

January 2, 2012



DATES TO REMEMBER:

- **“Serving-Up Meals”**
Cut-off date January 3rd
- **“New Year’s Workshop”**
January 2nd:
Setters: 9a.m.-10:30a.m.
Hitters and Diggers: 11a.m.-12:30a.m.
Middle Blockers: 1p.m.-2:30p.m.
College Recruiting Workshop 3:00p.m.-4:30p.m.
- **“Holiday Camp”**
Camp III: Jan. 3th-5th
10 a.m.-noon
- **“Alumni Match”**
January 4th
7- 9 p.m.
- **“Bingo/Movie Night”**
January 27th
Bingo:6:30 p.m.-8:00 p.m.
Movie: 8:00 p.m.-9:30 p.m.

NEW AT THE CLUB:

- **“Foundation Strength”**
- **“The Peace Café”**
- **“The Team Room”**
- **Tournaments starting this weekend. Schedules are online. Good luck to everyone!**
- **Private Lessons**
- **Free WiFi**

SoCal Newsletter

This January at SoCal

December Recap

December was a fantastic month for us here at SoCal. Our **“Serving-Up Meals”** program was a huge success. All four collection bins are overflowing. As a club, we have collected over **1000 cans** of food for the **North County Food Bank**, the **AniMeals** Program for the **Helen Woodward Animal Shelter** and clothing for the **Salvation Army**. *The winning team, who raised a total of 176 cans goes to..... 16-2! Congratulations girls!*

The success is thanks to all of the players, parents and coaches that are part of the SoCal family. The **“Rudolph Rally”** was so much fun and a great experience for every team to get together and play in a tournament like atmosphere. We also had a good turnout at the **Sun Diego Gift Wrapping** fundraiser in which players here at SoCal got to display their gift wrapping skills and raise money for their tuition. Special thanks to the Griffiths Family for their support and coordination for that effort. Our **Holiday Camps** have been exceptionally fun as it is so awesome to see new and young players come in and show improvement in a short span of time. Due to the success of the previous two, we have added another for the New Year.

SoCal will continue to reach out in 2012, give back to the community and show our members the value a lending hand, a listening ear and the most valuable thing of all, your time.

Alumni Match

Here at SoCal we are a family of past and present members. Former players love to come back and visit. On **January 4, 2012 at 7:00 p.m.** there will be an Alumni Match open to all SoCal Alumni verses the 18-1 team.

New Years Workshop

The New Years Workshop is a one day event that will enable athletes to get in extra reps for their primary position and/or enhance a secondary position. There will be a Setters Workshop, a Hitter and Digger Workshop and a Middle Blocker Workshop. Lastly there will be a College Recruiting Workshop with college coaches speaking, along with a presentation about the admissions process and college recruiting process from former college players Audrey Green and Bobbie Jo Stall. Sessions are 90 minutes. No registration is required. This is a **free** work shop to all members at SoCal and non-members are welcome to join for \$40 for all four sessions or \$10 per session. RSVP at socialvbc.com and call(760) 477-7547 with any questions.

NEW Holiday Camp (Session 3)

Due to the great turnout and success of the first two Holiday Camps, we are adding another. The camp is for players **age 8-14**. **This session will be held January 3-5, 2012, 10a.m.-noon**. The camp will provide extra practice, repetition and a fun environment for everyone to come learn, have fun and play the sport we all love.

The cost for **non-members** will be **\$40** for each three day camp OR **\$20** if referred by a SoCal member. The cost for **SoCal Members** will be **\$20 OR free if they refer a non-member friend**. **RSVP at socialvbc.com. Call(760) 477-7547 with any questions.**

Bingo/Movie Night

We are having a **“New Year Bingo Tournament”** and **“Movie Night”** in support of our “new” additions to the club, including the new coffee shop, new team room and jazzed up bathrooms. It will be at the SoCal Athletics Center. It will be a \$20 minimum buy-in that allows you to play 20 times. There will be unlimited re-buys in the first hour and a half for both games. The proceeds (minus the winner’s pot) will go to the club and can be written off as donations by all participants. The top three players will split 50% of the total amount raised during the buy-in. Light fair and beverages will be available. The movie is free! The event will start **at 6:30 p.m. on January 27, 2012**. Bring beach chairs, blankets and your friends! RSVP online at socialvbc.com under the events tab or sign up and pay the night of the event! Call (760) 477-7547 with any questions.

Foundation Fitness

Our **“Fit Fridays”** program has done a great job introducing girls to the invaluable world of fitness, strength and conditioning. Girls looking to push themselves to the next level in volleyball, whether it be in school, club or the collegiate level, must supplement the skills training they get in practice, with strength and conditioning. SoCal recognizes skills and training work hand in hand and also promote injury prevention.

Beginning **January 16, 2012** SoCal will be offering a strength and conditioning program for members and non-members. SoCal has a long standing relationship with **Foundation Fitness** a local fitness club that uses a space right here in the club for clients from many different sports. They are now offering a program called **“Foundation Strength”** that is tailored just for volleyball players lead by fitness experts and personal trainers. Read more information at socialvbc.com. Call (760) 477-7547 with any questions.

Special Thanks

We would like to thank every single contributor, player, alumni, parent and coach that makes it all happen here at SoCal. Thank you to the Cruz family for cooking up a delicious meal at the Rudolph Rally. Thank you to the Griffiths family for the coordination of the gift wrapping fundraiser. Special thanks to Abby Suster, Toire Walsh and any other players and coaches who volunteered their time for the camps and clinics. Thank you also to the donations that we have received from our local **Albertsons, Costco and Aussie Pet Mobile**.

HAPPY NEW YEAR!

