



## **VOLLEYBALL OFF SEASON**

- **Open gyms - May 9th- June 1<sup>st</sup> Tuesday and Thursday 3:30-5:30**
- **Team Morning Workouts - Starting June 5<sup>th</sup>- June 29<sup>th</sup>  
Monday-Thursday 9:00- 10:00am**
- **Blackout week (break) July 1- July 9**
- **Little Panthers Camp: July 10, 11, 12 (10:00 a.m. – 12:00p.m.)  
(Camp for incoming freshman) all returning players are asked to volunteer and help with camp**
- **Open gym July 10-12 1:30 p.m. – 3:30p.m. (9-12<sup>th</sup> grade)**
- **Open gym July 18 and 19 9:00-12:00 (If you are attending team camp we really need you at open gym to work the system before the tournament.)**
- **Team Camp at Fort Lewis College July 20-22. Cost \$125 per player.  
Payment is due to Coach Nelson by May 11<sup>th</sup>. If I have not received a payment or have not had any communication on your plans I am not reserving a spot for you. Please communicate with us!**
- **Grass Volleyball Tournament July 29<sup>th</sup> (we will have fliers ready soon)  
We will need parent and athlete volunteers for this please email Coach Nelson if you are interested in helping out! Thanks in advance. We are replacing this with the mud volleyball tournament. For every team we bring to the tournament our program raises \$25. Please help out!**
- **Two - a - days will begin August 14<sup>th</sup>**