

# PHILOSOPHY & MISSION STATEMENT



At Excel we believe that athletes should be trained in a positive and encouraging environment while focusing on both technical and team concepts. Our coaches are dedicated to not only providing the highest quality of instruction, but teaching the game in such a way as to build the athletes' confidence during every practice and competition.

We accomplish this by breaking our practices into four separate parts. The first part of practice focuses on developing, refining, and reinforcing proper technique in all skills through a series of repetitive drills. In the second portion of practice we split the athletes up by position and run drills that are specific to that position in a private lesson format. We then move into the team defense element of practice where the girls learn to work together in drills that give them a chance to apply what they have learned as individuals in the earlier stages of practice. We run drills that enable players to be quick and efficient in their transition from blocking and digging to offense. Lastly, we spend the remainder of practice playing fast-paced wash games that give the girls a chance to bring it all together. This consistency provides our players with a distinct advantage and the highest potential for success.

Excel Volleyball Club always welcomes every player with any level of experience. All athletes at Excel have an equal opportunity to learn, develop and refine their volleyball skills in a competitive and caring environment.

# OUR PROGRAM

Our goal is to provide the highest quality training, at the best value, in a fun environment for the family's of South Orange County.

In general, the club volleyball season consists of 3 qualifier tournaments, 5 mandatory tournament's, and a 2-day regional tournament that spans from Jan. through early June. Selected teams will be participate in the Jr. National Qualifier tournament in Anaheim. 17/18 team will participate in the 18's showcase tournament in Las Vegas (this will be an add'l travel fee for this tournament). The SCVA (Southern California Volleyball Association) establishes and organizes the schedules and venue's throughout Southern California. (The 2010 schedule is listed on the back of this brochure).

Commitment dates for our 12's-14's group is Oct. 15th, Nov 23 for 15's & 16's, Nov. 30th for the 17/18's age group. The payment schedule for this season is as follows:

### 1st Payment -

**\$850 non-refundable down payment by commitment date:**

14's and under: Oct. 15th

15/16's Nov. 23rd

17/18's Nov. 30th

### 5 monthly payments of \$370.

14's and under: starting on Dec. 1, 2009.

15-18's: starting on Jan 1, 2010.

**Note: There is a \$100 discount if 2009-2010 club fees are paid in full by December 1st.**

Please make check payable to Excel Volleyball Club and send to P.O. Box 2703, Mission Viejo, CA 92690.

Fee's are used for the following club resources:

- Tournaments & Practices
- Coaching and equipment (ie: volleyballs)
- Uniforms (jerseys, spandex, kneepads, shoes, sweatshirt, & backpack)
- 2010 Volleyball Festival \*\*

\*\*Note - All of our teams will play in the Volleyball Festival from June 28-July 3rd at the Phoenix Convention Center and includes registration, transportation and lodging.

As a general guideline, here is an comparison of other SoCal clubs:

Club LX: Base fee = \$4,000 Festival = \$1000-1200  
Other tournaments = \$2000 - \$6000

Club SY: Base fee = \$2,600 Festival = \$800-1000

Club OZ: Base fee = \$2,900 Festival = \$900-1100  
Other tournament = \$2000—\$4000



2009-10  
CLUB SEASON  
&  
GENERAL  
INFORMATION

P.O. Box 2703  
Mission Viejo, CA 92690

**949.359.0418 or 310.567.7918**  
**club@excelvolleyball.net**  
**http://excelvolleyball.net**

2010 SCVA Tournament Schedule

Sun., Jan. 10 12 Qualifier #1  
 Sun., Jan 24 12 Qualifier #2  
 Sat., Feb. 27 12 Mandatory #1  
 Sat., Mar. 13 12 Mandatory #2  
**Fri-Sun., Mar 26-28 12 Jr. Nat. Qual.**  
 Sat., Apr. 10 12 Mandatory #3  
 Sat., Apr. 24 12 Mandatory #4  
 Sat., May 8 12 Mandatory #5  
 S/Su, May 22-23 12 Regionals

Sat., Jan. 23 14 Qualifier #1  
 Sun., Feb. 7 14 Qualifier #2  
 Sun., Feb. 21 14 Qualifier #3  
 Sat., March 6 14 Mandatory #1  
 Sat., March 13 14 (Div. 8+) Mandatory #2  
 (San Diego)  
 Sun., Mar. 14 14 (Div.1-7) Mandatory #2  
 (San Diego)

**Fri-Sun., Mar 26-28 13/14 Jr. Nat. Qual.**  
 Sat., Apr. 17 14 Mandatory #3  
 Sat., May 1 14 Mandatory #4  
 Sat., May 15 14 (Div. 8+) Mandatory #5  
 Sun., Mar. 16 14 (Div.1-7) Mandatory #5  
 S/Su, Jun. 5-6 14 Regionals

Sun., Jan. 17 15 Qualifier #1  
 Sat., Jan. 30 15 Qualifier #2  
 Sat., Feb. 20 15 Qualifier #3  
 (Div. TBA)  
 Sun., Feb 21 15 San Diego)  
 Qualifier #3  
 (Div. TBA)  
 Sun., Feb. 28 15 San Diego)  
 Mandatory #1  
 Sun., Mar. 14 15 Mandatory #2  
**Fri-Sun., Mar 19-21 15 Jr. Nat. Qual.**  
 Sat., Apr. 10 15 Mandatory #3  
 Sat., Apr. 24 15 Mandatory #4  
 Sat., May 8 15 Mandatory #5  
 S/Su, May 22-23 15 Regionals

Sat., Jan. 9 16 Qualifier #1  
 Sat., Feb. 6 16 Qualifier #2  
 Sat., Feb. 20 16 Qualifier #3  
 Sat., Mar. 6 16 (Div. 8+) Mandatory #1  
 (San Diego) r  
 Sun., Mar. 7 16 (Div. 1-7) Mandatory #1  
 (San Diego)  
**Fri-Sun., Mar 26-28 16 Jr. Nat. Qual.**  
 Sun., Apr. 11 16 Mandatory #2  
 Sun., Apr. 25 16 Mandatory #3  
 Sun., May 2 16 Mandatory #4  
 Sat., May 15 16 Mandatory #5  
 S/Su, June 12-13 16 Regionals

Sun., Jan. 10 17/18 Qualifier #1  
 Sun., Jan. 24 17/18 Qualifier #2  
 Sun., Jan. 31 17/18 Qualifier #3

**Sa,Su,M Feb 13-15 17/18 Vegas Classic**

Sat., Feb 27 17/18 (Div 7+) Mandatory #1  
 (San Diego) or  
 Sun., Feb. 28 17/18 (Div 1-6) Mandatory #1  
 (San Diego)  
 Sun., Mar. 7 17/18 Mandatory #2  
**Fri-Sun., Mar 19-21 17/18 Jr. Nat. Qual.**  
 Sun., Apr. 18 17/18 Mandatory #3  
 Sun., May 16 17/18 Mandatory #4  
 S/Su, May 29-30 17/18 Regionals

**2010 VOLLEYBALL FESTIVAL**  
(Excel VBC 12, 13, 14, 15, 16, 17, 18's)  
 June 28—July 3rd.

PHOENIX CONVENTION CENTER



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PO Box 2703 - Mission Viejo, CA 92690

2009-10

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**GENERAL  
 INFORMATION**

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