

BULLDOG VOLLEYBALL

District Regular Season Champions 2009, 2008, 2006, 2005, 2003, 2002

Liberty District Tournament Champions 2009, 2008, 2006, 2005

Regional Finalist 2005, 2003

Regional Semi-Finalist 2009, 2008, 2007, 2006, 2004, 2002

Virginia State "AAA" Quarter-finalist 2005

Virginia State "AA" Final Four 2003

Try-outs begin Tuesday, August 10, 2010

Whoo Hoo!!!! ☺

The following forms* **MUST** be completed and returned to Stone Bridge High School no later than Monday, August 9, 2010. This is a Virginia High School League rule, therefore there are no exceptions.

1. **VHSL Physical Form** – completed by physician and parent (AFTER May 1, 2009)
2. **LCPS Training Rules** – signed by athlete & parent
2. **LCPS Agreement to Participate/Parent Consent Form** – signed by athlete & parent
4. **Sports Emergency Card** – completed and signed by parent
5. **Insurance Notification Form** – Proof of insurance is required for participation in athletics.

**These forms may be downloaded from the SBHS web site under
athletics/information/athletic forms*

Bulldog Volleyball Miscellaneous Information

1. Try-outs for grades 10 - 12 will take place Tuesday through Friday (or Saturday)
 - Try-outs will be 9:00 - 12:00
 - There will be an initial cut on Thursday at 12:00 p.m., and the final roster will be finalized on Friday at 12:00 (or Saturday at 12:00 if needed)
 - For athletes who make a team, practices will begin immediately (Monday, August 17) and will continue daily until the end of October
2. Stone Bridge has 3 volleyball teams (Freshmen, J.V. and Varsity). Each team will consist of approximately 10 student/athletes.
3. The freshmen team will be comprised of only freshmen, the J.V. team will be comprised of sophomores and/or freshmen, the varsity team will be comprised of seniors, juniors, sophomores and/or freshmen.
4. The JV and varsity teams will practice Monday through Friday from
 - 4:00 - 6:00/6:30 and occasionally from 6:00 - 8:00 p.m.
 - The varsity team will also practice on Saturday morning from 8:00 - 10:00 a.m.
5. We usually have 2 matches a week, on Monday, Tuesday, Wednesday or Thursday
All student/athletes are expected to be at **every** practice and match

Please check the Stone Bridge web site over the summer for updates or changes!

If you have any questions, please contact Coach Raschiatore at Jill.Raschiatore@Loudoun.k12.va.us or at Stone Bridge High School (571.252.2200). I look forward to seeing you at try-outs on August 10th!

Jill Raschiatore ☺
Varsity Volleyball Coach
Stone Bridge High School

Information for VA Tech Team Camp:

- We will need parents to car-pool to and from the camp. (Approximately one parent for every 3 athletes) If you have not already begun to discuss which parents are driving, you should do this ASAP!
- Plan to leave Ashburn on July 28 at approximately 7:00 a.m. (We will meet at SBHS that morning).
- For parents who are available to bring athletes back from camp, they should plan to be in Blacksburg no later than 3:00 pm on July 30.
- It takes approximately 5 hours to drive from Ashburn to Blacksburg, including rest-stops

We will have another meeting regarding team camp on July 22, at 8:30 p.m. Players attending the team camp should attend this meeting with at least one parent, even if the parent is not driving to/from camp. More specific details (such as what to pack, which parents are driving, etc) will be discussed at that time.

Feel free to read more about the VA Tech Team Volleyball Camp at:
www.hokievolleyball.com/camp_details.php

If you have any questions, please contact Coach Raschiatore at
Jill.Raschiatore@Loudoun.k12.va.us or Cell Phone: 301.676.8023

Jill Raschiatore ☺
Varsity Volleyball Coach
Stone Bridge High School