

## NCAA COAST

In the spirit of the new college volleyball season we bring you the “where are they now” section tracking former COAST volleyball players. 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.



Sophomore rightside hitter **Sha'Dare McNeal**

(Fallbrook high school) led a balanced Longhorns attack as then ranked No. 3 Texas Volleyball rolled to a 3-0 victory in its season opener at the Burnt Orange Classic.

# COAST NEWSLETTER

September - October Volume 10

California volleyball sophomore libero **Robin Rostratter** (Carlsbad high school) had a career-high 20 digs to go with two service aces in their 3 to 1 victory against USF. Cal is ranked 8th in the nation and is on a 10 match winning streak.



Freshman **Haley Cameron** (La Jolla high school) gets her first kill of her college career for Texas against TCU.



Freshman **Lauren Plum** (Poway high school) racks up 53 assists (and one crazy straight down kill) for Oregon in a 5 set victory over Portland State. The Ducks continue to roll as they look ahead to face Washington, Stanford, California, USC and UCLA. Oregon is currently ranked 15th in the nation and remains undefeated at 9 and 0.

Sophomore **Hannah Benjamin** (Francis Parker) helps Stanford to the top NCAA Division 1 national ranking! The Cardinal beat (then ranked) #5 Texas and #1 Penn State in back to back nights over the September 10<sup>th</sup> weekend.



Freshman **Thea Derrough** of Bishops high school helps Brown University come out strong in their first home match of the season. Thea had one of three impressive freshmen performances as her team won in straight sets (25-16, 26-24, 25-20) over host Providence. Recruited as a leftside hitter, Thea moved back to the middle to provide her team with 10 kills and 2 blocks on the night.



## U.S. Youth Olympic Team Captain Samantha Cash

The U.S. takes the silver medal at the inaugural Youth Olympic Games in Singapore. “That was a great match,” said Cash, the U.S. team captain. “I enjoyed every second, except the points that we lost, of course. It was exciting and intense. We battled until the last point.”



BOYS & GIRLS CLUBS  
OF SAN DIEGUITO





COAST Volleyball Club welcomes pro beach volleyball player Diane DeNechochea and Olympic Gold Medalist Eric Sato to its coaching staff in 2010-2011. Diane, along with former LBSU 49er player and husband Joel DeNechochea, will head coach the 12 Local team, a program which begins training in November. Eric Sato will coach the COAST 16-1 Elite travel team.



### Middle School Tryouts

14s	13s	12 & Under
Fri 10/1, 7-8:30pm	Fri 10/1, 3:30-5pm	Fri 10/1, 5:15 - 6:45pm
Sat 10/2, 2:30-4:30pm	Sat 10/2, 9-10:30am	Sat 10/2, 12-1:30pm
Wed 10/6, 6:30-8:30pm	Wed 10/6, 4-6pm	Wed 10/6, 4-6pm

Parent Meetings: Saturday 10/2 - 10:30-11:30am and 1:30-2:30pm. (Parent meetings cover identical material).

### High School Tryouts

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: Sunday 11/21 - 11:00am-12:00pm and 2:45-3:45pm. (Parent meetings cover identical material).

### Pretryout Workouts

7th & 8th grade	12 & Under	High School
Sun 9/26, 4 - 6 p.m.	Sun 9/26, 2:30 - 4 p.m.	Sat 11/6, 10am-12pm
Wed 9/29, 6 - 8 p.m.	Tues 9/28, 4:30 - 6 p.m.	Tues 11/9, 6-8pm
		Thurs 11/11, 6-8pm

### Congratulations to the "Senior Aces"

- **Kristen Casey** (Bishops/ Harvard)
- **Samantha Cash** (Canyon Crest/ Pepperdine)
- **Gillian Howard** (LJCD)
- **Chloe Mathis** (LJCD/ Arizona)
- **Taylor Milton** (Cathedral/ Santa Clara)
- **Rachel Rhoades** (Mission Bay/Arizona)
- **Summer Ross** (Carlsbad/ Washington).

The PrepVolleyball Senior Aces is a list of the nation's top college recruits, put together by a panel of division 1 coaches who are asked to predict which prep players would have a great impact at the next level. San Diego County had 5 Senior Aces in the top 100 this year and all of them appear among the girls listed above.



**Chloe Mathis** has been named Max Preps National Player of the Week after helping her La Jolla Country Day team win the Archbishops Mitty Tournament. Her team defeated Northern California's Presentation high school 3 games to 1 to win the championship.

### Coast Volleyball

[admin@coastvbc.com](mailto:admin@coastvbc.com)

11526 Sorrento Valley Rd Suite N  
San Diego, CA 92121

858.793.7743 office

[www.coastvbc.com](http://www.coastvbc.com)

