

COAST NEWSLETTER

September, 2011 - Vol. 15

NCAA COAST



"Clash of the Titans" (9/13/11)

In an early season match up featuring the AVCA ranked #1 v. #2 teams in the Nation, Division 1 powerhouses Stanford and Cal squared



off in Berkeley. The match played on 9/13/11 showcased former COAST teammates Cardinal libero Hannah Benjamin (2009 Parker Alum) and Golden Bear libero Robin Rostratter (2009 Carlsbad Alum). The hard fought contest was won by Cal in 4 games. Rostratter led all defenders with 29 digs, while Benjamin led all passers with a 2.32 passing percentage for the match. In the last two years this high level rivalry has seen the two teams "split" their regular season matches. Cal will travel to Stanford for their next confrontation on 11/25/11. That match will more than likely determine the PAC-12 conference championship.

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 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. "This year COAST has 11 players competing on Pac 12 college teams and 4 players at Ivy League schools.

Surf and Turf



In a match featuring 3 athletes from San Diego County, Pepperdine takes on the University of Texas in the Burnt Orange Classic (8/26/11). Texas won in 4 games with 2010 La Jolla high school grad Haley Cameron hitting .571 out of the middle. LongHorn rightsider and 2009 Fallbrook grad Sha'Dare McNeal hit .551 on 10 swings.

Upset Central I

(9/2/11) Oregon Ducks knock off then #1 ranked Penn State in four games. It was the first time in Ducks volleyball history that Oregon had beaten Penn State.

Sophomore setter Lauren Plum logged 48 assists, seven digs and one ace to lead the Ducks to a .277 hitting mark. Chloe Buckendahl (2011 Rancho Buena Vista grad) contributed an ace to the win. Freshmen defensive specialist Lacey Fuller (Torrey Pines) came into game 4 with tough serving and gritty defense to mount a 5 point run for the Nittany Lions.



Noteworthy International Ball

2009 Poway grad Lauren Plum also led the USA Junior National Team as the starting setter to the semi-finals against home nation Peru at the World Championships played last July.

Upset Central II (9/6/11)

Pepperdine v. UCLA

The Pepperdine Waves upset then undefeated UCLA. Freshmen middle blocker Sam Cash led all attackers in hitting percentage at .320. The 2011 Canyon Crest grad will return to San Diego when Pepperdine plays "home town" WCC rival USD on 11/19/11. The September 12th AVCA Division 1 poll placed USD at 17th and Pepperdine at 21st in the national rankings.



BOYS & GIRLS CLUBS
OF SAN DIEGUITO

**Two COAST kids receive PAC-12
9/19/11 Players of the Week!**

Robin Rostratter was selected the Defensive Player of the Week; and ARIZONA's Chloe Mathis was awarded the Freshman of the Week by the PAC-12 Commissioner Larry Scott.

Junior backcourt defender Robin Rostratter (Carlsbad, Calif.) was instrumental in Cal's three wins last week, helping the Golden Bears begin Pac-12 play at 3-0 and preserve their No. 1 national ranking and undefeated status. Rostratter averaged an impressive 6.90 digs per game over the last three victories.

Freshman Chloe Mathis (LJCD) led the Wildcats to their first Pac-12 win of the season, posting 57 assists against Oregon State. As their quarterback Arizona hit .280 and received 11 digs from Mathis on the night.

Fellow San Diegan, Wildcat Rachel Rhoades (Mission Bay) led the ASU match with 6 blocks in the win.



**BOYS & GIRLS CLUBS
OF SAN DIEGO**



Joel and Diane DeNechochea return to coach the 12 Local Team in 2011-2012. The husband-wife coaching team draws from their own playing experience, as Joel competed at Long Beach State and Diane competed for 12 seasons on the AVP tour. This teaching tandem will once again bring its talents to COAST's youngest players.

2011 - 2012 Tryout Dates 14 & Under

	14s - 8th Grade	13s - 7th Grade	12s - 6th & Under
Saturday 10/1	11am -1pm	8:30-10am	8:30-10am
Sunday 10/2	11:30am -1:30pm	8:30-10am	8:30-10am
Tuesday 10/4	Callback 6-7:30	Callback 6-7:30	
Wednesday 10/5	Callback 6-7:30	Callback 6-7:30	
Saturday 10/8	Callback 9:30-11am		

Sunday 10/2 - Parent Meeting 10:15-11:15am.

Register online at www.Coastvbc.com

What's new at COAST?



COAST welcomes pro beach player and volleyball coach Mike Placeck as he heads up our program's physical training. This program will run four days a week at our Sorrento Valley facility. In addition to his professional career in beach volleyball, the Torrey Pines alum played collegiate tennis at UCSB. After receiving his degree in Global Studies and Exercise Health and Science Mike worked at LibaFit gaining experience and expertise in strength, fitness, rehab and prehab training regiments. In 2004 Mike went on to become the director of the Egoscue Method clinic in Chicago.

The voluntary training sessions at COAST are scheduled to begin in December and will run from 6-7 p.m. on Mondays and Wednesdays, and from 3-4 p.m. on Tuesdays and Thursdays. These group training sessions are free and open to all COAST and Shorebreak athletes. Mike also owns the sand court facility located two blocks from COAST on the corner of Sorrento Valley and Carmel Mountain roads, where he does small group skill training for beach players and fitness training at the new FACT Performance studio next door.



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