

The following is the girls volleyball schedule for the first two weeks of the season, starting on Monday September 10th through to Friday September 21st. For Girls in Grades 5 and 6, there are 4 opportunities for practice, and coaches are asking the girls to make at least 3 out of 4 of these each week. For the Grade 7 Girls, they are expected to be at the Tuesday Morning, Wednesday after school, and at least one more practice, preferably Friday after school.

The purpose of this type of schedule is to run practices in a clinic type environment where the girls get immersed into volleyball, allowing for maximum number of ball touches over a two week period. After the two week period, the schedule will be as posted on the volleyball contract.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING</b> <b>7:45 - 8:35</b>	Cross Country	Gr. 7 Girls Volleyball practice	Cross Country	Volleyball practice for all girls	
<b>LUNCH</b> <b>12:05 - 12:35</b>		Serve Practice	Serve Practice		
<b>AFTER SCHOOL</b> <b>3:00 - 4:15</b>	Volleyball practice for all girls	Volleyball practice for all girls	Gr. 7 Girls Volleyball practice		Volleyball practice for all girls