recently completed her degree in Kinesiology (Exercise Science) and a minor in Psychology at Cal Poly Humboldt. If not on the volleyball court, Lindsey enjoys working out, reading, spending time outside, and with friends and family... Fun fact, she was in marching band in high school and played the trombone.

2024 ROSTER

Emily Boles
Chloe Farzaneh
Emily Gall
Taylor Henley
Addison Jones
Grayson Muraoka
Sabrina Nadeau
Grace Nelson
Brooke Parker
Sofia Sims
Sarai Trevino



MEET OUR TEAMS: Staff

PRIMA GLORIOSO – CLUB ADMINISTRATOR

Prima has 22 years of coaching experience ranging from high school, club, college, and the Men's Professional Volleyball League. Prima has been involved in volleyball almost her entire life. Her playing experience includes Sacramento City College. As a member of the Sacramento City College team, she played opposite and helped the team finish 4th in the State of California. Prima then went on to finish her playing and academic career at Cal State Hayward.

Prima has been involved in the NCVA Regional High-Performance Program since 2007. She is also a USA High-Performance Volleyball Camp Coach and has worked with the top A1 athletes in the country. Prima also represents the Northern California Region as the Head Coach of the Boys International High-Performance Team. The team competes at the USA Volleyball High Performance Championships every summer where they earned back-to-back silver medals and competed in the International Division with two 4th place finishes. In 2016 the Regional High-Performance Team won a Bronze Medal in the International Division, and the year before that the team earned a Gold Medal in the International Division. Prima is currently the First Assistant at Menlo College Mens Volleyball Program. Thirteen years ago, she founded Core Volleyball Club to give opportunities to female and male athletes to have a safe, fun, and competitive environment to achieve their goals.

Prima's certifications include USA CAP II, Gold Medal Squared, Impact, Positive Coaching Alliance, and Champions of Character (NAIA). Prima resides in Fair Oaks with her husband Justin and her two beautiful daughters Kiana and Gabriela.

JOHN DAVID – MEDIA & COMMUNICATIONS

John has been affiliated with Xceleration since 2011 when his daughter Sam joined the club, and ever since the media team was created in 2013, he has become the club's historian, archiving and reporting highlights and accomplishments of its current and former athletes. John also supports the club's various online registration and communications needs, such as content development for and management of its website, presence in social media circles, creation of marketing and digital materials, and publication of the club's monthly newsletter, XCELLent NEWS, which currently is in its 11th season.



Learn Practice Improve

Deliberate Practice: The Path to Improvement

BY KARCH KIRALY

Originally published in Volleyball USA

When it comes to practice, it's not enough just to have a pulse and show up at the gym.

You're probably thinking, "Duh, Karch, I knew that." But I say it to emphasize the point that there's a big difference between just clocking in and clocking out and engaging in purposeful practice.

In the book "[Outliers: The Story of Success](#)," author Malcolm Gladwell writes about factors that lead to high-level achievement and examines the 10,000-hour principle, which is based on a study by Swedish psychologist Anders Ericsson. After the book was published in 2008, this principle was widely misinterpreted. Many saw it as validation that you can become a world-class performer in your profession after 10,000 hours of practice. Not so.

The point was that achieving mastery or near mastery only happens after thousands of hours doing deliberate practice. That's very different, and the distinction is one that was

recently addressed in the book "[Peak: Secrets from the New Science of Expertise](#)," which was co-authored by Ericsson.

As it relates to volleyball, practice that isn't deliberate doesn't do much to improve your game. If you mindlessly forearm pass 20 easy tosses, there's no challenge and no real benefit. It might feel good that you passed them perfectly, but that's about it. To really improve, your training needs to include the following:

- **Goals**
- **Intense focus**
- **Pushing yourself out of your comfort zone**
- **A way to measure your improvement**
- **Feedback from a coach or teammate**



Practicing with purpose is the best, single thing you can do to reach your potential in volleyball or anything else you choose to pursue in sports or life.



Deliberate Practice: The Path to Improvement (continued)

Getting Feedback While Setting Goals

Feedback might come from a coach, but you can also get it from another player. Pick a teammate, tell him or her what you're working on, ask them what they're working on, and then give feedback to each other throughout practice. Training partners serve two good purposes: they help you maintain your motivation and your focus.

People who visit USA practices see how purposefully our players attack each activity. Anybody who watches our passers practice, like **Jordan Larson** or **Kim Hill**, is likely to see them repeat their action without the ball to reinforce what they've done right – or correct what they are trying to improve. Either way, they are dialed in and intensely focused on what they're doing.

When working on a single skill like passing, our athletes often set very

specific goals. In the case of passing, a national team player might aim to stand in against a certain number of high-level serves and get eight out of 10 on their sweet spot. (A club or high school player might set a lower standard – maybe four out of 10.)

