

## 2017 Volleyball schedule

8/22	Chantilly	LBSS
8/29	@ Madison 6:00pm	Varsity
8/31	Annandale	LBSS
9/7	@ T. C. Williams	TCW
9/12	Hayfield	LBSS
9/19	Robinson *	LBSS
9/23	@ Titan Clash	TCW
9/26	@ W.T Woodson*	WTW
10/3	@ Fairfax*	FHS
10/5	West Springfield*	LBSS
10/10	South County*	LBSS
10/12	@ Robinson*	RHS
10/17	W.T Woodson*	LBSS
10/19	Fairfax* Senior Night	LBSS
10/24	@ West Springfield*	WSHS
10/26	@ South County*	SCHS
10/30	Patriot District Conference	TBD

**Matches Time: 5/6.7:17pm \* Conference**

**Head Coach: Nadine Lilavois**

**Asst. Coaches: Joe Wieland**

**Stephanie Shultis**

**Lauren Mills**



**LAKE BRADDOCK**

**VOLLEYBALL**

**CAMP**



### DEVELOPMENTAL PROGRAMS

<b>June 26-30</b>	<b>Skills Training</b>
<b>July 10-14</b>	<b>Specialty Training</b>
<b>July 17-21</b>	<b>Girls Team Camp</b>
<b>July 24-28</b>	<b>Boys &amp; Girls Training</b>

**Nadine Lilavois, Technical Director**  
**nadineub@aol.com**  
**703-798-4897**

**COME , BE PART OF THE EXCITEMENT!**

**LBVB SUMMER CAMP**  
**STUDENT ACTIVITIES OFFICE**  
**9200 Burke Lake Road**  
**Burke, VA 22015**  
**Phone# (703)426-1001**  
**Attn: Karl Kerns, DSA**  
**C/O: Nadine Lilavois**  
**Head Volleyball Coach**

**SITE:**

Fairfax Sports Plex  
6800 Commercial Drive  
Springfield, VA  
703-750-9521

**FACILITY: Four Indoor Courts**

- Three Courts for Training
- Locker Room facilities
- TV Monitors
- Dinning Facility

**SESSIONS: We offer two sessions a day**

- Morning 9:00-11:30 am
- Strength & Conditioning 11:30-12:00pm for 2 week campers or more.
- Lunch from 12:00-2:00pm
- Afternoon 2:00-4:30pm
- Friday 4:00pm Camp Awards Ceremony

**FEATURES: Premium Services**

- Camp T-shirts
- Physical & Skills Placement Tests
- Certified Athletic Trainers
- Skills Video Tape analysis
- Coaching Ratio 1/6, 2 per courts
- Individual Awards & Certificates

**COACHING STAFF:**

**Nadine Lilavois** is the new head volleyball coach at Lake Braddock. She is the Wellness & Fitness Coordinator for MEI. The former Head Women’s Volleyball Coach at SUNY Buffalo and former Head Coach at Boston College. Nadine has also coached and directed several Junior Volleyball Clubs throughout the Northeast Regions.

**Iskra Martinez**, graduated from University of Georgia where she played volleyball on a scholarship as a setter. She works for the Army as a financial & budget analyst. She is actively involved with Junior Volleyball Development and plays Open USA club.

**Joe Wieland** is the Life science teacher for 7<sup>th</sup>& 8<sup>th</sup> graders at Lake Braddock. He will enter his second year as an Assistant and JV coach to help strengthen the Bruins’ program.

**Stephanie Shultis**, a graduate of Howard University as a setter, is entering her first year as an Assistant and Freshman Coach at Lake Braddock. She coaches 14’s at Metro VB Club.

**Counselors in Training, CIT**

**Jared Louie**                      **Sean Shultis**  
**Ashley Thompson**            **Thalia Orphee**

**CAMPERS REGISTRATION FORM**

Parents’ Name\_\_\_\_\_

Parents’ Phone\_\_\_\_\_

Parents email\_\_\_\_\_

Camper’s Name\_\_\_\_\_.

Camper’s School\_\_\_\_\_

Camper’s Grade\_\_\_\_\_

**Cost per week \$175.00/ Camper will attend:**

- Week One      Age 10-17
- Week Two      Age 12-17
- Week Three    Age 13-17
- Week Four     Age 10-17

**Special Discount:**

- Two Weeks    - \$300
- Three Weeks   - \$450
- 12 players or more Team Camp at \$150

**LBVB Payment Method:**

Make Check Payable to LBVB Booster Club

\_\_\_\_\_  
**Parents’ Signature.**

**LBVB declines any liability in the event of injuries during camp. Personal Insurance will cover ALL costs.**