

COAST NEWSLETTER

August, 2011 - Vol. 14

Next issue: Boys Shorebreak Travel Team Tryouts, NCAA COAST (women's college preview)



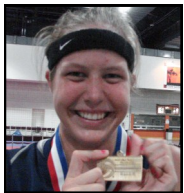
2012, 2013 Recent Commitments:

- Saige Gallop, Francis Parker - Virginia Commonwealth
- Lisa Kramer, La Costa Canyon - USD
- Alexa Strange, San Clemente - Colorado
- Katelyn Cuff, Santa Fe Christian - Colorado



Player of the Month

Samantha Cash
(Pepperdine, Canyon Crest)



A captain for USA 2010 Youth National Team, Sam has been regarded as the top middle blocker at the junior level for the last few years. In the course of this season the 18-1 team recognized the need for a

monster leftside attacking presence. "Sam sacrificed doing what she does best, to do what no one else could do, and became a 6'3" outside hitter for her club team. The move was not met without its frustrations. But Sam hit a .370 over day 2 and day 3 at JOs, which helped the team finish with a perfect 7-0 record in pool play. It was this "team first attitude" shared by the entire squad that drove a run that clinched the bronze medal in 18 Open at the Junior Olympics.

Team of the Month



COAST 15 Sam concluded their season in dramatic fashion. After beating some of the toughest teams they had seen all year, the squad advanced into the Championship gold bracket and finished 8th overall in the tournament.

Finishing 29th overall in the region, COAST is the only club in SCVA (15s) to have not only 2, but 3 teams in the top 30! This is an incredible achievement and shows the tremendous depth we have in our club.

"All the girls really came together, and it was nice to see their tight friendships off the court, translate to success on the court. The team steadily improved all season, and their success was mainly due to their steadfast work ethic and a desire to improve. I will truly miss working with this team." —Coach Lee

Good luck to our 2011 graduating class:

- | | |
|----------------------|----------------------|
| • Halle Aiken | UC Santa Barbara |
| • Chloe Buckendahl | Oregon |
| • Sierra Brown | Massachusetts Lowell |
| • Samantha Cash | Pepperdine |
| • Kristen Casey | Harvard |
| • Mary-Kate Catton | Stonehill |
| • Hayley Crone | USC |
| • Lindsay Elgin | Cal |
| • Lacey Fuller | Penn State |
| • Catherine Galligan | Fordham |
| • Taylor Gee | Willamette |
| • Kendall Haldi | Vanguard |
| • Courtney Hoffman | Oregon |
| • Gillian Howard | Pacific |
| • Chloe Mathis | Arizona |
| • Sarah Meister | Missouri |
| • Taylor Milton | Santa Clara |
| • Rachel Rhoades | Arizona |
| • Kendra Mendicino | Mesa |
| • Sydney Oberstein | Montana State |
| • Taylor Suggs | Dallas |



BOYS & GIRLS CLUBS
OF SAN DIEGO

COAST earns 2 medals and a top 10 finish at the 2011 Junior Olympic Championships in Atlanta:

- 18 Ozhan - Bronze Medal 18 Open
- 17 - 1 - 17th place 17 Open
- 15 Luis/Jimmy - 7th place 15 Open
- 14 Luis - Silver Medal 14 National

COAST players named to the Junior Olympic All-American Team:

- Taylor Milton - 18 Open
- Gillian Howard - 18 Open
- Brittany Abercrombie - 15 Open

Juniors Spotlight: Hannah Hubbard



Santa Fe Christian's Hannah Hubbard saved her best performance of the year for the Junior Olympics. At 5'8" the out-

side hitter hit 43% for the tournament. Hannah, then a sophomore, brought a great all around game leading the team with 57 digs, and passed a 2.1 while she was competing in the 17 Open Division.

**Shorebreak Junior Olympic
Finishes:**

- 18 Mikasa - 11th
- 17 Mikasa - 21st
- 16 Mikasa - 4th
- 15 Mikasa - 10th
- 14 Mikasa - 25th

**Shorebreak players named to
the Junior Olympic
All-American Team:**

- Jake Reeves - Torrey Pines
- Alex Tollgard - Grossmont

**Shorebreak Summer
Workout**

Shorebreak will be running weekly workouts for all age groups Tuesday and Thursday 6-8pm. The cost will be \$15 a session. Contact Bjorn Dahl at bjorn@shorebreakvbc.com or Ted Summerstorres at tsummerstor@gmail.com



**The USA High Performance Junior
National team defeats England!**



Sam Cash (Canyon Crest) and Haley Crone (Great Oak/Temecula) help the US team bring home the gold in the Global Challenge in Pula Croatia. Competing on a team made up of some of our nation's very best high school seniors, Sam Cash captained the US squad and Haley Crone received All Tournament honors. The US defeated the United Kingdom's national team in the finals. This was a significant win as the UK squad will represent England in the upcoming 2012 Olympics. "The volleyball was fun and when we weren't competing, we got to visit the beaches in Croatia which were amazing!" — Haley Crone



COAST 14 Sam

The players on 14 Sam were able to accomplish something few volleyball players will ever do in their lifetime. In one of the final matches at the Volleyball Festival in Phoenix, the team managed to play an error-free game. With tremendous discipline and focus, they were able to prevent the opposing team from scoring a single point (25-0)! In one of the timeouts, COAST players rallied together and vowed to continue to play hard, in order to show respect for their opposition. More importantly, they held each other accountable and made sure each team member displayed great sportsmanship throughout the entire game.

"In my career as a coach, I realize this will probably never happen again, but what makes this moment most unforgettable is the way the team handled themselves with respect and diligence from the first point to last--exemplifying the kind of sportsmanship commendable by players, coaches, and the game itself." —Coach Lee



COAST 13 Kurt

Our team created a Festival pre-match cheer that carried us to some awesome WINS... "We believe... We Believe we Will... We Believe that we will WIN!..."

We had a magical performance in Phoenix. Seven of our twelve matches went to the third game and they were all thrillers. Our team camaraderie and parent support were impeccable all season long. "These girls were the strongest group of 'vballers' I have coached in a long time." —Coach Kurt

Sophie Linden: The Pirate Queen Libero



"Clearly, she saved her best performance of the year for the festival. Her serve receive and defense anchored our pirate ship all week. She has all the qualities to become a great libero; skills, knowledge of the game, leadership, communication, and a fiery competitor who hates to lose. And loves to win. My pleasure and privilege was to coach her this year." —Coach Kurt

2011 Summer Camps

Girls Advanced Getting Started \$110

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

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

Girls "Back to School" Tryout Camp \$120

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

Middle School Tryout Camp \$120

Tues – Thu Aug 9th – 11th 10:00am – 12:00pm

