

## Recent College Commitment

- Natalie Bausback, La Costa Canyon - Virginia
- Heather Gearhart, Bonita Vista - North Carolina
- Alexa Strange, San Clemente - Nebraska
- Sam Willoughby, Steele Canyon - Reno
- Katherine Lane, The Bishop's School - Williams
- Lauren Aikels, Westview - Sacramento State

# COAST NEWSLETTER

November, 2011 - Vol. 16



## NCAA COAST

In the spirit of the new college volleyball season, we bring you the "where are they now" section, which tracks former COAST volleyball players through their college experiences. In COAST's 20 plus years the program has witnessed a rich tradition of college achievement in its players. The following are just a few write-ups about COAST's recent athletes and how they have made their mark on the collegiate game. "This year COAST has 11 players competing on Pac 12 college teams and 4 players at Ivy League schools.



## Guest Speaker Candice Wiggins

Basketball's NCAA 2008 Division I National Player of the Year, 2011 WNBA national champion, and former J.O. All-American volleyball player Candice Wiggins will be speaking at COAST on Sunday 11/20/11 at 11:15 a.m. in between our 16s and 15s tryouts. In her 30-minute talk, Candice will discuss the challenges and rewards of being a multisport athlete in today's club driven athletic world. There will also be a question and answer session after. The presentation is free and open to the public.



## NCAA Division I Player of the Week: Lauren Plum



10/25/11 - Lauren Plum, a sophomore setter for then-No. 18 University of Oregon, has been named the Sports Imports/AVCA Division I National Player of the Week for volleyball. The Poway alum led the Ducks to two Pac-12 home victories, including a win over then-No. 7 Washington. Her 52 assists in three sets was a Pac-12 season-high on both overall and non-conference play. Lauren was also named Pac-12 Player of the Week as she maintain a .297 team hitting percentage while registering 97 assists between the victories.

## Ivy Action

9/28/11 - Led by freshmen Kristen Casey, the Harvard women's volleyball team picked up its first Ivy League win of the year with a hard-fought 3-2 victory at Penn. The Bishop's alum racked up 19 kills and 22 digs on the evening.



## Upset Central



10/1/11 Brown defeats Cornell 3 games to 2. Bishop's alum Althea Derrough scored 20 points in the win. The sophomore outside hitter notched her first double-double of the season with 19 kills, 11 digs and an ace.



## NorCal v. SoCal

10/28/11 Hannah Benjamin helps No. 5 Stanford break USC's 12 match winning streak by sweeping the No. 4 Trojans, 25-18, 25-14, 25-23. Defensively, Stanford held the Trojans to a .161 clip. Hannah, a junior libero, tallied 12 digs. The match was the Francis Parker grad's 14th game of the season with double-digit digs.



BOYS & GIRLS CLUBS  
OF SAN DIEGUITO

# SHOREBREAK

## 14s Boys Tryouts

- Saturday 11/12 4-5:30pm

### Matt Prosser wins 2011 Huntington Beach AVP



10/22 - Matt Prosser (Encinitas CA, Long Beach State) teamed up with Matt Olson to defeat U.S. Open Champions Sean Scott and John Hayden in 3 games 23-25, 27-25, 15-13. It was the first tournament that Prosser/Olson had played together. Matt Prosser joins fellow 49er and Shorebreak director Bjorn Dahl to co-coach the club's 18-Quiksilver team.

Shorebreak Boys Volleyball Club is proud to announce Quiksilver as it's sponsor.



## 2011-2012 COAST Girls High School Tryouts Begin

15s	16s	17s/18s
Saturday 11/5 12:30 - 2:30pm	Saturday 11/5 9 - 11am	Thursday 11/17 7 - 8:30pm
Sunday 11/13 10am - 12pm	Sunday 11/13 5 - 7pm	Sunday 11/20 4 - 6pm
Sunday 11/20 9 - 11am	Sunday 11/20 12:30 - 2:30pm	Thursday 12/1 6 - 8pm
Monday 11/28 6 - 8pm	Wednesday 11/30 6 - 8pm	Sunday 12/4 12 - 2pm



### Parent Meeting (All meetings are identical)

- Saturday 11/5 11:15am - 12:15pm
- Sunday 11/20 2:45 - 3:45pm
- **Special Guest Speaker: Candice Wiggins**  
11/20 11:15am - 12:15pm (see page 1)

### High School Pre-Tryout Workouts

- Thursday 11/10 6 - 8pm
- Saturday 11/12 10am - 12pm

## 2012 Spring LeapFrog

Program begins Sunday 1/8/2011 and run every Sunday from 4:30 to 6:00pm until May.



Spring LeapFrog is a local team program for club volleyball's youngest players and rank beginners. The program creates an environment where elementary and middle school kids can "catch the volleyball bug". The program provides kids with an introduction to the game of volleyball and develops the fundamental skills necessary for them to excel as they progress. Kids may join after the start of the program. Proration is available.