The sweet spot, as you probably know, is the forearm area between the wrist and elbow. Ideally, the ball should hit both arms equally, not more of one than the other. Getting the ball on your sweet spot sometimes involves taking it at shoulder height and to the side, outside your body line.

Great passers must build proficiency contacting the ball on their sweet spot no matter where the serve goes: deep or shallow, high or low, far away or close – not just near their bellybutton.

A great testimony to the value of deliberate practice was seen a few years ago when a music study was conducted in Japan with 24 children between the age of 2 and 6.



Through a very structured practice schedule, they were taught “perfect pitch” – the ability to hear a sound and identify the key (for example, the difference between C and F#). For hundreds of years, people considered perfect pitch something you're born with, not something that could be learned by the average child. Mozart, for instance, had it by age 7. In this study, every one of the 24 kids mastered it within a year and a half. That's the power of deliberate practice.

With that said, you should understand that certain things will limit you no matter how well you practice. If you're 4-6, you're probably not going to make it to the NBA. If you're 6-10, you're probably not going to be a jockey. But the big picture is that you can achieve immense improvements in any skills with deliberate practice.

Practicing with purpose is the best, single thing you can do to reach your potential in volleyball or anything else you choose to pursue in sports or life.



Photos for this section courtesy of Seattle Times, Los Angeles Times, Orange County Register



There is a special man who's changed my life recently, and he says these things to me:

"You rock!"

"Great job in difficult circumstances."

"You should be really proud of yourself."

He's my scuba instructor.

A great sports instructor or coach builds us up, but also teaches us important lessons of emotional management, such as confidence, perseverance, resilience and how to conquer fear and anxiety. Many times, these lessons have a permanent impact on our mind-set and attitude well beyond the playing field.

These teachings are often long-lasting, sports psychologists say, because sports are a microcosm of the larger world – with goals, competition, a game plan, results and feedback. Most people participate in a sport voluntarily, so they are open to learning. There is emotional intimacy and trust in a good coach-student relationship. And, perhaps most important, the lessons are simple and immediately reinforced.

"If you have a golf club in your hand, your coach tells you to twist a little to your left to adjust your swing, you do that and it works, that is a very powerful lesson," says Jack J. Lesyk, director of the Ohio Center for Sport Psychology, in Cleveland, and a

What Coaches Really Teach

By Elizabeth Bernstein,
Wall Street Journal

performance psychologist for the Cleveland Cavaliers.

My high school horseback riding coach, a former U.S. Army cavalry veteran we called "Sarge," who served in both WWII and the Korean War, repeatedly told me: "Look down and you are going to land on the ground. Look where you want to go." That lesson, central to a number of sports, including golf, skiing and surfing, became a life motto for me, reminding me to always look forward to my goals, to always look up with confidence.

What major lessons have others learned from sports? I asked around and here is what I heard:

Remember your seat.

Amy Starin, 53, took up competitive rowing with the Chicago Rowing Foundation after going through treatment for breast cancer. She learned from her coach to focus on her role within the larger team she supports. Her coach stresses teamwork and individual contribution, she says, and repeatedly tells the rowers: "Every seat has a job that no one else in the boat can fill. Remember your seat."

Ms. Starin says this advice has helped her understand that her role on any team, whether in a rowing shell, a work meeting or her family, is to do her part as well as possible and focus on her performance and development,

not the strengths and weaknesses of others. "The assumption is that if the boat is not doing well there has to be something I can do better in my seat to contribute to the outcome," she says.

Fence to fence, not to win.

Jenny Dorsey was a competitive fencer as a teenager, competing in the national circuit, the North American Cups and the Junior Olympics. After she lost an important match 15-14, angrily tore off her gear and was crying on the sideline, her coach, whom she considered "a father figure," asked: "Were you fencing to fence or were you fencing to win? Because if you're fencing to win you never will."

Jenny Dorsey was a fencer and competed in the Junior Olympics as a teen. She learned to focus less on winning and more on personal achievement from her coach.

Ms. Dorsey says she learned that day that passion, growth and accomplishment are the real spoils of victory – and it is impossible to get anywhere

(Continued on the next page)



What Coaches Really Teach (continued)

without them. “In fencing and in life, if you only drive toward an end result without loving and acknowledging the journey you will never win,” she says. “Even if you do, that win is only an empty shell because you’ve traded in substance for a trophy.”

Fatigue will not be a factor.

Brandt Johnson played basketball at Williams College in Williamstown, Mass., and later as a member of the Harlem Globetrotters opposition team and professionally in Europe. At Williams, he says, his coach made the players practice sprints over and over, sometimes nonstop for hours, calling out: “Fatigue will not be a factor in our performance.”

“He wanted us to have our bodies and minds conditioned, so we were less likely to get tired,” says Mr. Johnson, 50, who co-owns a communication-skills training firm in New York with his wife. “While we may have limitations as an athlete or a person doing what we do, if we’re prepared, these things won’t stop us.”

