

XCELlent NEWS 2015

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**Xceleration
Volleyball Club**

John B. David, Editor

Xceleration Welcomes You!

A Message from Club Owner and Founder, Jon Segall...

Welcome all to the 10th year of Xceleration Volleyball!

Ten years! We started as a small club with three teams and 55 athletes trying out for 36 spots. That year we did well as a new club with all of our three ;-) teams finishing in the Top 36 for their respective age groups. It was a fun time and a great year. So let's look one decade later at Xcel.

Ten years later, we had more than 300 girls try out for 132 spots on 11 teams. In the past decade, we have helped place over 75 athletes in collegiate volleyball programs. We have had teams participate in both Junior Olympics and the AAU National Championship tourneys. We now have a webmaster, a newsletter, and our own Facebook presence. How the club has grown! But throughout all of that, our commitment towards our athletes has remained the same. Simply put... WE CARE.

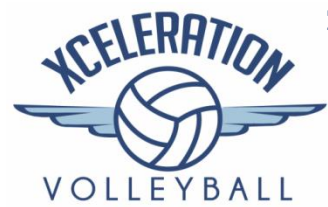
Sure, Xceleration has great coaches and with **Jim Ross** as our Club Director we have some of the best administration of

any club in the United States. But what has really made Xcel into what it is today are the athletes and families 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, fix meals for their athletes make an immeasurable commitment to the success of the club. We are so lucky to have you folks be part of our "Xcel Family."

So with that said, I look forward to a great season and hope that it will be an enjoyable one for everyone in the club no matter which team you are on. I cannot wait to see our teams in action and I cannot wait to get to know folks that I don't know yet and get even better acquainted with the people returning to Xcel. Here's to the coming season, and may it be a season filled with fun and friendship.

*Warmest Wishes,
Jon Segall*





2014 ALL-LEAGUE SELECTIONS

Xceleration congratulates all of our current players who have completed their high school seasons. The following were honored by their respective leagues for standout performances during their season, resulting in All-League selections.

Player	Team	School	League
JANELLE AH-HING	18White	Alameda	WAC-Shoreline
DORA BEILIN*	18Blue	Berkeley	WAC-Foothill
MALIA BOLKO	18Blue	St. Patrick-St. Vincent	TCAL-Rock
NATALIE BROOKER	18Blue	Monte Vista	EBAL
LAUREN BUDDE	18Blue	Campolindo	DFAL
MOLLY DALZIEL	18Blue	Acalanes	DFAL
ASHLEY DIXON	17Blue	Liberty	BVAL
TAYLOR DIXON	17Blue	Liberty	BVAL
SPENCER ELAM	18White	Pittsburg	BVAL
EMILY FABIAN	17Blue	Miramonte	DFAL
EDEN FUKUSHIMA	17Blue	Benicia	Solano County
MORGAN GIRAUD	18White	Petaluma	Sonoma County
HALEY GLASS	18Blue	Las Lomas	DFAL
GABBI HEITMANN	17Blue	Las Lomas	DFAL
PARKER JONES	16Blue	Acalanes	DFAL
CALISTA LAM	17Blue	Acalanes	DFAL
HAILEY LINDBERG	18Blue	Monte Vista	EBAL
JORDAN MINNEY	18White	Dougherty Valley	DFAL
LUCY MORADIAN	18Blue	College Prep	BCL-East
DANA PINEDA	18Blue	St. Joseph Notre Dame	TCAL-Rock
SIERRA STRATTON	18White	College Park	DVAL
DAIANA TAKASHIMA	17Blue	College Prep	BCL-East
LAUREN UTCHEN*	18Blue	Monte Vista	EBAL
JESSICA WAHL	16Blue	Berkeley	WAC-Foothill
HALLE WEBSTER	17Blue	St. Patrick-St. Vincent	TCAL-Rock
KELLEY WIRTH**	18Blue	Campolindo	DFAL
ANDIE ZAHARIAS-KERN	18Blue	Carondelet	EBAL

*League MVP/Player of the Year.

