

To: Any parent or player considering Xceleration Volleyball Club

Over the last 6 years, our daughter Hailey has been fortunate to play for several outstanding clubs, and to have strong coaches who took an interest in her progress. She and we always looked for teams that best matched her abilities and desire for strong competition, and it paid off. After considering many volleyball options, she will head off this weekend to a D1 career at Santa Clara University, as a Middle Blocker/Hitter.

Yet Hailey would tell anyone that this last year's experience, with Andy and Jeremy coaching, was the best she has or will ever experience, even in college. Andy and Jeremy's commitment to the team, love of the players and families, intensity of practice and love of the sport created the perfect environment for learning and bonding as a team.

If a family is lucky enough to call Xceleration 18 Blue their home next year, their child will develop not only as a player, but as a person, learning through example what integrity, commitment and loyalty are. The coaches work on ALL skills, EVERY practice, and there are LOTS of practices. One thing that different about this team than any other, is that the girls never complain about the number of practices, even though these girls practice 4 times a week. They truly enjoy their time at practice and the level of improvement that we saw was exponential.

Our daughter came into Xcel with limited back row experience, and limited serving experience. She finished as one of the top servers for the team, and she gained tremendous confidence in the back row, knowing she can now dig whatever comes her way. Her hitting from all positions improved significantly, as well as her timing and footwork. The coaches believe in working on both technique and number of reps. Another skill that is emphasized over and over is eye work. Hailey is much better now at reading the ball, and with that, she has developed a sense of calmness on the court that her college coaches were excited about. I can absolutely state that after their year at Xcel, Hailey and her teammates are prepared for college.

Andy and Jeremy are ALWAYS positive, yet hold the girls accountable for a high level of performance. The two coaches work seamlessly and professionally, always prepared, always driven, always committed to the girls, always giving more than they receive in return.

If your daughter desires to be part of a cohesive, nurturing team that strives to be the best, and if she is willing to put in the effort, it will certainly be rewarded. These girls are now part of Andy and Jeremy's "family", loyal to these coaches, and the girls would do anything for them. We have been truly blessed by our experience with Andy and Jeremy at Xceleration. There can never be another experience like it.

Sincerely,
Jean and Jeff Lindberg
Xcel 18-Blue 2014-15

P.S.... One very strong recommendation we have for players considering a D1 Career: It is extremely important to find a trainer, and work out 3x/week with the intent on building strength and muscle, for AT LEAST a year. No matter how much your daughter is working out, it is not enough. No matter how strong she is, it is not enough. This is the one thing we have been told over and over again. And now that she is practicing with the team, Hailey says she wishes she had taken her training more seriously and had developed even more strength.

We'd highly recommend Mike Campbell as a trainer. He is amazing, works on muscle imbalances, and strength, and protection against injury. He has two added benefits which are huge---he is an Active Release Therapist (which means that he can fix injuries-huge bonus), and he is a volleyball player. He understands what is needed at the college level and works on specifics.