Mr. Johnson says he used this advice as a young investment banker preparing analysis for his bosses, when he decided to return to basketball after working in finance, and now when preparing to meet with clients of his business. Recently, while traveling to Florida to meet with 20 corporate executives for a three-hour training seminar he memorized all their names and bios on the plane. “The commitment to doing what has to be done for the task at hand has stayed with me,” he says.

Be proud.

When Mike Seyfer opened the Gazette in Cedar Rapids recently, he was saddened to see the obit of his former high school basketball coach. That got him thinking about a frigid night in February 1964, when he was a sophomore and his team lost an away game in Moline, Ill., after being 15-1 for the year. After the players dejectedly piled onto the bus for the 75-mile ride back home, the coach climbed on, closed the door and shouted: “Get your heads-up fellas! You all played a great game and competed to the final buzzer, and I could not be prouder of you.”

Mike Seyfer says he learned to follow through and complete tasks 100% from his high school basketball coach after a tough game in 1964. The retired investment adviser now coaches young baseball players.

His coach’s advice to compete “100% and when the game, task, meeting or project is completed, be proud you gave it your best effort, win, lose or draw” has always stayed with him, he says.

“It’s important going forward for your confidence and to be successful,” Mr. Seyfer says. “If you always look in the rearview mirror, it will be detrimental for your performance in the future.”

I’ve been scuba diving for three years, taking a number of advanced certification classes. When I was first learning to dive, I had a panic attack on the surface. I jumped off the boat into a big wave and, once underwater, thought the boat was going to slam down on me. Within seconds, I had



only two thoughts in my head: “I’m going to drown” and “I’m an idiot.”

Luckily, my instructor, James Paddon – always unruffled and positive – was with me. He calmed me down by looking directly in my eyes and repeatedly telling me that I was OK. We finished the dive, and later discussed what happened and how to prevent a repeat. In midair, I had heard someone on the boat comment that the waves were “really, really big.” At that moment, I started to tell myself very bad things.

Here’s the lesson I learned from James that day, which I’ve since used in many other areas in my life, including when I’m on deadline or giving a speech to an intimidating crowd: You need to arrest a negative thought immediately, in midair. Remind yourself that you are competent and know what you’re doing. Slow your breath.



Tips to Balance School and Volleyball this Season

By Liz Noelcke, Reprinted from SparkPeople, Inc.

It's that time of year again! Season has started and school is about to start kicking into high gear. It's an exciting part of the year, if not the most exciting, but with all the excitement also comes the stress of balancing everything that needs to get done in 24 hours. From practice to games, classes to homework, we all could use a few helpful tips to stay on top of school and volleyball this season! Christa Dietzen, Women's National Team Middle Blocker, sat down with us and shed some light into her top five ways of staying on top of things. Christa graduated from Penn State with a degree in Elementary Education after student teaching abroad at Yapton Elementary School in southern England her senior year.

1. MAKE TIME FOR SLEEP.

Sleeping recharges your body and mind, and it is essential for keeping up with the busy athlete schedule.



2. STAY IN THE MOMENT.

Focus is very important because you want to be able to perform your best on the task at hand. When in the moment, you can't let your mind wander about things that you still need to do, or things you should have been studying for the test you're currently taking. Being able to time manage and keep on task will well help you stay focused on the right things at the right times.

3. TAKE A BREAK.

Sometimes the outdoors and a good book are calling your name. When you've finally finished a big project or just got done with a long tournament, your body and mind need a break. Whether you like reading the latest best seller, catching up on Netflix or sitting on the couch and not moving for 12 hours, do something to let yourself recover.



4. DON'T SETTLE FOR JUST BEING GOOD.

"Whatever level you're at in volleyball or school, one thing is always certain: the next level is going to be more challenging. When you understand that, you also understand you're not really competing against other people as much as you are competing with yourself."

5. USE ALERTS.

When you have 14 things going on in one day, it is easy to forget at exactly what times you need to be where or that you have something to do at all. With alerts, you can set them an hour before the task, that way you have time to get ready and don't miss an obligation.



This article was first published in SPIKE, which is available at iTunes App Store, but first you need to download the VolleyballUSA digital app – it's free – then you can get SPIKE.



5 TIPS TO BALANCE VOLLEYBALL AND SCHOOL

1. Make time for sleep

"Shirking on sleep can negatively impact your play and your studies. Even though we all think we can run on three hours of sleep after pulling an all-nighter, that's simply not the case."

2. Stay in the moment

"Once the volleyball game begins, your full attention should be on what's happening in the practice or match, not about your five-page paper you have due the next day."

3. Take a break

"It's easy to get stressed with everything you have going on, but volleyball is meant to be fun, not stressful."

4. Don't settle for just being good

"Whatever level you're at in volleyball or school, one thing is always certain: the next level is going to be more challenging. When you understand that, you also understand you're not really competing against other people as much as you are competing with yourself."