**Two-time league MVP.

PRACTICE & TRAINING LOCATIONS

Bladium Sports Complex
800 W. Tower Avenue, Bldg 40
Alameda, CA 94501

Concord Facility
3911 Laura Alice Way
Concord, CA 94520

Laney College
900 Fallon St.
Oakland, CA 94607

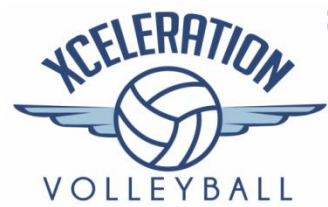
Oak Park Christian
2073 Oak Park Blvd.
Pleasant Hill, CA 94523

PERSONAL TRAINING SESSIONS

Part of being a great athlete is maintaining fitness. Here are a few resources that can help. Coach **Mike Campbell** of the 18White is offering personal training sessions to Xceleration Club members. He is already working with some of our athletes.

If you are committed to adding strength, agility, and flexibility to your game, please get in touch with Coach **Mike** directly via email or telephone at (925) 330-8855. Check out his [website](#).





2015 TOURNAMENT SCHEDULE

Xceleration's club season runs from December through the end of May, with other teams to the beginning of July. Tournament play includes approximately five weekends for Northern California Volleyball Association (NCVA) league and tournament play, and three or four weekends for national or qualifier tournaments. NCVA tournaments are held throughout Northern and Central California. The national tournaments take place at various locations and will usually require travel on Thursdays to begin play or Mondays at the end of the competition.

Event	Dates	18B	18W	17B	16B	16W	15B	15W	15G	14B	14W	13B
California Kickoff	Jan 17 – Jan 19	x	x	x	x	x	x	x	x	x	x	x
Power League (PL) Qualifier	Jan 31 – Feb 1	x	x	x	x	x						x
	Feb 7 – Feb 8						x	x	x	x	x	
Las Vegas Classic	Feb 13 – Feb 16	x	x	x								
President's Day	Feb 14 – Feb 16				x	x	x	x	x	x	x	x
CO Crossroads	Feb 20 – Feb 23						x	x	x	x	x	
	Feb 26 – Mar 1	x	x	x	x	x						
PL 1	Feb 21	x	x	x								
	Feb 22				x	x						
	Feb 28											x
	Mar 1						x	x	x	x	x	
PL 2	Mar 14									x	x	
	Mar 15	x	x	x	x	x	x	x	x			x
PL 3	Apr 4						x	x	x	x	x	x
	Apr 11	x	x	x								
	Apr 12				x	x						
Far Western JNQ	Apr 17 – Apr 20						x	x	x	x	x	x
	Apr 23 – Apr 26	x	x	x	x	x						
PL Regionals	May 9 – May 10	x	x	x	x	x	x	x	x	x	x	x
Bay View Classic	May 23 – May 25		x			x		x	x	x	x	x
AAU Nationals	Jun 15 – Jun 20						x					
	Jun 19 – Jun 24			x								
	Jun 22 – Jun 27				x							
USAV Junior Nationals	Jun 22 – Jul 3	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD

2015 PRIVATE LESSONS

Xceleration will be offering several private lessons at our Concord Facility to anyone who wants to elevate their game. These optional sessions will be conducted by our Lessons Coaches – **Andy Schroeder, Ed Jackson** and **Kimberly Lambert**.

Payment is due to the coach at the end of your lesson. You will NOT be billed by the club. Send an email to Coach [Andy](#) to schedule a lesson appointment.

- 1 Girl \$50/hour,
- 2 Girls \$70/hour,
- 3 Girls \$90/hour,
- 4 or more \$25/hour/girl

2015 Schedule

Jan 10	10 AM-12 PM
Jan 24	10 AM-6 PM
Feb 7	10 AM-2 PM
Feb 21	10 AM-2 PM
Feb 28	12 PM-3 PM
Mar 7	10 AM-6 PM
Mar 14	10 AM-2 PM
Mar 21	10 AM-12 PM
Mar 28	10 AM-6 PM
Apr 4	1 PM-4 PM
Apr 11	2 PM-6 PM
Apr 25	10 AM-2 PM
May 2	10 AM-6 PM



Photos courtesy of Tomas Pineda.

