

# EAGLES '19 SUMMER VOLLEYBALL

## WHEN

June 4<sup>th</sup>-27<sup>th</sup>

Practice: Tuesdays, Wednesdays  
& Thursdays-2-4pm

\*Conditioning starting June 5th:  
Mondays, Tuesdays, & Thursdays- 6-  
7am

## WHERE

Enochs Gym

## What to wear/bring:

Proper volleyball attire - shorts, shirt & proper gym shoes. No tank tops and no bra straps showing! Knee pads are helpful, but not required for summer. Your hair needs to be pulled away from your face. Bring water.

## Here's how to sign up:

1. Register for an AAU card, print and attach card to Screaming Eagles form (Instructions attached).
2. Fill out medical release form.
3. Come to the first day of open gym with forms.

Get ready to play!

## IMPORTANT DATES:

## SPORTS NIGHT:

Wed. June 19<sup>th</sup>

5:00pm

@ Enochs Cafeteria

## SPORTS PHYSICALS

Thurs. June 20<sup>th</sup>

1:30-3pm

@ Davis Gym

## CONDITIONING WEEK

Mon-Fri July 29<sup>th</sup>-

August 2<sup>nd</sup>

7:30-9pm

@Enochs Track

## TRYOUTS

Mon-Fri

August 5<sup>th</sup>-9<sup>th</sup>

4:30-6:30pm

@Enochs Gym