



Cedar Ridge Volleyball



Booster Club Newsletter April 2024



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[Calendar](#), [The Coaching Corner](#) and [Booster Babble](#)

Calendar

April 1-5

- **Strength and Conditioning (See Calendar Below)**
- Wednesday, April 3 District Track Meet
- Friday, April 5: Baseball vs Manor
- Friday, April 5: Softball vs Vandegrift
- Saturday, April 6 PROM

April 8-12

- **Strength and Conditioning (See Calendar Below)**
- Monday, April 8: Solar Eclipse (sign the permission form to view)
- Tuesday, April 9 English 1 EOC
- Tuesday, April 9: Baseball vs Vandegrift
- Wednesday, April 10 Student Holiday- Staff Development
- Wednesday, April 10 Area Track Meet
- Thursday, April 11 English II EOC
- Friday, April 12: Baseball vs Vandegrift

April 15-19

- **Strength and Conditioning (See Calendar Below)**
- Tuesday, April 16 Biology EOC
- Tuesday, April 16 Piano Recital
- Tuesday, April 16: Baseball vs RRHS
- Thursday, April 18 US History EOC
- Thursday, April 18 Underclassman Awards 6:30 pm
- Friday, April 19: Softball vs McNeil
- Friday, April 19: Baseball vs RRHS

April 22-26

- **Strength and Conditioning (See Calendar Below)**
- Monday, April 22, Earth Day
- Monday, April 22: Softball vs Lake Belton
- Tuesday, April 23 Algebra 1 EOC

- Tuesday, April 23: Baseball vs McNeil
- Thursday, April 25, Shakespeare in the Courtyard 6:30
- Friday, April 30: Shakespeare in the Courtyard 6:30
- Friday, April 30 Dance Dept Spring Show 7 pm

Volleyball Off Season April 2024

<p>April 1 "B"</p> <p>Weights</p>	<p>April 2 "A"</p> <p>Pool Workout</p>	<p>April 3 "B"</p> <p>Raider Wednesday</p>	<p>April 4 "A"</p> <p>Open Gym (before school)</p> <p>Court Day</p>	<p>April 5 "B"</p> <p>Open Gym (before school)</p> <p>Court Day</p>
<p>April 8 "A"</p> <p>Weights</p>	<p>April 9 "B"</p> <p>Pool Workout</p>	<p>April 10</p> <p>OFF</p>	<p>April 11 "A"</p> <p>Open Gym (before school)</p> <p>Court Day</p>	<p>April 12 "B"</p> <p>Open Gym (before school)</p> <p>Court Day</p>
<p>April 15 "A"</p> <p>Weights</p>	<p>April 16 "B"</p> <p>Pool Workout</p>	<p>April 17 "A"</p> <p>Raider Wednesday</p>	<p>April 18 "B"</p> <p>Open Gym (before school)</p> <p>Court Day</p>	<p>April 19 "A"</p> <p>Open Gym (before school)</p> <p>Court Day</p>
<p>April 22 "B"</p> <p>Weights</p>	<p>April 23 "A"</p> <p>Pool Workout</p>	<p>April 24 "B"</p> <p>Raider Wednesday</p>	<p>April 25 "A"</p> <p>Open Gym (before school)</p> <p>Court Day</p>	<p>April 26 "B"</p> <p>Open Gym (before school)</p> <p>Court Day</p>

THE Coaching CORNER

🏐 As you can see, we are preparing for our 2024 season. Please take a look at all our flyers in this newsletter. Our 2024 schedule is included.

🏐 Our summer camp flyers are attached. Please attend if you can.

🏐 The athletic trainer's annual fundraiser of athletic physicals date has been announced. See the flyer below. This is a great, cheap, and easy option to get your physical out of the way for next year's season. It is easy to sign up

Pick a time and [sign up here](#)

Use the RRISD payment site to pay for your physical [here](#)

Add the date (May 14th) to your calendar and show up

CRHS SPORTS MEDICINE PRESENTS:

CEDAR RIDGE ATHLETICS AND FA PHYSICALS

Help us keep your kids healthy, they get a physical and the money goes towards keeping your kids going all year long.

Tues. May 14th 5:30-8 p.m.

CRHS Cafeteria-Enter at Bus Lane by Main Gym

2801 Gattis School Rd

It's that time of year for student athletes/fine arts to update their pre-participation physicals and online forms.