5. Use alerts

"Set alerts on your phone for every meeting, practice, class, weights, traveling and matches. It will help you make sure you're on the right task and don't forget about anything."

Nutrition & Fitness: Fueling for Success

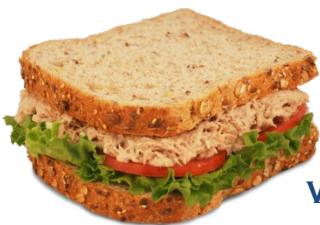
by Jill Daniels, MS, RD, CSSD

Eating well before practice is just as important as eating well before competition. If you are well fueled, you'll be better able to train hard, which means that you'll have an edge over the competition. Many athletes show up to practice without appropriate fuel on board, which results in muscle fatigue, inability to focus, lack of energy and difficulty working at higher intensities.

Fueling properly before practice can provide these benefits:

- **INCREASED ENERGY**
- **IMPROVED MENTAL FOCUS**
- **GREATER ENDURANCE AND STRENGTH**
- **HUNGER PREVENTION**
- **IMPROVED MOOD AND ATTITUDE**
- **DECREASED RISK OF INJURY**

One key component is to eat carbohydrates before you train. Carbohydrates are your body's main energy source and preferred fuel, especially for working at higher intensities. Protein and fat are also important, but since they take longer for your body to digest, make sure to allow time for that. Depending on your schedule, you may choose to eat four hours before practice, one hour before, or somewhere in between.



WHEN TO EAT WHAT

Hours Before Activity	Calories	Examples
1	100-200	Banana or smoothie
2	200-400	Yogurt & graham crackers
3	400-600	Tuna sandwich & pretzels
4	600-800	Chicken with pasta & veggies



The closer you get to your practice time, the less food you want to eat. This way, food isn't sitting in your stomach weighing you down as you're training.

Every athlete's body is unique, and each athlete has individual goals and challenges. Customize these suggestions and portion sizes so that you're not hungry during practice, but you're also not too full of food jostling around in your stomach while training.

On competition day, stick with the foods, portions, and meal timing that you're familiar with. Once you've found something that works for you on training days, implement that for day you compete. Avoid trying new foods on these days since you don't know how your body will react. You don't want to risk being sidelined for stomach distress.

Eat well, play hard, and have fun!

Jill Daniels, MS, RD, CSSD is a Registered Dietician in the Bay Area who specializes in sports nutrition and weight management. She works with people of all ages. Visit the web at JillDanielsRD.com

Reprinted from *SportsStars Magazine*.



Nutrition habits before practice just as vital as before a game





A Brief Introduction to Sports Psychology

By 17 Blue & 14 Blue Head Coach Andrew Randolph

The world of athletics is growing faster than ever, even with the recent setbacks in 2020. All those involved are seeing increased opportunities in "leveling up" their game, as the next phase of sports performance seems to pass by each year.

For many years, sports have been a part not only of our history, but also of our daily lives. The act of physical conditioning in preparation for any sort of athletic/physically demanding experience has grown and become more than a norm for many individuals at each level of sport competition.

Typically, progression in the sports world has to begin at the professional level. In any sport, those athletes and coaches who have been to all stages of the game already are the ones who best know how to further the competition and bring about more well-rounded athletes than may have been overly present in years past.

Once the success of these new strategies hits and is seen as essential progress, Division 1 and 2 colleges pick it up, followed by lower divisions and JCs, and finally clubs and high school with some overflow to younger age groups. For the past decade, the world of sports psychology has been tried and tested and has made significant headway in not only the world of athletics, but

also in many growing businesses (restaurants, first responders, theater, military, and a variety of companies). The techniques utilized for this specific program of growth and mental development are ones that have been proven to work and, in some cases actually necessary.

Russell Wilson, Kobe Bryant, Tom Brady, Michael Phelps, Jenny Rissveds, Kevin Love, Steph Curry, and Kerri Walsh Jennings are some (former) professional athletes you may have seen as being activists for the success they have seen due in part to mental training. 6-time NBA Champion Michael Jordan describes successful preparation as needing to be "80% mental".

Right now, there is a growing need and demand for mental performance coaches and consultants. While each person can benefit from the services of a mental health professional, not everyone may feel the need to adapt at their current level of play.

However, as the world of sports performance and competition continues to grow, sooner or later certain changes are going to be almost required in this ever-progressing world of athletics. So, those athletes wanting to keep up or get ahead of the competition should consider what the future holds for sports performance development.

Listed below are just a few of the major topics for mental health related to athletic performance and overall wellness of an individual.