Jim Ross Speaks...

XCELlent News will regularly include topical, pertinent, and other important messages from club director **Jim Ross**. Here is the first in the series of *Jim Ross Speaks...*

Hello Xcel players, families, and friends:

I received an e-mail recently through "prepvolleyball.com" about the plight of a 20-year old volleyball player from Texas – Mikayla "Bear" Bass. You can read about her story below and, if you care to make a donation, there is a link on how to do it.

... Honestly all, I receive more of these than I care to think about at times, and I am certain that all of you do as well. Like most of us, I care not to think about them too much because it can be overwhelming and gosh, we know we all have our burdens to bear. I am also certain that knowing the generosity of our volleyball community, most of you are already making wonderful contributions to various causes and those in need.

I think this one got to me a bit because it brought to the forefront just how fleeting a healthy, active, volleyball life can be. As a club and as a volleyball community, I think anything we can do is always appreciated.

As we near the Holidays, Xceleration members will be hearing more about ways they can help those in our immediate area in need. We will keep you posted through our website soon.

Anything you can do to assist Bear in the meantime – and soon those in our immediate area – will be appreciated.

Best to All,
Jim Ross

Please help if you can!

Her story can be seen on her [website](#).
 And here is a video article on [Bear Bass](#).

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.



XCELERATION WEBSITE

Who, what, where, when and how? Our club's philosophy, frequently asked questions, photo galleries, team and player information, practice and tournament schedules, and information on our College Development Program are just some of the few things you can find on our website at: www.xcelerationvbc.com

OTHER USEFUL LINKS

[Advanced Event Systems](#)
[Colorado Crossroads](#)
[Core Motion Athletics](#)
[Las Vegas Classic](#)
[NCVA](#)



The Coaching Staff, Part I / 18Blue

A volleyball club is only as good as its coaches. At Xceleration, we are thrilled to have the quality of the coaches that we have on our staff. They bring a wealth of knowledge and tons of expertise, bringing collectively over 140 years of coaching experience at the high school, college, or club level. Our coaches are all players and students of the game who can help our athletes take it to the next level. Beginning with the 18s and then in future issues of **XCELlent News**, we will feature members of our coaching staff – one of the treasured assets of the club.

ANDY SCHROEDER, 18Blue Head Coach and Coaching Director

Andy is entering his 8th year with Xceleration and 12th year as a club volleyball Head Coach. Prior to joining Xceleration, Andy spent two seasons coaching the Odyssey VBC 15-1 and 16-1 teams. His 15-1 team qualified for the Junior Nationals. Andy also spent two years as a Head Coach with NorCal VBC where he led teams to 9th and 10th place overall finishes at the Volleyball Festival. 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.

JEREMY SWANN, 18Blue Assistant Coach

Jeremy returns for his 7th season at Xceleration. He is entering his 11th season of coaching junior girls' volleyball and his 6th with the Xceleration 18Blue team. Jeremy spent two seasons with Odyssey VBC, coaching the 15-1 and 16-1 teams. His 15-1 team qualified for the Junior Nationals. 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 and soccer at soccer at Cal State East Bay.

Andy and Jeremy have been coaching together for close to 10 years. In the last six years, they have been coaching Xceleration's 18Blue teams and each team qualified for the USA Volleyball (USAV) Junior National Championships, with three teams finishing in the Top 5 in 2010, 2012, and 2013. Over the same time period, 70 of their former 18Blue players have gone on to play collegiately, including 28 who are currently on college volleyball rosters. Andy and Jeremy strive to teach life lessons on and off the court and their success is found in the tremendous individuals that come out of the Xceleration program year after year.

