

Volleyball Week 1

Monday:

7:45am Check in at Field House

8:00am Conditioning

8:40 am Practice

10:00am Dismissed

Freshmen

11:50 Report

12pm Practice

2pm Weights

2:30 Dismissed

10th- 12th

1:20pm Report

1:30pm Practice

3:30pm Weights

4pm Dismissed

Tuesday:

7:50am Report to Field House

8:00am Conditioning

8:40 am Practice

10:00am Dismissed

Freshmen

11:50 Report

12pm Practice

2pm Dismissed

10th- 12th

1:20pm Report

1:30pm Practice

3:30pm Weights

4pm Dismissed

Wednesday

7:45am Check in at Field House
8:00am Conditioning
8:40 am Practice
10:00am Dismissed

Freshmen

11:50 Report
12pm Practice
2pm Weights
2:30 Dismissed

10th- 12th

1:20pm Report
1:30pm Practice
3:30pm Weights
4pm Dismissed

Thursday

8:45am Check in at Field House
9:00am Conditioning
9:40 am Practice
12:00pm Dismissed

Friday

Scrimmages

7:15 Report
Varsity/ JV scrimmages @ 8a,10:55a,1:15p
Freshman Scrimmages @ 8a, 10:20a,12:40p, 1:15p
2:30 Dismissed

Saturday

Scrimmages

7:15a Report
Varsity/ JV/F scrimmages @ 8a,10:20a,12:40p
3:00p Dismissed