

XTREME VOLLEYBALL NEWS

NOVEMBER 2011

FROM THE DIRECTOR

Besides training, communication is the next most important thing to us here at Xtreme. If you are not receiving e-mails from us please e-mail Carrie@XtremeVolleyball.org to get put on the list.

We have a great year coming up with our new sponsorship by **Kaepa**, and the addition of **Memorial Hermann** and **Lynn Blevins** to our team. We have some of the best athletes in the city, state, and country, and are looking forward to the challenge of developing each and every player to their greatest potential.

Jumping off into the regular season there are a few things you need to know about the upcoming months. First, we want you to be comfortable with all communication protocols here, so please familiarize yourself with the following steps.

- Xtreme Volleyball strictly enforces the 24 by 24 rule. This means that you cannot contact your coach until 24 hours following any incident that may have occurred.
- After waiting the allotted 24 hours, please contact your coach by e-mail only to set up a meeting. All meetings must include your athlete.
- If you feel that your issue was not resolved during this meeting, please e-mail your age director to set up a meeting with him/her, the coach, and your family.
- From here, it would go to the Asst. Director, but we hope to resolve all issues before reaching this level.

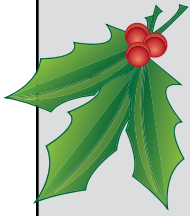
Please take note that the 24 by 24 rule does not go into effect until Monday, December 12th. We have a 3 week dead period from the time of team selection until after the first tournament. There should be no communication with any of the staff about team placement, tournament schedules, or practice schedules during this time. If, during these 3 weeks, you communicate in any way, our staff has been instructed not to address any of the above topics.

Last but not least, Happy Thanksgiving from all the Xtreme Volleyball Staff, and congratulations to all our athletes on their team selections! We are excited to have you as part of our family, and look forward to seeing you progress over the next 6 months. Remember, there will always be someone bigger, someone faster, and someone that jumps higher, but over the years hard work will always win over talent that won't work.

NO SHORT CUTS!
Ray Gonzales



ATHLETIC REPUBLIC



HOLIDAY SPEED & AGILITY CAMP

Athletic Republic™

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

Memorial Hermann Sports Medicine will host a Holiday Speed and Agility Camp for all athletes from December 19 through December 30 at the Sports Medicine Center located within the YMCA @ Branch Crossing in The Woodlands. During this time period, you can choose to participate in any 6 sessions for the price of 5 – **You will receive 1 FREE Training Session.** You will have an opportunity to participate in the Speed–Acceleration Super Treadmill training or the Vertical Leap–Plyometric and foot agility training.

The Holiday Speed and Agility Camp is open to all athletes, girls and boys age 10 years and up. The training sessions are limited to 8 athletes per hour, with a trainer to athlete ratio of 1 trainer to 4 athletes. Sessions will be scheduled on December 19, 20, 21, 22, 23, 27, 28, 29 and 30 are 1 hour in length and will run on the hour every hour from 9am – 4pm. Register early to secure your preferred time slot. **Don't have time for the full 6 sessions, purchase single sessions for just \$37.50 each (Xtreme discounted price) or the full 6 sessions for \$195.00.**

For more information or to register for the Holiday Speed and Agility Camp, please call 936-443-7747 or 832-813-7023 or email susan.romero@memorialhermann.org.

RECRUITING

with Coach Lynn Blevins

As November winds down and we begin to think about all we are thankful for, I would like to take this opportunity to thank all of you for your wonderful, eager, and talented children who make up this family called Xtreme Volleyball. The 2012 club season is here and it is my job to be sure that you are preparing yourselves for the upcoming recruiting opportunities. If you're not sure, then come see me!
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UPCOMING DATES

- Nov 21 – 27
Thanksgiving Holidays
 - Nov 28
Regular Practices Begin
 - Nov 30
Spring ISD Training Begins
 - Dec 2
High School Profile Pictures – Action Shots (15's – 18's)
 - Dec 3
Xtreme In House Tournament (ALL CLUB)
 - Dec 4
Xtreme In House Tournament (ALL CLUB)
 - Dec 9
Winter Cobra Developmental Program Begins
 - Dec 10
Winter / Spring XJD Program Begins
 - Dec 10 – 11
TX Tornos Warm Up (12's – 18's)
 - Dec 17
NCAA Championship Trip (ALL CLUB)
 - Dec 18
Xtreme In House Tournament – Finals
 - Dec 19 – Jan 1
Christmas Holidays
 - Jan 2
Practices Resume
- Click to see the [full calendar](#).



Recruiting (con't)

If you are a 16's or above be sure you are ready with you're "A" game as those logo emblazoned college recruiters begin to wander onto your courts! That being said the best advice I can give all of you: ~LET YOUR LOVE OF THE GAME SHINE THROUGH IN ALL THAT YOU DO!!

"Make every day your masterpiece. "
— John Wooden



MEET OUR COACHES

Mona Chalmers

I am excited about starting my second year as the 12 and under Age Group Director for Xtreme. We will have five very talented teams to watch this year! The girls have been training hard and I know they're ready to begin bonding with their teams

and start competing. The coaches are also eager to get to work with their girls! It is going to be a GREAT season.

A little about me: I am a retired physical education teacher. During my teaching/coaching career I brought home 23 district championships. I've been coaching club ball for the past 16 years, and have taken 3 teams to Junior Olympics. I've also really enjoyed being the director of the Cobra Youth Development Program here at Xtreme, training young players from kindergarten through 6th grade. Needless to say, I really enjoy teaching volleyball skills and working with young athletes. I coached at 2 other clubs before coming to Xtreme and can honestly say Xtreme is the BEST place to be. They say you are happy if you love what you do. Well I am not just happy – I am *Xtremely* happy.

NOVEMBER BIRTHDAYS

Hannah Cuadra & Telia Peterson (2), Kaylin Blancas (3), Kennedy Grey (5), Sylvia Gondek (6), Shannon Knapp (7), Emily Thompson (8), Jodie Molitor (9), Jordan Johnson (10), Bianca Gonzales & Ray Gonzales (13), Erin Brown & Sabrina Debenedictis (14), Kayla Edwards & Logan Studdard (15), Chloe Erickson, Audrey Gilmore & Lauren Rowe (17), Elyse Shaw (18), Noelle Hall & Kylie Laird (19), Alison Cote (23), Raegan Bohannon (27), Baileigh Brooke (28), Chelsea Holland (29), Kaitlyn Smith (30).



FOX (*FRIENDS OF XTREME*)

Hello Friends of Xtreme! As the new season is about to begin, FOX would like to ensure you have what you need for the upcoming tournaments. All fleece and blankets from orders we have already received will be distributed at the first in-house tournament. If you were not able to attend Sunday's meeting, merchandise order forms are available at the front desk. But don't delay...the last day to order will be November 29 so you will have everything back for Christmas.

FOX is giving an NCAA Christmas t-shirt to every family that has paid their membership fee. If you have not done so yet it is not too late. Go ahead and order your NCAA shirt so we have exact sizes for everyone.

FOX Fanatics