Andy's and Jeremy's coaching philosophy can best be summed up by their Mission Statement... "To facilitate a foundation that will help and challenge each player, both mentally and physically, thereby maximizing their talents in such a way that will benefit the player and the team. We care about each player as a person first and will do everything to help them fulfill their volleyball dreams."



Coach Andy Schroeder



Coach Jeremy Swann

2015 18Blue Roster

Player	#	Ht.	Pos.	School
HAILEY LINDBERG	1	6'2"	OH/MB	Monte Vista
KELLEY WIRTH	4	6'1"	OH	Campolindo
LUCY MORADIAN	5	5'9"	OH/DS	College Prep
MOLLY DALZIEL	9	5'9"	OH	Acalanes
MALIA BOLKO	10	5'8"	L/DS	SP-SV
LAUREN UTCHEN	11	5'7"	S	Monte Vista
DANA PINEDA	12	5'3"	S/DS	St. Joseph ND
LAUREN BUDDE	15	5'11"	OPP/MB	Campolindo
DORA BEILIN	18	5'11"	OPP/OH	Berkeley
HALEY GLASS	20	5'8"	DS/OH	Las Lomas
ANDIE ZAHARIAS-KERN	21	6'1"	MB	Carondelet
NATALIE BROOKER	44	6'0"	MB	Monte Vista

The PAPArazzo

pa-pa-raz-zo *noun* \,pā-pə-'rät-(,)sō\ : a photographer who follows fam-pə people in order to take their pictures; one who aggressively pursues celebrities for the purpose of taking candid photographs.

Many of you have already met **Tomas Pineda** at tryouts. He is Xceleration's Super Fan, PilotDad, and father of 18Blue's **Dana Pineda**. Tomas will be roaming the courts throughout the season to take action and team photos for Xceleration's use on its website, newsletters, and Facebook page. His photos will also serve as our memories of the 2015 season. Xceleration will assume that it has your permission to use his photos for the purposes noted above. If you do not wish to release any photos of your child, please send [Tomas](#) an email, with your child's name, team, and jersey number to opt-out.



The Coaching Staff, Part I / 18White

MIKE CAMPBELL, 18White Head Coach

Mike joins the Xceleration coaching staff for his first season, but he is no stranger to the Club. He has been our strength and conditioning director for the past three seasons and worked with numerous players to maximize their physical development. His work with past players has directly resulted in their increased recruiting potential through their volleyball conditioning development and his active release techniques.

Mike has been playing competitive volleyball for over 16 years and, in 2010 reached a ranking of 11th in the California Beach Volleyball Association. He has coached at Cal Poly San Luis Obispo and locally at the high school level.

Mike is all about building sound fundamentals, proper technique and conditioning. He will push all of his players to reach levels of skill and confidence beyond their personal expectations.

ANDREA CHASE, 18White Assistant Coach

Andrea enters her inaugural season as a coach with Xceleration. She brings a wealth of volleyball experience and a passion for the game.

Having been a club volleyball player since the age of 10, Andrea prepped at Montgomery HS in the North Bay and was recruited to Lewis & Clark College in Oregon where she played both Outside Hitter and Setter. Upon her graduation, Andrea began her coaching career and has coached at Analy HS in Sebastopol and Mendocino College in Ukiah. She is currently coaching and teaching at Las Lomas HS in Walnut Creek.



Coach Mike Campbell



Coach Andrea Chase

2015 18White Roster

Player	#	Ht.	Pos.	School
MADISON CONDON	2	5'8"	OH/OPP	San Ramon Valley, Danville
SIERRA STRATTON	3	6'0"	MH/OH	College Park, Pleasant Hill
GOLI MUHAMMADI	4	5'6'	DS	Northgate, Walnut Creek
SPENCER ELAM	5	5'9"	OH	Pittsburg
MIA MUDALIAR	6	5'6"	S/DS	Clayton Valley Charter, Concord
MICHAELA CHARRETTE	7	5'6"	DS	Berean Christian, Walnut Creek
JANELLE AH-HING	8	5'6"	S	Alameda
MORGAN GIRAUD	9	5'9"	OPP/OH	Petaluma
LANA GORE	10	5'10"	OH/OPP	Benicia
MICHAELA AHLENSLAGER	12	6'1"	MB/OPP	Salesian, Richmond
JORDAN MINNEY	14	6'1"	MB	Dougherty Valley, San Ramon
NATALIE SLUGA	17	5'6"	DS	Benicia

PHOTO GALLERIES

You can find more photos in the [Galleries](#) section of our website. 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**.