- **Focused Improvement**
- **Increased Confidence**
- **Stress Relief**
- **Team Cohesion**
- **Successful Goal Setting**
- **Balanced Motivation**
- **Positive Self-Talk**
- **Injury Rehabilitation**
- **Visualization and Imagery**
- **Turning Anxiety to Aggression**
- **Controlled Breathing During Competition**

GUIDING PRINCIPLES OF A HIGH PERFORMANCE MINDSET

GROW		PERFORM		LEAD	
COACHABILITY	"Open to learn"	CONCENTRATION	"Target focused"	IDENTITY	"Define yourself"
ATTITUDE	"It's a choice"	CONTROL	"Manage your energy"	CONNECTION	"Bridge the gap"
MOTIVATION	"Know your why"	CONFIDENCE	"It starts with you"	COMMUNICATION	"To the point"
READINESS	"Prepare with purpose"	COMPOSURE	"Choose to respond"	INSPIRATION	"Light the fire"
ADAPTABILITY	"Find a way"	CONSISTENCY	"Repetition builds habits"	EMPOWERMENT	"Let 'em go"



In upcoming issues of **XCELLent News** we will feature articles from Coach Andrew Randolph that leverages his expertise in the world of sports psychology and will supplement his discussions with the 15s-18s 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.



2 Steps to Improve Mental Resilience for Volleyball Athletes

By 17 Blue & 14 Blue Coach Andrew Randolph

Volleyball athletes' mental resilience has been tested this year in more ways than one. With the season put on hold, games cancelled last minute, teammates in quarantine, we've had to shift, adapt and change almost daily. If we are not in the right state of mind before these changes happen, how do we mentally handle these shifts and changes with ease and keep our eyes on our overall goals? Characteristics of a resilient athlete are:

- **Just do it / can do attitude**
- **Controlled responses**
- **Calm under pressure**
- **Strong**
- **Just keep going**

The term resilience means: *"the capacity to recover quickly from difficulties; toughness"*

Becoming mentally resilient takes practice. It's not something that you just have. You have to train yourself to be resilient and constantly work on it.

Here are two steps to improving your mental resilience to improve your volleyball performance:

#1 Train your state of mind

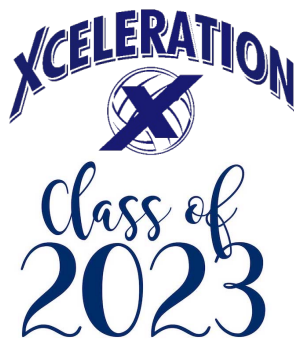
Your attitude towards change and the unknown is the first step. What is your attitude when a big change walks into your life? Do you handle it with grace and ease, or do you freak out completely and stress out everyone else around you? There is not one right way to handle every situation. We all need tools and resources to help us get to our resilient state of mind. We need support from others, and we need accountability.

#2 Meditate

Meditation helps slow down our racing thoughts. It has been proven to be a key tool to promote resilience. Meditation reduces stress and allows us to adapt to rapidly changing circumstances. If you're ready to start improving and focusing on your resilient mindset, join us for a 10-day meditation on building a resilient mindset.



Xcel Alumni on 2023 College Rosters



1st Row, L to R:

Annika Blas-Cedeno
Pace University – Business

Olivia Cooper
College of San Mateo
Undeclared

2nd Row, L to R:

Breanna Davis
Solano College
General Education

Kate Giang
Wellesley College
Biological Sciences

Marley Harrison
(not pictured)
UC Irvine/American River
College

Camryn Hirst
Linfield College
Exercise Science



3rd Row, L to R:

Madison Low
College of San Mateo
Undeclared

Aunyka Uresti
Messiah University
Undeclared

Olivia Wiseman
Rhodes College
Undeclared



Xcel Alumni on 2023 College Rosters



1st Row, L to R:

Colbie Atlas

University of Massachusetts,
Boston - Anthropology major
Communications minor

Rebekah Christensen

Cal State Dominguez Hills
Biology

2nd Row, L to R:

Alyssa Dudley

UC Merced – Psychology

Jayna Marie Lorenzo

CUNY Queens College
Undeclared

Kendall Rogers

UC Davis – Sustainable
Environmental Design

Lauren Whyte

CSU Dominguez Hills
Undeclared

3rd Row, L to R:

Angela Atis

Chapman University
Biological Sciences

Samantha Carelock

Marymount of CA /CSU East
Bay – Psychology

4th Row, L to R:

Allie Cataldo

St. Mary's College Beach
Undeclared

Brenna Duggan

Washburn University/
CSU Monterey Bay
Undeclared

Emma Engstrom

Dartmouth – Sociology

McKenna Keowen

Suffolk University –
International Relations





Xcel Alumni on 2023 College Rosters



1st Row, L to R:

Izzy Bandy

Pacific Union College
Nursing

Claire Conners

Simmons University
Nursing

Coco Ikpe

CSU Dominguez Hills/
UC Riverside – Psychology

Isabella Lipacis

Colorado College
International Political
Economy

2nd Row, L to R:

