

# **LADY BUC'S VOLLEYBALL**

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**DREAM! BELIEVE!**

**SUCCEED!**

## Practice Schedule:

10:00-11:00:

Weight room

11:00-12:00:

Conditioning

12:00-12:30:

Lunch

12:30-2:00:

Gym

## **Summer Volleyball Training 2008**

Summer Volleyball Training begins Monday, June 23<sup>rd</sup>, 2008.

Summer Schedule: Mondays, Tuesdays & Wednesdays from 10:00 am till 2:00 pm. Thursday's are optional practice days. (Advance notice is required)

(\* Denotes a time change)

June 23<sup>rd</sup>, 24<sup>th</sup>, 25<sup>th</sup>, 26<sup>th</sup> & 30<sup>th</sup>

July 1<sup>st</sup>, 2<sup>nd</sup>, 14<sup>th</sup>, 15<sup>th</sup>, 16<sup>th</sup>, 21<sup>st</sup>, 22<sup>nd</sup> & 23<sup>rd</sup>

\*July 28<sup>th</sup>, 29<sup>th</sup> & 30<sup>th</sup>: 12:00 pm till 3:00 pm

August 4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup> TBA

## **DATES TO REMEMBER**

### GRADES 6-8 VOLLEYBALL CAMP

Where: Gulf High School

When: July 7<sup>th</sup>- July 10<sup>th</sup>

Time: 9:00 am -1:00 pm

Cost: \$70.00 per athlete

### GHS LADY BUCCANNER VOLLEYBALL TRYOUTS

Where: Gulf High School

When: August 11<sup>th</sup> – August 15<sup>th</sup>

Time: 2:00 pm – 4:00 pm

### FIRST DAY OF SCHOOL FOR STUDENTS

August 18<sup>th</sup>, 2008

### FIRST DAY OF 08' TEAM PRACTICE

August 18<sup>th</sup>, 2008, 2:00 pm till 5:00 pm

### PHCC SUMMER LEAGUE

June 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> & July 1<sup>st</sup>, 2008

\*Gulf High Teams To Be Announced

**DO NOT FORGET YOUR PHYSICALS! DUE BEFORE JUNE 23<sup>rd</sup>!**

## PHCC Summer League

### SCHEDULE:

June 10<sup>th</sup>:

7:00 pm v. Central

8:00 pm v. Hudson 2

June 17<sup>th</sup>:

4:00 pm v. Mitchell 2

6:00 pm v. Z-hills

June 24<sup>th</sup>:

7:00 pm v. Hudson 1

8:00 pm v. Sickles

July 1<sup>st</sup>:

5:00 pm v. PHU

7:00 pm v. Ridgewood