Class of 2014

Over the last decade, Xceleration has helped over 75 athletes get recruited to play at the college level. The volleyball careers of our latest Xceleration alums are off to a great start. Follow them throughout their season at their respective schools by clicking on the links.



[Brileigh Boyce](#)
Minot State



[Bryanna Davis](#)
La Salle



[Maddie Doud](#)
Texas A&M-
Corpus Christi



[Michaela Gardner](#)
Ashford



[Rachael Haggen](#)
Whitman College



[Bridget Heins](#)
Cal State-Dominguez
Hills



[Anu Munkhtur](#)
Cal State-Chico



[Jessy Ober](#)
George Washington



[Mary Orbeta](#)
Seattle

COLLEGE DEVELOPMENT PROGRAM

During the early signing period that began in early November, four of Xceleration's athletes have committed to continue playing volleyball at the collegiate level. We congratulate and wish them the absolute best as student-athletes, and we look forward to watching their future teams play in the Fall of 2015. More intent-to-play announcements to come!

In 2014, Xceleration helped 12 players fulfill their dreams of continuing to play volleyball in college, and the club currently has 28 former players on active college rosters. We are proud of our players and our track record of success in sending over 75 alumni to play college volleyball since our existence. If you would like to learn more about our College Development Program, attend our first workshop, and we especially encourage our players 15 and older. This is a FREE service offered to all our members.

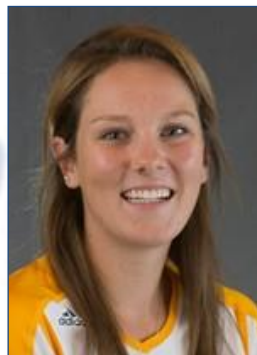
Saturday, December 13, 2014

9:00 AM – 10:00 AM

**Concord Facility, 3911 Laura Alice Way
Concord, CA 94520**



[Naomi Overstreet](#)
Virginia
Commonwealth



[Shannon Riggio-Kerley](#)
Dominican University
of California



[Michelle Seals](#)
Catholic University
of America

2015 EARLY COMMITS

Player	Committed	State	Conference
MALIA BOLKO	UC Davis	CA	Big West
MOLLY DALZIEL	UC San Diego	CA	CCCA
HAILEY LINDBERG	Santa Clara	CA	West Coast
KELLEY WIRTH	Yale	CT	Ivy League





LAS VEGAS-COLORADO-RENO TRAVEL INFO

Travel details regarding upcoming tournaments in Las Vegas, Denver, and Reno are available in the TRAVEL INFO section of our website. Click [here](#) for more information. Please contact [Normie Pineda](#) if you have any questions. The deadline to request air or hotel reservations for Las Vegas and Denver is December 19, 2014.

High School Season Concludes... The Club Competition Begins

Many of our players will take a short breather before the club season begins. The same is true for several of our coaches that also completed the rigorous prep season with their respective high school teams. **Todd Travis**, **Mariah Christensen**, and **Lucas Abbott**, coaches at Acalanes HS, **Shannon Lee** and **Andrea Chase** at Las Lomas, and **Jen Cincotta** at Dougherty Valley will now prepare full-time for their Xceleration teams.

Congratulations to Todd, Mariah, Lucas, Shannon, and Andrea for leading their teams deep into the North Coast Section (NCS) playoffs. Xceleration is also particularly proud of an honor that our own Jen Cincotta received from the NCS of the California Interscholastic Federation. She was recognized as a 2014 Fall Honor Coach, along with four others in another sports discipline. Bravo, Jen!

