

COAST NEWSLETTER

November 2010

In COAST 20+ years the program has witnessed a rich tradition of college achievement in its athletes. The following are just a few write-ups about COAST's recent athletes and how they have made their mark on the collegiate game.



BOYS & GIRLS CLUBS
OF SAN DIEGUITO



With their back against the wall sophomore *Kerra "Boo" Schroeder* of Torrey Pines helped the University of Colorado to a five game win after being down 2 games to nothing against Georgia Tech. The team captain recorded her sixth double-double of the season with 35 kills and 13 digs while hitting .324. Her 13 digs are the most by a Buff since 2006 and she was the third Buff to record 35 or more kills in a match.



College Commitments:

- * Gillian Howard (LJCD)- Pacific
- * Lacey Fuller (Torrey Pines) - Penn State



Emily Baratta helps Williams Volleyball defeat Colby in 3 games. The freshman from Francis Parker led the powerful offensive effort going 7-7 on kills and scored the first six points of the opening set. She also ended the final set, serving from point 14 until point 24. In addition to these spectacular showings, Baratta led the team with 14 kills.



Carlsbad High School's *Robin Rostratter* leads her Cal Berkeley team with 16 digs and 2 aces in an upset win over then ranked #2 Stanford Cardinal. The match played at Stanford was for sole possession of first place in the Pac-10. The Cal libero, a sophomore began playing at COAST Volleyball Club when she was in 9th grade and then helped her the 18s to a top 5 finish in Open at the Junior Olympics after the team lost its setter to an ankle injury.



Freshman *Nichole Kurz* registered a career-high 15 kills her third triple-double of the season when NorthEastern took on James Madison University. The 6'2" middle blocker from Patrick Henry overcame a major knee injury and then transferred from Albany University to join fellow club teammate and setter Ina Kamenova at North Eastern University. Ina, a freshman from The Bishop's School, kept the Huskies within striking distance throughout the match with 24 assists and 7 digs.



FallBrook High School's *Carli Lloyd* of University of California has been named the AVCA Division I National Player of the Week. Lloyd dished out 52 assists and led her attackers to a .347 team hitting percentage, while also netting 5 kills, 7 digs and 4 blocks. The senior setter earned the award after quarterbacking the Golden Bears to a 3-1 triumph over then-No. 2 Stanford on the road. This marks the second time in her career Lloyd has been honored as the National Player of the Week. Carli Lloyd was prepped and developed by Carli's uncle and COAST Volleyball club's Galen Tomlinson. Cal's 20-1 record springboarded Cal to this week's #2 national ranking.



Sophomore *Erica Wilson* of Fallbrook High School helps ASU volleyball make history with 3-1 win over #10 UCLA. The Sun Devils haven't swept USC and UCLA since 1995. The

Sun Devils meant business in the first set hitting at a .311 clip with Erica Wilson playing out of her mind with an .800 attack percentage and 4 kills. The Sun Devils clinched the winning margin from the blocking and defense after notching 5 stuff blocks from Erica alone.

Kelley Larsen comes off the bench to score 6 points in one game in her homecoming debut last week. The 6'1" freshman outside hitter from Christian High School (El Cajon CA) hit .556 and collected 4 digs 2 blocks for the Pepperdine Waves.



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Same address, same name, fresh new look.
www.COASTvbc.com



Shorebreak 12s

In the final confrontation of their first tournament, the Shorebreak 12-1 team found itself playing against our cross town rival club, and now the match was tied at a game apiece. The coaches from both teams agreed to a 1 point, "winner takes all" playoff. No easy task, the Shorebreak 12s had to receive serve against the opponent's best server. With a good pass and set the youngest player in the tournament, 8 year old Levi Lentin made the last play to drop the ball vertically in front of the opponent defense. The shot scored and with it the Shorebreak boys won the match! For most of the 12-1 players it was their first tournament ever, but the Shore-Break boys already created a great moment in sports!

For more information on Shorebreak 14 and under boys volleyball contact Ozhan at: ozhan@coastvbc.com.



8 yr old Levi Lentin

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Winter LeapFrog

Beginning Tuesday November 9th COAST will begin its Winter LeapFrog program.

The Winter LeapFrog program is a great starting point for club volleyball's youngest players and rank beginners. The Winter LeapFrog also serves as a logical connector for Fall LeapFrog players to our Spring LeapFrog team program starting in January. The program will be headed up by lead Coach Sean Thomas.

The Winter LeapFrog will feature 6 workouts taking place in November and December while avoiding the December holidays. Players may do drop-in participation at \$20 per workout. Or you may sign up for all 6 sessions for \$100.

The winter LeapFrog session dates are as follows (Tuesdays, 4-5:30 pm) 11/9, 11/16, 11/23, 11/30, 12/7, 12/14.

High School Tryouts

Parent Meetings: Sunday 11/21 - 11:00am-12:00pm and 2:45-3:45pm.

15s	16s	17s & 18s
Sun 11/7, 12-2pm	Sun 11/7, 9-11am	Sun 11/21, 4-6pm
Sun 11/14, 9-11am	Sun 11/14, 12:30-2:30pm	Thurs 12/2, 6-8pm
Sun 11/21, 9-11am	Sun 11/21, 12:30-2:30pm	Sun 12/5, 1-3pm
Wed 12/1, 6-8pm	Mon 11/29, 6-8pm	

(Parent meetings cover identical material).

Pretryout Workouts

Sat 11/6, 10am-12pm
Tues 11/9, 6-8pm
Thurs 11/11, 6-8pm

Open to all high school girl athletes NOT participating in CIF playoffs. Although no travel team placements or evaluation can be done, players will get a chance to meet some of the COAST coaches.

There is NO pre-registration required for the Pretryout.

