

**2009 – 2010**  
**SAINT URSULA ACADEMY**  
**VOLLEYBALL PROGRAM**

*State Champions in 1993, 1994, 1995, 1996, 1997, 1998, 2001 and 2003.*  
*State Runners-Up in 2002.*  
*National Champions in 2003*

**HOME COURT** Saint Ursula Academy Gymnasium / Convocation Center

**HOME PRACTICE FACILITY** Saint Ursula Academy Gymnasium / Convocation Center

**TEAMS** – We will have three teams consisting of Varsity, Reserve and Freshman teams.

**OPEN GYMS** will be held on Monday evenings from 6 – 8 PM, beginning June 15, 2009 and ending July 21, 2008. Open gyms are open to anyone.

**GRADE SCHOOL/INCOMING FRESHMAN CLINICS** will be held on June 8, 9 & 10, 2009.

Grades 3-6 will run from 9 AM to Noon

Grades 7-9 will run from 12:30 – 3:30 PM.

Clinic Cost is \$110.00.

**SAINT URSULA ACADEMY / UNIVERSITY OF CINCINNATI TEAM CAMP** will be held July 27, 28, 29 and 30, 2009 from 6:00 – 9:00 PM at UC. This camp is for all players planning to tryout for the 2009 SUA program. The cost of the camp is \$75.00 and will be held at the Lindner Center on the UC campus.

**CONDITIONING** will be held on August 3, 5 and 7, 2009 at Saint Ursula Academy from 9 AM to 12:00 noon. Conditioning on these two days is meant to be a measure of an athlete's personal fitness level and is not designed to increase the athlete's level of fitness. Student athletes will use their conditioning packet as a guide to train in the spring and summer prior to the start of the season.

**STUDENT PARTICIPATION FORMS** are required by July 1, 2009 and a copy of the physical form must be given to Coach Perry prior to the UC TEAM CAMP. ***NO FORM IN HAND: NO PARTICIPATION.***

**TRY-OUTS** will be held on Monday, Tuesday and Wednesday, August 10, 11 and 12 from 9:00 AM to 12:00 noon. Team selections will be announced after the last day of try-outs on Wednesday, August 12, 2009.

**ATHLETIC TRAINER** – Cincinnati Sports Medicine supplies a trainer during the fall each day after school for three hours.

**ATTENDANCE** – Once the teams are picked, attendance is mandatory for all practices, scrimmages and games. If you believe that this will be a problem, please do not plan to attend try-outs.

**PRACTICES:** Varsity practices will be held immediately after school from 3:15 to 5:30 PM. Reserve and Freshman teams will practice from 5:30 to 7:30 PM.

**PARENT/STUDENT-ATHLETE MEETING** will be held Tuesday, August 18, 2009 at 6:00 PM in the SUA Gymnasium / Convocation Center. It is mandatory that at least one parent and the student athlete attend this meeting. If a parent cannot attend, please contact the athletic director at least 72 hours in advance. **ALL ATHLETIC FEES AND PARTICIPATION FORMS ARE DUE AT THE PARENT/STUDENT-ATHLETE MEETING.**

**GAME SCHEDULE** for the season will be distributed at the Parent/Student meeting. Changes will be updated on the SUA web site.

**FOR ADDITIONAL INFORMATION** you may contact Mike Sipes in the athletic department office at 961-3410, ext. 129.