Sadie Peete

Cal Lutheran

Madi Risch

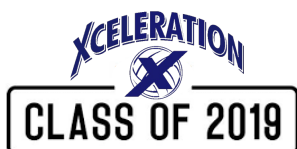
University of Pennsylvania

Isabel “Izzi” Strand

UC San Diego/Wichita State
International Business

Taylor Whyte

Chico State University



3rd Row, L to R:

Lindsey McLaughlin

Cal Poly Humboldt
Kinesiology (Exercise
Science) / Psychology

Taumafa Tuinauvai

CSU East Bay
Justice Studies

Kayla Somontan

Solano College/Simpson
University





Xcel Alumni in Action



Emma Engstrom
Dartmouth



Allie Cataldo
St. Mary's College





Xcel Alumni in Action



Annika Blas-Cedeno
Pace University



Colbie Atlas
UMass – Boston

25 Fall Athletes Named to LEC All-Academic Team

Colbie was named to the Little East Conference's All-Academic Team during the Fall 2023 semester.

To be named the LEC All-Academic Team, a student-athlete must be at least in sophomore standing in the classroom, have a cumulative GPA of 3.30 or higher through the previous semester, and have been at their current institution for at least one full academic year.



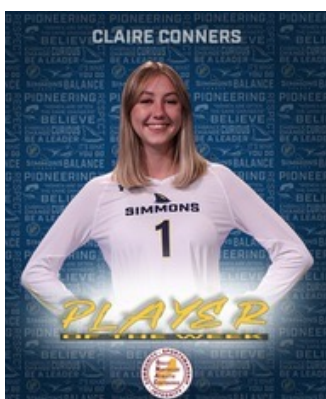
Xcel Alumni in Action



Claire Conners
Simmons University

Simmons, Rodriguez, Helmas Capture Four of Six Major GNAC Awards

Claire was named to the All-Great Northeast Athletic Conference (GNAC) First Team for the third time in her collegiate career. Claire finished fourth in the conference tallying 315 kills, while also notching a pair of double-doubles over the course of the season.



SIMMONS



Olivia Cooper
Madison Low
College of San Mateo





Xcel Alumni in Action



Kate Giang
Wellesley College

[Giang Receives NEWMAC Women's Volleyball Rookie of the Year Award](#)

Kate is the 9th student-athlete in program history to receive the honor. She recorded 366 kills (163 in NEWMAC games) this season and her 3.77 kills per set was the most of anyone in the NEWMAC. Kate also boosted the Blue's defense with 236 digs, 31 aces and 24 blocks. Her explosive brand of offense helped the Blue win 13 matches this season, including a trio of NEWMAC wins.

[AVCA All-Region Team; Giang Honorable Mention](#)

Kate also earned Honorable Mention conference honors by leading NEWMAC with 3.77 kills per set, placing her in the top-50 in NCAA Division III. Giang's 3.62 kills per set in NEWMAC play was good for 3rd in the league, and tops amongst rookies. Katie also helped Wellesley's defense by averaging 2.43 digs per set.

Madi Risch
University of Pennsylvania





Xcel Alumni in Action



Taylor Whyte
Chico State University



Sadie Peete
Cal Lutheran

Mortensen, Peete Garner All-SCIAC

Sadie concluded her collegiate volleyball career at Cal Lutheran and was named All-Southern California Intercollegiate Athletic Conference (SCIAC) to represent Cal Lutheran women's volleyball on the 2023 all-conference awards. She was selected for Second Team honors.



Coco Ikpe
UC Riverside



Xcel Alumni in Action



Isabella “Izzy” Lipacis
Colorado College

Four Tigers Named as All SCAC Selections

Lipacis Earns Second Consecutive Honorable Mention All-American Honor from AVCA

Lipacis Receives AVCA All-Region Honors

After earning ACVA All-Region and First Team All-SCAC Honors in November, Izzy followed it with her second consecutive Honorable Mention All-American Honor from the ACVA! Izzy became the sixth player in program history to collect 1,000 kills and 1,000 digs in a career. She is ranked No. 6 on CC's career list with 1,226 kills and 10th with 1,181 digs.



Taumafa Tuinauvai
Cal State East Bay

CAL STATE EAST BAY
PIONEERS



Xcel Alumni in Action



McKenna Keowen
Suffolk University

Volleyball Scoops Up Four All-CCC Awards

McKenna was named First Team All-Commonwealth Coast Conference (CCC). The junior picked up her third all-conference honor of her career, second first-team nod. McKenna cemented her spot in Suffolk's record book as the program's all-time leader in kills, achieving the feat September 30 at WestConn and went on to finish the season with 282 kills, now just 135 shy of the coveted 1,000-kill mark. The captain anchored the attack with 2.79 kps and aided to the defensive effort with 3.15 dps.

