

# VOLLEYBALL

## SUMMER SCHEDULE

All trainings will be held in the gym at Merit Prep with Coach Cait! These gym sessions will include skills training, conditioning, weight training, scrimmages and free play. All those who are interested and wanting to play volleyball should join us! There is no volleyball experience required...SERIOUSLY. There will be sessions where we will love to have family, friends and loved ones play with us! We'll be sure to post when those dates are so you can plan to come. Thank you for your support and we can't wait to see you there!

### JUNE:

4th - 6th | 10:00 am - 12:00 pm

11th - 13th | 10:00 am - 12:00 pm

18th - 20th | 10:00 am - 12:00 pm

25th - 27th | 10:00 am - 12:00 pm

### JULY:

2nd - 4th | Break for the Holiday

9th - 11th | 10:00 am - 12:00 pm

16th - 18th | 10:00 am - 12:00 pm

23rd - 25th | 10:00 am - 12:00 pm

### AUGUST:

5th - Try Outs | 10:00 am - 1:00 pm

5th - Team Selection | 5:00 pm - 7:00 pm

15th - Season Meeting | 5:30 pm - 6:30 pm

19th - First Practice | 3:30 pm - 5:30 pm