

**Volleyball Work-outs  
Weeks of Aug. 3  
2015**

**All players need to be on the floor ready to go 5 minutes before the times listed below. All injuries or taping or treatment needs to be taken care of at least 30 minutes before practice starts.**

<b>(Mon.)</b>		<b>Teams</b>
<b>Aug. 3</b>	<b>8:00a.m.-10:00 a.m.</b>	<b>All Teams</b>
	<b>12:00 noon. -3:00 p.m.</b>	<b>9<sup>th</sup></b>
	<b>1:00 p.m.-4:00 p.m.</b>	<b>JV/V</b>
<b>(Tues.)</b>		
<b>Aug. 4</b>	<b>8:00a.m.-10:00 a.m.</b>	<b>All teams</b>
	<b>12 noon- 3:00 p.m.</b>	<b>9<sup>th</sup></b>
	<b>1:00 p.m. – 4:00p.m.</b>	<b>JV/V</b>
<b>(Wed.)</b>		
<b>Aug. 5</b>	<b>8:00 a.m.-10:00 a.m.</b>	<b>All teams</b>
	<b>12:00 noon-3:00 p.m.</b>	<b>9<sup>th</sup></b>
	<b>1:00 p.m.- 4:00p.m.</b>	<b>JV/V</b>
<b>(Thurs.)</b>		
<b>Aug. 6</b>	<b>8:00 a.m.-10:00 a.m.</b>	<b>All teams</b>
	<b>12:00 noon-3:00 p.m.</b>	<b>9<sup>th</sup></b>
<b>*****</b>	<b>12:00p.m.- 3:00p.m.</b>	<b>JV/V</b>
<b>(Fri.)</b>		
<b>Aug. 7</b>	<b>6:30 a.m. Departure</b>	<b>All Teams</b>
	<b>9:00 a.m. scrimmages begin</b>	
	<b>Scrimmage @ Rockwall Heath</b>	

**\*\*\*Cuts will be made following the Friday scrimmages\*\*\***

**At which time all athletes will receive a letter. All players that make it will return for the Saturday morning scrimmage .**

<b>(Sat.)</b>		
<b>Aug. 8</b>	<b>Scrimmage 9:00 a.m.</b>	<b>All teams</b>
<b>1:00-2:30</b>	<b>Mandatory Parent/Daughter Meeting</b>	<b>All Teams</b>