McKenna is the first Ram to earn three all-league distinctions in her collegiate career, receiving the recognition in each of her collegiate campaigns thus far. She is among an elite group of Rams to receive multiple all-conference accolades. Throughout its history, Suffolk has seen just nine student-athletes all-time pick up multiple all-league awards in their careers.





Xcel Alumni in Action



Kayla Somontan Simpson University

Somontan Recognized With Cal Pac Award

Kayla was recognized with an end-of-the-season Cal Pac award; she earned a Second Team All-Conference selection in her last collegiate campaign. It is the second career award Somontan has taken home during her time as a Red Hawk as she was named the Champions of Character award last year.

Kayla was named the Cal Pac Setter of the Week twice this season for her outstanding performances in the assists department. Kayla reached a career milestone this season as she recorded her 1,000 career assists while finishing with a staggering 1,514 career assists in a Red Hawk jersey.

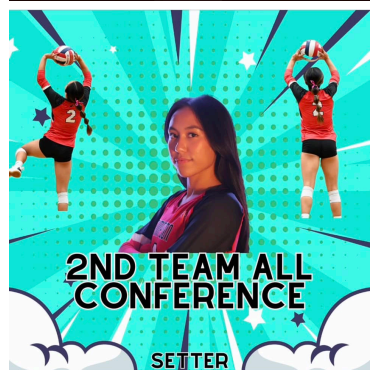
She finished the year with a career-high 802 assists which ranked second in the conference and third in the conference with 7.64 digs per set.

CALIFORNIA PACIFIC CONFERENCE



ALL-CONFERENCE AWARDS

CALPAC
California Pacific Conference



Lindsey McLaughlin Cal Poly Humboldt



WHERE ARE THEY NOW?

Xcel Alumni in Action

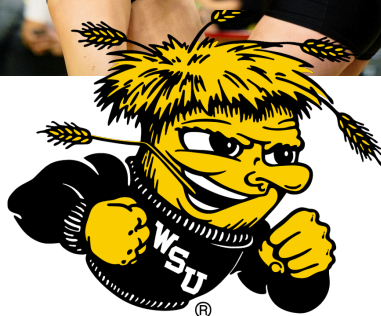
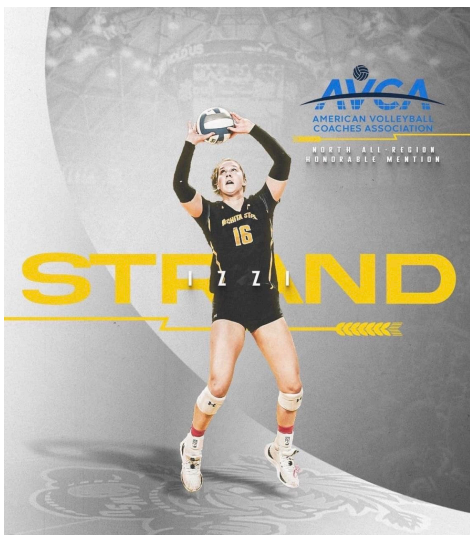


Isabel "Izzi" Strand Wichita State University

American Athletic Conference Announces 2023 Volleyball Honors

At Wichita State University, Izzi was named to the AD Honor Roll in Spring 2023 and to the American Athletic Conference (AAC) All-Academic Team. Additionally, Izzi earned Second Team All-Conference from the AAC and AVCA North All-Region Honorable Mention.

The Shockers concluded their season by winning five straight matches to hoist the 2023 National Invitational Volleyball Championship title in front of a rowdy and partisan crowd of nearly 3,280 fans in El Paso, TX. The Shockers swept the UTEP Miners in three sets. Izzi was named tournament MVP following the victory.



Wichita State Volleyball
@GoShockersVB
LAST TEAM STANDING.
2023 NIVC CHAMPIONS!



2024 Information Sheet

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PRELIMINARY Tournament Schedule – Updated December 5, 2023

