



FROM THE DIRECTOR

Ray Gonzales

We are 10 weeks into our training and as our athletes know, up to this point we have been working mainly on position ball control. That means we've been doing lots of passing, digging and setting repetitions! And it's amazing how our ball control has improved from week to week. We've been spending lots of practice time - most of it, in fact - on these fundamentals, and we know that's not very exciting. But as we move throughout the season into more team oriented drills, the foundation will really pay off. We need solid, disciplined passing and defense in order to run our offenses, so I'm proud of how hard our athletes are working through this phase of training.



Xtreme Volleyball started out the 2011 - 2012 season on a great note at the Tornado Warm-Up tournament December 10-11. All of our teams experienced a level of success, with 19 out of 22 teams placing in the top 20, 10 of those teams placing in the top 10, and 2 of those teams coming away with gold medals. We have so much talent and depth this season at every age group, and so I'm expecting to see all of our teams competing very well in their respective divisions.

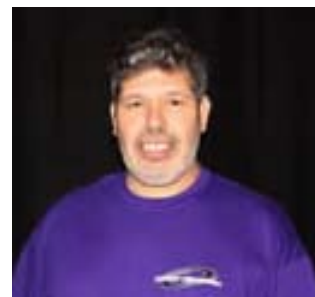


On Saturday morning, December 17, we loaded 6 buses and headed to the Alamodome in San Antonio for the NCAA Division I National Championship match. The excitement in the arena was contagious. The coaches, the crowd, the players, the bands and cheerleaders...everything about the atmosphere certainly had a "larger than life" feel, and of course the volleyball was amazing to watch! It was awesome to see 320 Xtreme players and partners in green & purple, filling up a section of the stands.

The Xtreme staff will be working hard during the break to get our training center in tip-top shape. My personal goal is to maximize our facility to offer the best training possible in every aspect of the game. We want to have the resources available to help our athletes become the best they can be.

NO SHORT CUTS!

Coach Ray





ATHLETIC REPUBLIC



Athletic Republic™
Memorial Hermann Sports Medicine
8100 Ashlane Way, Suite 200
The Woodlands, Tx 77382

We are off to a great start with our Conditioning Program and your athletes are working hard! In week one, we introduced two resistance cords:

1. Warm-Up Cord: This series of exercises targets the upper body and will increase strength and power in the dominant arm hitting arm and shoulder. It should also help to increase the velocity of the spike and serve motion.
 2. Hip Cord: This cord targets the hip girdle muscle groups, including hip flexors, hip extensors, adductors and abductors. With these exercises we are developing strength and power in this muscle group, which will in turn increase explosiveness in the vertical jump.
- We also introduced some additional exercises using medicine balls and Thera-tubing which we will use to focus on the upper body and shoulder region, as well as some training for the core/abdominals.

In week 2, we tested everyone and recorded baseline measurements in three key areas: 1) the medicine ball chest pass for upper body strength; 2) the standing broad jump for power in the hip girdle; and 3) the sit and reach test for hamstring flexibility. We will continue with our training throughout the next few months and may repeat the tests at intervals to see progress. We will also repeat all three tests at the end of the program and believe the athletes will be excited to see how their efforts pay off!

Dan Barnes, our licensed athletic trainer, was out last week on Tuesday night to visit with athletes. He is there to provide injury assistance and address any injury/prevention questions. Dan will be on site at Xtreme once a week on alternating Mondays and Tuesdays from 7p -8p. In this way he can see as many of the girls as possible.

If at any time you have questions for our trainers, myself or Dan Barnes, please do not hesitate to contact me by phone, text or email. We hope everyone has a Merry Christmas and Happy New Year!!

Susan Romero
susan.romero@memorialhermann.org.
936-443-7747

UPCOMING DATES

- Dec 19 – Jan 1
Christmas Holidays
- Jan 2
Practices Resume
- Jan 7 – 8
Houston Open (18’s)
- Jan 7 or 8
Houston Power League #1 (11’s – 15’s)
- Jan 14 – 15
MLK Challenge (12’s – 18’s)
- Jan 14 – 15
Houston Shoot Out #1 (16S, 16P)
- Jan 28
Aggieland Classic (14K, 15K)
- Jan 28 or 29
Houston Shoot Out #2 (16S, 16P)
- Feb 4
Skyline Classic #2 (16K, 16P, 16W)

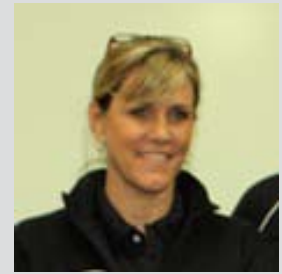
Click to see the [full calendar](#).



