

COAST NEWSLETTER

April Vol. 12



Next Issue: Regional Team Coverage, Boys ShoreBreak High School Teams Resume

College Commitments:

- Sr. Lindsay Elgin, Cathedral Catholic— UC Berkeley
- Sr. Kendal Haldi, Fallbrook— Azusa Pacific

Congrats to PrepVolleyball.com's High School Americans:

- Sr. Halle Aiken, Steele Canyon, UCSB
- Sr. Kristen Casey, Bishops, Harvard
- Sr. Samantha Cash, Canyon Crest, Pepperdine
- Sr. Gillian Howard, LJCD, Pacific
- Sr. Chloe Mathis, LJCD, Arizona
- Sr. Taylor Milton, Cathedral Catholic, Santa Clara
- Sr. Rachel Rhoades, Mission Bay, Arizona



COAST 15-1 Wins the Pacific Northwest Qualifier and takes a bid for the 15 Open at the Junior Olympics. The squad went undefeated beating Long Beach, Sunshine, Woodlands Wave, Surf City and finally TAV of Texas in the championships. This was the number one ranked SCVA team's first attempt at qualification.

Photo taken by Prepvolleyball.com, the leading source for information about junior girls volleyball.



"The Comeback Kids"

Coast 13 Heather has become a tight knit group quickly. The girls continue to push each other to work hard and grow in their skills. At Qualifier 3, Coast was down by 8 points in the second game against a local rival, having already lost the first, and they came back to win it 26-24! They continued on to take the 3rd game 15-11 and finish first in pool to earn a spot in Division 9 to start the season. This team is always fun to watch and is certain to continue to excel. "I am so proud of these young ladies. They have already accomplished great things in such a short time. Somehow they are always able to maintain their composure and have won some big matches."
—Coach Heather.



Coast 18-1 wins the SCVA's Division 1 mandatory. The squad received a balanced contribution from its entire rosters as it runs through the tournament without dropping a game. In playoffs the team defeated Laguna 18-1, TCA 18-1 and then last year's USAV 18 Open gold medalist Sport Shack in the finals.

COAST 17-1 wins the SoCal MLK tournament. Kaitlynn Cuff of Santa Fe Christian and Alexa Strange of San Clemente received All Tournament accolades, with Strange receiving MVP honors. It was the COAST program's first MLK championship at the 17 Open level. Following this strong start, the COAST 17-1 put together a gutsy performance at the Crossroads J.O. Qualifier. After experiencing several injuries to sideline a third of the team's roster, COAST 17-1 goes out to Denver to post an inspirational fifth place finish. The squad lost only one match over the course of the weekend and saw stand out performances from Grossmont outside hitter Danielle Dahle, La Costa Canyon libero Sydney Francis and Cathedral setter Claire Sommer who was borrowed from COAST17-Kane for the weekend.



BOYS & GIRLS CLUBS
OF SAN DIEGO



2011 COAST SUMMER



Girls Youth Camp \$90

Girls entering grades 4-6 next school year:
Tue – Fri July 5th – 8th 9:00am – 10:30am
Girls entering grades 7-8 next school year:
Tue – Fri July 5th – 8th 11:00am – 12:30pm

This camp is for elementary and middle school players. Lead coach Sean Thomas has extensive experience and has coached teams at the elementary, middle and high school levels. This session will cover fundamentals and end with competition in a fun environment.

Getting Started \$95

Girls Session I:
Mon – Thu July 11th – 14th 9:30am – 11:30am
Girls Session II:
Mon – Thu July 25th – 28th 9:30am – 11:30am

This camp is designed for kids entering 4th thru 8th grades who are getting started in competitive volleyball. Coaches include top current and former collegiate players in addition to COAST'S most experienced coaches.

Girls Advanced Getting Started \$110

Mon – Thu Aug 1st – 4th 9:30am – 11:30am

This camp is for kids who are ready for their second leg of introductory volleyball. This session is ideal for campers who have completed one of the earlier Getting Started sessions, or are just looking for some additional instruction in a fun environment.

Girls Competition Camp \$145

Session I:
Mon – Thu July 18th – 21st 10:00am – 12:00pm
Session II:
Mon – Thu July 25th – 28th 1:00pm – 3:00pm

This camp is designed as an intense competition session in order to give kids the "extra edge" to make their best showing once they return to school. The workouts feature several types of small team drills such as 5 versus 5, 4 versus 4, 3 versus 3 and doubles games. The 6 versus 6 competition will refine the participants listening skills, as well as create lots of head-to-head situations often found in many high school tryouts.

Boys and Girls Advanced Defense Camp \$120

Mon – Wed July 11th – 13th 1:00pm – 3:00pm

This session is designed to provide training which ranges from fundamental moves to the most sophisticated full-speed defensive techniques brought down from the USA Olympic Training center. The session is also designed to refine a player's defensive vision by orienting the athlete to cues essential to being great in the backcourt.



Boys and Girls Advanced Hitting Camp \$120

Session I:
Mon – Wed July 11th – 13th 10:00am – 12:00pm
Session II:
Mon – Wed July 25th – 27th 10:00am – 12:00pm

This camp focuses on a wide range of attacking principles, from hitting fundamentals such as timing, arm swing and footwork, to advanced concepts such as hitting vision, shot selection, concept hitting and even coordinated attacking patterns.

Boys and Girls Advanced Setting Camp \$120

Session I:
Mon – Wed July 11th – 13th 10:00am – 12:00pm
Session II:
Mon – Wed July 25th – 27th 10:00am – 12:00pm

The camp is ideal for setters looking to refine their game. The session will cover aspects of setting which impact location such as footwork, hand positioning, release and posture. The session will also address components of discrete setting like vision, deceptiveness, decision making and building an offense.

Boys and Girls All-Skills Camp \$135

Mon – Thu July 18th – 21st 1:00pm – 3:00pm

This camp will touch upon all volleyball skills, first providing individual instruction time from the COAST coaching staff. Then athletes will be given a chance to display what they have learned in competitive, game-like situations. This camp is ideal for those who have not touched a ball in a while, as it is scheduled as a brush up just before school starts.

Girls High School Tryout Camp \$145

Session I:
Mon – Thu Aug 1st – 4th 9:30am – 11:30am
Session II:
Mon – Thu Aug 1st – 4th 1:00pm – 3:00pm

This camp will provide an hour of instruction and then team competition each day. The players will be grouped accordingly to their skill level. It is open to all girls trying out for their high school programs.

Girls "Back to School" Tryout Camp \$120

Sat – Mon Aug 6th – 8th 10:00am – 12:00pm

This camp is scheduled only days before the high school tryouts begin. The camp combines the technique refinement of a private lesson, with the team training environment essential for a player to do well in tryouts. Ideal for the athlete who is just getting back into it at the end of summer.

