**Volleyball Two-A-Days Schedule**

**Please Bring filled out paperwork and physicals for those who were required to get one.**

August 3rd-August 7th (Monday –Friday)

7am to 9am: Conditioning and Skills

9am to 11am: Break

11am – 2pm: Volleyball

**Wednesday Only August 5th**

7am -9am: Conditioning

9am -3pm **super long break**

3pm -6pm: Volleyball

**6pm to 7pm: Parent Meeting Junior High and High School Volleyball in the junior high cafeteria**

\*During your break please eat lightly. Fruits and healthy snacks/lunch, etc. No junk foods. Gatorade and water. No cokes.

\*\* You are welcome to go home during break. You can stay if you need to. We will be up here during all or a portion of the break. We may run get ourselves something to eat, and return as quickly as possible. We just want you cooling off and staying off your feet until we start back with the second part of workouts.

August 8th Scrimmage in Sonora------ Times are TBA

Thanks,

Coach Lange and Coach Crooks