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.

| (Mon.) Aug. 3 | 8:00a.m10:00 a.m. 12:00 noon3:00 p.m. 1:00 p.m4:00 p.m. | Teams All Teams 9 th JV/V |
|------------------|---------------------------------------------------------------|-----------------------------------------------|
| (Tues.) | | |
| Aug. 4 | 8:00a.m10:00 a.m. | All teams |
| | 12 noon- 3:00 p.m. | 9th |
| | 1:00 p.m. – 4:00p.m. | JV/V |
| (Wed.) | | |
| Aug. 5 | 8:00 a.m10:00 a.m. | All teams |
| | 12:00 noon-3:00 p.m. | 9 th |
| | 1:00 p.m 4:00p.m. | JV/V |
| (Thurs.) | | |
| Aug. 6 | 8:00 a.m10:00 a.m. | All teams |
| C | 12:00 noon-3:00 p.m. | 9 th |
| **** | 12:00p.m 3:00p.m. | JV/V |
| (Fri.) | | |
| Aug. 7 | 6:30 a.m. Departure | All Teams |
| - | 9:00 a.m. scrimmages begin | |
| | Scrimmage @ Rockwall Heath | |

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.

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

| (Mon.) Aug. 10 Match: D | Pre-Game Practice 8:00 a.m11:00 a.m. ual with McKinney & Justin Northwest | All Teams All Teams |
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| (Tues.) Aug. 11 | 9:00a.m11:00 a.m. Denton Ryan(There) Bus Leaves at 3:30 p.m. | 9,J.V.,V. All Teams |
| (Wed.) Aug.12 | 7:00a.m9:00 a.m. 9:00 a.m12:00 (Freshmen Camp) 12:30 p.m-1:30 p.m. (Schedule Pick up) 2:30-p.m5:30 p.m. | J.V./V. 10 th -12th All Teams |
| (Thurs.) Aug. 13 | 8:00a.m. 10:00a.m. 12:00-3:00 p.m. Varsity Denton Ryan Tourney | All Teams All Teams |
| (Fri.) Aug. 14 | 8:00a.m11:00 a.m. Varsity Denton Ryan Tourney All coaches attend tournament when practice is | 9 th & J.V. s finished |
| Aug. 15 | 7:00a.m10:00 a.m. Denton Ryan Varsity Tournament All coaches attend when practice is finished | 9 /JV |

*** Times for practices are subject to change on short notice***

* All players will receive a practice schedule on Aug. 15 for the following week of Aug. 17-22

* Contact Coach Litchford or your teams' coach for any absences or late arrivals. Missed work outs will be made up at an assigned time and playing time will be affected upon coach's discretion.