



Volleyball Summer Conditioning 2019

Beginning Monday, June 17:

Open Gym: 8 a.m. – 9 a.m. on Mondays at Beach 6, Presque Isle

Open Workout: 7 a.m. – 9:30 a.m. on Tuesdays, Wednesdays and Thursdays at Strong Vincent Middle School gym

Camps in July:

July 15-18 – Gannon University camp

July 23-25 – FLB varsity team camp

July 30-August 1 – FLB JV team camp

There are no open gyms during the week of camps in July.