RECRUITING

with Coach Lynn Blevins

It's December and Santa is making his list and checking it twice! Now it's your turn!! Below is a checklist of things you want to be sure you have ready once the holidays have passed and club tournaments start!



Lets wee who's naughty or nice!! Be sure you check your list twice!!

- Grades good
- Goals set
- Champion mindset
- Physically fit and healthy
- Emails written to coaches with tournament schedule/contact info-16's and up!
- All info is updated on Xtreme Player Profile
- Ready to have FUN!!!

Merry Christmas, Happy Holidays and Happy New Year!

Coach Lynn



MEET OUR COACHES

Andres Barcenas

I am very excited about our middle school age group this year. They have worked Xtremely hard during the individual position training phase and during our team building phase. The

teams performed well through the In-House Tournament and they were ready for the Tornado Warm-up. I was very proud of the readiness our teams displayed in our first official matches! One of the most exciting things about that weekend was watching a couple of our teams play each other to get into the Gold bracket. This is how competitive our teams have become, and I truly believe this is a testament to all the hard work the girls have put in. I have high expectations for this group.

I am currently in my third year with Xtreme, having coached 13's, 16's, 15's and 14's this year. If this first tournament is any indication of things to come, I see a bright future for Xtreme and these young ladies.

Andres Barcenas
Coach Dre

DECEMBER BIRTHDAYS

Hannah Erwin & Kyndall Ellis (2), Liana Bowser (3), Emily Shaw & Madeline Chinn (7), Royce Molitor & Kristina Hardin (8), Jade Blevins (10), Kaitlyn McShan & Kristen Palm (11), Paige Hadley (12), Sofia Shockman (14), Taylor Powell (17), Alanah Gamwell (18), Madison Prosis (19), Kayla Godwin (21), Hannah Hickman (22), Amie Greene (25), Shelby Branch (26), Jordan Gill (27), Meghan Molitor (28), Andi Platt (29) and Taylor Cobb (31).



FOX

(Friends of Xtreme)

Greetings from your FoX board. We're excited about the upcoming season and know that the girls are working hard!

- Most new club merchandise has been distributed. The remainder will go home with athletes during the first week of practices in January.
- Be sure to check out the new fleece pants which are on the board downstairs.
- We will post a new order form on line soon.
- For any merchandise questions please contact Nancy Steiner at steiner.bill@sbcglobal.net.

Remember to join FoX! The age-group membership contest ends January 15, 2012. Join us Wednesday, January 11 @ 7 pm in the classroom. Wishing you a very Merry Christmas and a Happy and Healthy 2012.

TRAVEL

Larry Troy

This is my 2nd year as Xtreme's Travel Coordinator, and I have to say that we are still "working out all the kinks." I have helped coordinate over 1,600 hotel room reservations in more than 10 cities since the start of the 2010 season, and I am still learning new tricks to make the process easier for everyone with each tournament.

A little about me: I have been married to the greatest girl in the entire world for more than 16 years and have two of the best kids on the planet. My son (almost 13) and daughter (14 ½) keep both of us very busy: football, band, and something else...oh yeah, VOLLEYBALL. This is my daughter's 3rd season with Xtreme and I have met some really amazing families here. I hope your family enjoys Xtreme as much as we have!

About Xtreme Travel: **Always check the website.** I update every Q&A page multiple times a day, as the questions roll in. I will most likely not answer your e-mail directly...because your question is probably one that everyone needs to hear the answer to. And the fastest way to do this is through the Travel Page on Xtreme.

Wishing you all a very Merry Christmas and a blessed, Happy New Year!

Larry the Travel Guy



FINAL FOUR

UCLA defeated the University of Illinois in four sets to clinch the 2011 Division I National Championship, and Xtreme Volleyball was there to take in the action!