***\$20 Pre Participation Physicals-We are going cashless this year!**

[Link for payment-](#)

-Only fundraiser for the Sports Medicine Program

***What time? 5:30-8:00 p.m.- HS/MS Students in Extracurricular Activities.**

-In an effort to control overcrowding, we will be conducting time slots: Online Sign Up—Mandatory- Link:

**Rank One Online Forms—roundrockisd.rankone.com - Fill out after May 1, 2024*

Physical Form- located on the Rank One Online Forms Page under Download and Print

MEDICAL HISTORY FORM MUST BE FILLED OUT COMPLETELY & SIGNED BY GUARDIAN & STUDENT!

ANY QUESTIONS OR CONCERNS PLEASE E MAIL US:

MATT OWENS- MATT_OWENS@ROUNDROCKISD.ORG

ETHAN MARTINEZ- ETHAN_MARTINEZ@ROUNDROCKISD.ORG

BREANA BLUE- BREANA_BLUE@ROUNDROCKISD.ORG



Cedar Ridge High School LADY RAIDER VOLLEYBALL 2024



	DATE	OPPONENT	SITE	VAR.	J.V	FLEX	FR	
AUGUST	9	Fri	CR, Hamilton, Johnson, Gateway	CRHS	SCRIMMAGE			
	10	Sat	CR,RRCA, Belton, Lago Vista	CRHS	SCRIMMAGE			
	13	Tues	Weiss	CRHS	6:30	5:30	5:30	6:30
	15-17	Th-Sat	Westwood Varsity Tournament	RRISD	TBD	---	----	---
	20	Tues	Pflugerville	CRHS	6:30	5:30	5:30	6:30
	22-24	Th-Sat	PfISD Varsity Tournament	PFISD	TBD	---	---	---
	27	Tues	Gateway (Teacher Night)	CRHS	6:00	5:00	5:00	XXX
	30-31	Fri/Sat	Hill Country Invitational	KHS	TBD	XXX	XXX	XXX
SEPTEMBER	3	Tues	Stony Point*	SPHS	6:30	5:30	5:30	6:30
	6	Fri	Manor*	CRHS	6:30	5:30	5:30	6:30
	7	Sat	STP Tiger Ambush Tournament	SPHS	----	TBD	----	----
	10	Tues	Vandegrift* (Gold Night)	CRHS	6:30	5:30	5:30	6:30
	13	Fri	Hutto*	HHS	6:30	5:30	5:30	6:30
	14	Sat	CR Sub Varsity Tournament	CRHS	----	TBD	TBD	TBD
	17	Tues	Vista Ridge*	VRHS	6:30	5:30	5:30	6:30
	20	Fri	Westwood*	CRHS	6:30	5:30	5:30	6:30
	21	Sat	STP Tiger Ambush Tournament	SPHS	----	---	TBD	TBD
	24	Tues	McNeil* (MS Night)	CRHS	6:30	5:30	5:30	6:30
	27	Fri	Round Rock*	RRHS	6:30	5:30	5:30	6:30
OCTOBER	1	Tues	Georgetown	GHS	6:30	5:30	5:30	6:30
	4	Fri	Stony Point* (Dig Pink)	CRHS	6:30	5:30	5:30	6:30
	8	Tues	Manor*	MHS	6:30	5:30	5:30	6:30
	11	Fri	Vandegrift*	VHS	6:30	5:30	5:30	6:30
	15	Tues	Hutto* (Senior Night)	CRHS	6:30	5:30	5:30	6:30
	18	Fri	Vista Ridge* (HoCo 2024)	CRHS	5:30	6:30	5:30	6:30
	22	Tues	Westwood*	WWHS	6:30	5:30	5:30	6:30
	25	Fri	McNeil*	MNHS	6:30	5:30	5:30	6:30
29	Tues	Round Rock* (Purple Out)	CRHS	6:30	5:30	5:30	6:30	

Head Coach: Eric Soto

Assistant Coaches: George Pina, Breanna Hernandez & Erika Richardson

Athletic Trainers: Matt "Doc" Owens, Ethan Martinez, Breana Blue

RRISD Athletic Director: Jeff Cheatham

Athletic Campus Coordinator: Sam Robinson

Assistant Athletic Campus Coordinator: Veronica Davis

Principal: Jonathan Smith

*Denotes District 25-6A Matches
Updated 3/6/2024

These are estimated start times. Each match will begin immediately following the preceding match.



