



Volleyball Summer Conditioning 2018

June 19, 20, 21, 26, 27, 28

Open Gym: 7 a.m. – 9 a.m.

Open Workout: 9 a.m. – 9:45 a.m.

July 3, 10, 11, 12, 17, 24, 25, 26, 31

Open Gym: 7 a.m. – 9 a.m.

Open Workout: 9 a.m. – 9:45 a.m.

July 18 – 20

FLB JV Team Camp from 8:30 a.m. – 4 p.m.

August 1, 2, 7, 8, 9

Open Gym: 7 a.m. – 9 a.m.

Open Workout: 9 a.m. – 9:45 a.m.

August 13, 14

Mandatory Tryouts – All physicals/forms must be completed and turned in.