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Set to Kill

Local Varsity Volleyball Prepares for Season

By Mikaela Cowles



Campo freshman Sophie Seiberth sets for junior Kim Condie; senior Mia Fair in background Photo Doug Kohen

on the court.

Acalanes

The Dons earned a 21-12 record for 2008 and made it to the NCS Division III semi-finals. After the loss to Bishop O'Dowd, Acalanes said goodbye to their seven seniors.

Losing seven seniors is a blow to the Dons' level of experience. Head coach Steve Siegman says, "It's going to be at least a struggle at the start. The biggest struggle of all is going to be consistency." However, he remains positive about the teams' ultimate success. Siegmans says their younger teams last year were strong and "made up of girls who have been playing club for a few years," so they are not inexperienced. "We have a lot of tall, athletic girls who will really improve our block this year," Siegman says.

In a league with teams such as Miramonte and Campolindo, Siegman knows this year's schedule will be tough. He is confident the girls will step-up and show consistency on the court. The Dons will begin their pre-season schedule in a jamboree at Deer Valley on September 5th.

Campolindo

Cougars head coach Scott Bishop could not be more excited about the 2009 season. In his eighth year as head coach for Campolindo, Bishop is coming off an impressive 23-7 record in 2008. After

The local talent is impressive and all three varsity teams are returning from successful seasons last year. While it's anyone's season at this point, it is obvious that competition will be tough.

Miramonte

Former head coach Chris Wells has handed the reigns to assistant Shannon Ross after an incredible 37-7 season last year. The Mats brought home their first Diablo Foothills Athletic League (DFAL) championship since 1999 and showed incredible consistency winning 97 of their 122 games.

Miramonte's season came to an end at the North Coast Section (NCS) Division III championship game, in a hard fought loss to Bishop O'Dowd.

The Mats lost five seniors; three starters and two captains. Despite suffering the blow of losing so much talent and experience, Ross remains confident about this season. "I'm really excited about this year," Ross says.

The good news is they return seven varsity players, not the least of whom is outside hitter, Juliana Stivanicevic, DFAL MVP for 2008. Ross says Stivanicevic, "brings amazing talent and is surrounded by an excellent cast. I think she can be a completely dominant player again this year." Miramonte will open pre-season against Amador Valley in Pleasanton on September 8th. Ross says, "We have a really tough schedule. Within our league we have some great teams." She expects the target on their back to increase their intensity

losing the NCS Division II title to Maria Carillo, the Cougars graduated only one senior. Returning nearly a full roaster, Bishop says, "Experience wise we're looking pretty good. We have some excellent seniors, the juniors have a little experience under their belt and our freshmen have a ton of athleticism." Campolindo will see only a small change in their line up, as Bishop will dedicate two girls, junior Stacy Drury and freshman Sophie Seiberth, as setters. Last year Bishop had two girls setting from the back row and hitting in the front row. "It just wasn't fair to ask that much of them," Bishop says. "With two rookie setters this year, we'll have to see what our offense looks like." He is certain the Cougars will once again be a force on the court this season.

Campolindos' schedule is impressive for 2009. Not only will they face tough talent in league, but are also entered in both the Mitty tournament and the Great 8 tournament. They will be kicking off pre-season against Bishop O'Dowd on September 9th.



Miramonte Volleyball team at practice Photo Doug Kohen



Campo senior Mia Fair hits; freshman Sophie Seiberth in background Photo Doug Kohen



Miramonte Volleyball team at practice Photo Doug Kohen

Don't miss this season's local match-ups!

Tuesday, September 29: Campolindo @ Miramonte

Thursday, October 1: Campolindo @ Acalanes

Thursday, October 8: Acalanes @ Miramonte

Thursday, October 22: Miramonte @ Campolindo

Tuesday, October 27: Acalanes @ Campolindo

Tuesday, November 3: Miramonte @ Acalanes

(Varsity games are scheduled to start at 6:30p.m, Frosh and JV play earlier the same day; check team websites for updates.)

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