Tournaments	Dates	12B	13B	14B	14W	15B	16B	17B	18B	18W
NCVA Power League Qualifier - Santa Clara CC	Jan 6 - 7							x	x	x
JVA/WCVBA NorCal Winter Classic The Grounds (Open) & Bay Area Sites (Club)	Jan 13 - 15	x	x	x	x	x	x	x		
NCVA Power League Qualifier - San Mateo Event Ctr	Jan 20 - 21			x	x		x			
NCVA Power League 1 - San Mateo Event Ctr	Jan 27							x	x	x
NCVA Power League Qualifier - Cal Expo	Jan 27 - 28	x				x				
NCVA Power League 1 @The Grounds / San Mateo Event Ctr	Feb 3			x	x	x				
NCVA Power League Qualifier Capital Sports Ctr / McClellan	Feb 3 - 4		x							
NCVA Power League 1 - San Mateo Event Center	Feb 4						x			
NCVA Power League 2 - @The Grounds	Feb 4							x	x	x
USAV 18s Salt Lake City Qualifier - Salt Lake City	Feb 9 - 11								x	
NCVA Power League 1 - Santa Clara CC	Feb 10	x								
SCVA Las Vegas Classic / Showcase	Feb 17 - 19					x	x	x	x	x
WCVBA Presidents Day Showdown - Bay Area Sites	Feb 17 - 19	x	x	x	x					
NCVA Power League 2 - @The Grounds / Cal Expo	Feb 24			x	x		x			
NCVA Power League 3 - San Mateo Event Ctr	Feb 24							x	x	x
NCVA Power League 1 - San Mateo Event Ctr	Feb 25		x							
NCVA Power League 2 - @The Grounds	Feb 25					x				
NCVA Power League 3 - San Mateo Event Ctr	Mar 10			x	x					
NCVA Power League Region Championships Capitol Sports Center/McClellan, Sacramento	Mar 2 - 3								x	x
NCVA Power League 2 - San Mateo Event Ctr	Mar 3	x								
NCVA Power League 2 - San Mateo Event Ctr	Mar 9		x							
NCVA Power League 3 - San Mateo Event Ctr	Mar 9					x				
NCVA Power League Region Championships SAFE CU CC	Mar 16 - 17							x		
NCVA 18s Sierra National Qualifier - SAFE CU CC	Mar 16 - 18								x	x
SCVA Red Rock Rave 1 - Las Vegas, NV	Mar 22 - 24			x		x				
NCVA Power League 3 - Sacramento	Mar 24						x			
SCVA Red Rock Rave 2 - Las Vegas, NV	Mar 30 - Apr 1						x	x	x	x
NCVA Far Westerns I - Reno	Apr 20 - 22		x	x	x					
USAV 18s Spring Nationals (As Qualified) - Baltimore	Apr 26 - 28								x	AQ
NCVA Power League 3 - Various Sites Sacramento	May 4		x							
NCVA Power League Region Championships @The Grounds	May 4 - 5						x			
NCVA Power League 3 - Capitol Sports Ctr	May 5	x								
NCVA Power League Region Championships Cal Expo / San Mateo Event Ctr	May 11 - 12			x		x				
NCVA Power League Region Championships Various Sites Sacramento	May 18 - 19	x	x							
JVA West Coast Cup (Optional) - Long Beach	May 25 - 27			O	O	O	O	O		
USAV Jr Nationals (As Qualified) - Las Vegas	Jul 3 - 11			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.

2024 Information Sheet

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PRELIMINARY Lodging and Travel Info – Updated December 5, 2023

	JVA NorCal Winter Classic Roseville	USAV 18s Qualifier Salt Lake City	LV Classic/College Showcase Las Vegas	NCVA 18s Sierra Qualifier Sacramento
Travel ⁽¹⁾	Booked by Parents/Players	Booked by Parents/Players	Booked by Parents/Players	Booked by Parents/Players
Lodging ⁽²⁾	Booked by Parents/Players	Arranged by Xcel Booked by Parents/Players	Arranged by Xcel Booked by Parents/Players	Arranged by Xcel Booked by Parents/Players ⁽³⁾

	Red Rock Rave Las Vegas	NCVA Far Westerns Reno	USAV 18s Spring Baltimore	JVA West Coast Long Beach	USAV Jr Nationals Las Vegas
Travel ⁽¹⁾	Booked by Parents/Players	Booked by Parents/Players	Booked by Parents/Players	Booked by Parents/Players	Booked by Parents/Players
Lodging ⁽²⁾	Arranged by Xcel Booked by Parents/Players ⁽³⁾	Arranged by Xcel Booked by Parents/Players ⁽³⁾	Arranged by Xcel Booked by Parents/Players ⁽³⁾	Booked by Parents/Players	Arranged by Xcel Booked by Parents/Players ⁽³⁾

⁽¹⁾ Players and parents are responsible for getting themselves to tournament the day prior to start date. Coaches will establish a check-in time for players to arrive.

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

⁽³⁾ In a “Stay to Play” tournament, clubs must select their stay from a list of pre-approved hotels supplied by the tournament. If teams do not use a pre-approved hotel, they cannot play in the tournament. In a “Support the Sport” tournament, teams go through the tournament website to book their hotel reservations.

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

For all club dues and billing-related questions, please contact [Gayle Swann](#).

For all other and general questions, please contact your coaches or [Xceleration](#).



The Fine Print: Please Read the Xceleration Handbook

In addition to **XCELLent News**, another important reading material for all players, coaches, and parents is our handbook to guide all of us throughout the season.

Please click [XCELERATION VOLLEYBALL CLUB HANDBOOK](#), which includes our Mission Statement, what you can expect from playing at Xceleration, our expectation for players, code of conduct, club policies and many more!

Instagram and TeamSnap

Xceleration has an Instagram presence (“XCELERATIONVBC”) where you can view our posts throughout the season. Contact with respective teams are also communicated through TeamSnap.



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.

