

Good Evening, here is our schedule for the week. We will have a program wide field trip to go watch WLC Women's Volleyball on Tuesday October 8th, more details will follow, we will have a short practice and then take the bus to WLC and the bus will bring the teams back to SL. If there is a conflict, please let your coach know.

MONDAY September 30

ALL OFF - NO SCHOOL

TUESDAY October 1

ALL weight lift 4:15pm - 4:45pm

JV2 - practice: 3:15pm - 4:45pm

JV1 - practice: 4:00pm - 5:30pm

Varsity - practice: 4:45pm - 6:15pm

WEDNESDAY October 2

JV2 - practice: 3:15pm - 4:45pm

JV1 - practice: 4:00pm - 5:30pm

Varsity - practice: 4:45pm - 6:15pm

THURSDAY October 3

Away Conference Match @ Prairie

JV 1 & JV2 starts at 5pm

Varsity starts at 6:30pm

Bus leaves at 3:30pm

FRIDAY October 4

ALL weight lift 4:15-4:45pm

JV2 - practice: 3:15pm - 4:45pm

JV1 - practice: 4:00pm - 5:30pm

Varsity - practice: 4:45pm - 6:15pm

SATURDAY October 5

Varsity - Home tournament — JV1 works - Shoreland SLAM. Times to be announced