

# 2010 LAB Sr. High Girls Volleyball

## Summer Practice Schedule

### June 2<sup>nd</sup> to June 18<sup>th</sup>

Monday & Friday: 9:00 am to 12:00 pm

Wednesday: 1:30pm to 4:00pm

### June 19<sup>th</sup> to July 9<sup>th</sup>

Dead Period

### July 12<sup>th</sup> to July 30<sup>th</sup>

M, W, F: 9:00am to 12:00pm

## Weightlifting for Returning Varsity & Potential

### Varsity Players:

Monday & Wednesday 12:00pm to 1:00pm

Fridays 9:00am to 10:00am

## Monday August 2<sup>nd</sup> Tryouts

9:00am to 12:00pm