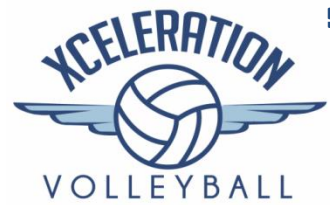
2014 Fall Honor Coaches

By Steve Dulas

Jen Cincotta, Dougherty Valley High School, Girls' Volleyball Honor Coach



This isn't the first time Jen Cincotta has seen her volleyball team go from simply being an idea to being a playoff team. But that doesn't make it any less special for Cincotta, who helped establish the volleyball program at Dougherty Valley in 2009. It took just four years for the program to advance to the point where DV qualified, and won its first North Coast Section playoff victory. "It was a huge victory for the program, as it showed the tremendous growth we've achieved. In the first season the team had only two wins and in a short amount of time we have become a competitive team," Cincotta said. She had previously launched the volleyball and basketball programs at Guajome Park Charter in Vista, near San Diego, then three years later was at Medford (Massachusetts) High, coaching volleyball and track. She returned to California in 2009 with a chance to mold a new program. "As a coach my goal is to develop the complete athlete," she said. "I want my players to form a competitive and successful team on the court, and at the same time develop skills that will make them successful off the court." Even though the Dougherty Valley program is only five years old, it has already produced two college players, Kelly Bielaski at UC Santa Barbara and Kacy Gurewitz at Ohio Wesleyan.



XCELERATION SPIRITWEAR

Get your Xceleration Spiritwear today! Order deadline is December 23. Click [here](#) for an Order Form.

XCELERATION VOLLEYBALL
552 Maureen Lane
Pleasant Hill, CA 94523

Club Owner & Founder
Jon Segall

**Club Director &
College Development
Director**
Jim Ross

Coaching Director
Andy Schroeder

**College Development
Directors**
Jack Cowden
Paul Harrison

Getting Game Ready in December

December 1st marked the first day of practice for most of the Xceleration teams to prepare for the season. There they will be setting the standard, paying attention to detail throughout their training, and getting the maximum out of their teams when they begin their matches in February.

Our website includes practice and tournament schedules for the season. Remember that the 2015 practice schedule are slightly different from the December 2014 schedule. Click [here](#) for a printer-friendly schedule.

DECEMBER PRACTICES

Starting Monday, December 1 - Sunday, December 21, 2014.

Winter break from Monday, December 22, 2014 - Saturday, January 3, 2015.

- 13BLUE** Bladium Back Court, Mon/Wed 6:00 PM-7:45 PM;
Bladium Front Court, Sun 6:00 PM-8:00 PM
- 14BLUE** Bladium Back Court, Mon/Wed 7:45 PM-9:30 PM; Sun 6:00 PM-8:00 PM
- 14WHITE** Bladium Back Court, Tue/Thu 7:45 PM-9:30 PM
- 15BLUE** Concord Facility, Tue 5:30 PM-7:30 PM / Sat 2:00 PM-4:00 PM
Sun 10:00 AM-12:00 PM
- 15WHITE** Bladium Back Court, Tue/Thu 6:00 PM-7:45 PM
- 15GOLD** Bladium Front Court, Mon/Wed 5:00 PM-7:00 PM
- 16BLUE** Concord Facility, Wed 7:30 PM-9:30 PM; Sat/Sun 12:00 PM-2:00 PM
- 16WHITE** Concord Facility, Wed 5:30 PM-7:30 PM / Sat 10:00 AM-12:00 PM
- 17BLUE** Concord Facility, Mon/Thu 5:30 PM-7:30 PM; Sun 2:00 PM-4:00 PM
- 18WHITE** Concord Facility, Mon 7:30 PM-9:30 PM; Sat 4:00 PM-6:00 PM
- 18BLUE** Concord Facility, Tue/Thu 7:30 PM-9:30 PM; Sun 4:00-6:00 PM

