**2019 Section 7AAA Scrimmage (Varsity schedule)**

Varsity Aug. 19th (Monday) 9am – 2:10pm. Thank you for attending! We will be ready to have teams come any time after 8:15am. Each round is 20 min. long – 5 minutes between rounds. Two 15min breaks will be inserted after Round 4 and Round 8- reminder, we do not have air conditioning.

Format: your team serves three, other team serves three or what is agreed upon. No scores may be kept- coaches/players call your own. Have fun and get plenty of volleyball in!!

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| --- | --- | --- | --- | --- | --- | --- | --- |
| Varsity  (L-R) | North fieldhouse | Court 1 | Court 2 | Court 3 | Court 4 | Main Gym | bye |
| Round 1 | 9:00-9:20am | 1-10 | 2-9 | 3-8 | 4-7 | 5-6 | 11 |
| Round 2 | 9:25-9:45 | 6-4 | 7-3 | 8-2 | 9-1 | 10-11 | 5 |
| Round 3 | 9:50-10:10 | 2-11 | 3-10 | 4-9 | 5-8 | 6-7 | 1 |
| Round 4 | 10:15-10:35 | 7-5 | 8-4 | 9-3 | 10-2 | 11-1 | 6 |
| \*break\* | 10:40-10:55 |  |  |  |  |  |  |
| Round 5 | 11:00-11:20 | 3-1 | 4-11 | 5-10 | 6-9 | 7-8 | 2 |
| Round 6 | 11:25-11:45 | 8-6 | 9-5 | 10-4 | 11-3 | 1-2 | 7 |
| Round 7 | 11:50-12:10pm | 4-2 | 5-1 | 6-11 | 7-10 | 8-9 | 3 |
| Round 8 | 12:15-12:35 | 9-7 | 10-6 | 11-5 | 1-4 | 2-3 | 8 |
| \*break\* | 12:40-12:55 |  |  |  |  |  |  |
| Round 9 | 1:00-1:20 | 5-3 | 6-2 | 7-1 | 8-11 | 9-10 | 4 |
| Round 10 | 1:25-1:45 | 10-8 | 11-7 | 6-1 | 2-5 | 3-4 | 9 |
| Round 11 | 1:50-2:10 | 11-9 | 1-8 | 2-7 | 3-6 | 4-5 | 10 |
| \* \* \* | Thank you ! |  |  |  |  |  |  |

Varsity & Junior Varsity @ FLHS 6101 Scandia Trail N. Forest Lake MN 55025 - enter Door 33

1. Andover (V) 5. Duluth East (V) 9. Princeton (V)

2. Anoka (V) 6. Elk River (V) 10. St. Francis (V)

3. Cambridge (V) 7. Forest Lake (V) 11. Forest Lake (JV)

4. Chisago Lakes (V) 8. Grand Rapids (V)

We will supply volleyballs, although you will have more if you bring some ;). **Concessions will be available!!** Please support our work efforts! We *hope* to have a trainer on site at the High School. **Bring your own training supplies though please.**

See you Monday, August 19, 2019.

Sherri Alm Mike Hennen

Forest Lake Head Coach Activities Director

[salm@flaschools.org](mailto:salm@flaschools.org) [mhennen@flaschools.org](mailto:mhennen@flaschools.org)

651-982-8411