



TRINITY CHRISTIAN ACADEMY

GIRLS VOLLEYBALL

- Pre-Season Conditioning for *Grades 8-12* is Aug. 24,25,28th 9:00am–11:00am
- Pre-Season Court & Conditioning for *Grades 7-12* is Aug. 29,30,31 & Sept. 1st 9:00am-11:00am
- What to Bring for Practice: Pair of knee pads, water bottle, non-skid soled sneakers, gym shorts and t-shirt, and indoor/outdoor volleyball if you have any at home.

All Forms, Updated Physicals, and Fees should be completed and turned in to coaches on your first day of attendance to participate

AUGUST

Monday	Tuesday	Wednesday	Thursday	Friday
			24 Practice 9:00-11:00	25 Practice 9:00-11:00
28 Practice 9:00-11:00	29 Practice 9:00-11:00	30 Practice 9:00-11:00	31 Practice 9:00-11:00	

SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Practice 9:00-11:00
4 tba	5 tba	6 Practice 3:30-530	7 Practice 3:30-530	8 Nauset 4pm
11 Practice 3:30-530	12 Sandwich 4pm	13 PopeJohnPaul	14 Practice 3:30-530	15 Riverview 5:00-630
18 CC Tech 4pm	19 cca Rockland 4	20 Practice 3:30-530	21 Practice 3:30-530	22 PopeJohnPaul
25 Sturgis W JV Scrimmage 3:30pm	26 Sturgis W 3:30	27 Practice 3:30-530	28 Sturgis E 3:30	29 Off

OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
2 Practice 3:30-530	3 Practice 3:30-530	4 SS Christian 4pm	5 tba	6 tba
9 tba	10 tba	11 Practice 3:30-530	12 Practice 3:30-530	13 SturgisW 5:30
16 Practice 330-530	17 Practice 3:30-530	18 Practice 3:30-530	19 Sturgis E 3:30	20 Riverview 5:00-630
23 CC Tech 4:00	24 Sandwich 4pm	25 Practice 3:30-530	26 Nauset 4:00	27 Riverview 5:00-630
30 Practice 3:30-530	31 tba			

All Practices are held at Trinity except the scheduled Fridays which will be held at the Riverview School to gain some practice time on a regulation size court. Transportation details will be provided by 9/6.

We will notify you of any changes.