2024 Raiders Volleyball Prep Camp

Hosted by Jenny Phillips, EAV

Dates: July 29 - 31, 2024

Time: 9:00am - 1:00pm

Location: CRHS Main Gym

Athletes: CRHS Incoming 9th - 12th Grade

Price: \$200 (June 1st Increase, \$225)

Discount: Sibling Discount Available

Website: www.eliteaustinvolleyball.com/raiders

To Register: Email jenny@eliteaustinvolleyball.com



Raiders Setters Training

Hosted by Jenny Phillips, EAV

Dates: July 29 - 31, 2024

Time: 9:00am - 10:00am

Location: CRHS Main Gym

Athletes: CRHS Incoming 9th - 12th Grade

Price: \$75

Discount: Sibling Discount Available

Website: www.eliteaustinvolleyball.com/raiders

To Register: Email jenny@eliteaustinvolleyball.com

Cedar Ridge High School
Volleyball (F)



CRHS Rising Raider Volleyball Camp

Camp Start Date: May 30, 2024

Start Time: 12:00 PM

Camp End Date: June 1, 2024

End Time: 03:00:00 PM

Date Details: Incoming 9th Student Athletes Only - Saturday (8am to 11am)

Venue Name: Cedar Ridge HS Competition Gym

Venue Address: 2801 Gattis School Road, Round Rock, TX 78664

Camp Cost: \$100.00

Questions: Eric Soto eric_soto@roundrockisd.org (512) 704 - 0306

Special Notes:

The Raider Volleyball Camp will be directed by Cedar Ridge High School Head Volleyball Coach Eric Soto and the CRHS Coaching Staff. This will be an exciting, fast-paced, three-day camp for girls focusing on the FUNDamental skills required for volleyball success. Each camper will be grouped according to the ability to ensure maximum learning and skill development. This camp is geared toward the skill development of defense, passing, setting, hitting, blocking, serving, and court awareness. The development of solid technical and tactical skills will be emphasized. The 3-day program will include instructional drills, contests, and team play. Campers will be exposed to the same training techniques used by the Cedar Ridge High School volleyball teams. Our volleyball camp is designed to not only enhance volleyball skills but also improve self-esteem and leadership skills.

Medical Info:

Medical Release: I hereby authorize the staff of the camp to act for me, according to their best judgment in any and all occurrences where medical attention is needed. I have no knowledge of any medical problem or physical impairment that would affect the above camper's participation in the daily camp activities. Knowing that no insurance is provided by Round Rock ISD, its sponsors, employees, or associated personnel, I hereby waive and release Round Rock ISD, the camp, and its staff from any and all liability for any injuries or illness incurred while at camp. I have read and acknowledge the refund policy.

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Cedar Ridge High School
Strength and Conditioning (C)



Speed and Strength Camp

Camp Start Date: June 3, 2024

Start Time: 7:00 AM

Camp End Date: July 25, 2024

End Time: 7:00 AM

Date Details: June 3-6, 10-13, 17-20, 24-28 July 8-11, 15-19, 22-26- Monday-Thurs.

Venue Name: Cedar Ridge HS Football Field

Venue Address: 2801 Gattis School Road, Round Rock, TX 78664

Camp Cost: \$175.00

Questions: Rawley Farrell rawley_farrell@roundrockisd.org (512) 704 - 0253

Questions: Sam Robinson sam_robinson@roundrockisd.org (512) 704 - 0200

Special Notes:

*ONLINE PAYMENT WILL ONLY BE ACCEPTED-NO CASH OR CHECK- Refunds will only be given by the Athletic Director's Approval for extreme circumstances. Incoming 7th graders must have a physical. The workout times listed are rough estimations for completion. GIRLS and HS Non Football Boys Athletes 7:00-8:30 am Girls Athletes Star/Non FBt (Junior High &HS) Football: 8:30-10:30 am (includes sports spec.times) (9th- 12th grade only) 24-25 School Year 10:30-12:00 pm All Junior High Boys

Medical Info:

Booster Babble

If you have any questions or thoughts for next season please contact our president,

Lisa Turner at

crhsraidersvb@gmail.com