



## **VOLLEYBALL SUMMER PROGRAM**

**START DATE: 9 JULY 2018. OPEN GYM 17:00-18:30**

**WEIGHT TRAINING START DATE: 10 JULY 2018 7:00-8:00AM**

- **EVERY TUESDAY/THURSDAY 7:00-8:00AM**

**GYM BALL CONTROL START DATE: 11 JULY 17:00-18:30**

- **EVERY MONDAY/WEDNESDAY 17:00-18:30**

**TRYOUTS: 30 JULY 16:00-18:00**

**FIRST PRACTICE DATE: 31 JULY UNTIL 9 AUG**

- **JV =15:30-17:00**
- **VAR=17:00-18:30**

**PARENT MEETING: 31 JULY 18:30**

**PLEASE BRING ATHLETIC DOCUMENTATION COMPLETED WITH CURRENT PHYSICAL TO THE GYM 9 JULY. YOUR DAUGHTER WILL NOT BE ALLOWED TO WORKOUT OR PLAY WITHOUT CURRENT UPDATED DOCUMENTATION. IF IT REQUIRES NOTARIZATION PLEASE ACCOMPLISH PRIOR TO ARRIVAL.**

**PACKAGE IS AVAILABLE ONLINE AT <http://www.crestviewbulldogs.org/wp-content/uploads/2018/05/Crestview-High-School-Athletic-Package.pdf>**

**ATHLETIC PACKAGE IS ALSO AVAIL IN THE MAIN OFFICE.**

**VR**

**COACH WILLIS/POTTS**

**EMAIL QUESTIONS: [CRESTVIEWVOLLEYBALL@GMAIL.COM](mailto:CRESTVIEWVOLLEYBALL@GMAIL.COM)**