

## SUMMER TRAINING NST CONDITIONING AND OPEN GYM

TUESDAY AND THURSDAY \*STARTING JUNE 1ST INCOMING FRESHMAN & HIGH SCHOOL PLAYERS NST 8-9:15 AM OPEN GYM 9:15-11:30 AM

\*NST \$20 - CCVB WILL PAY THE REST\* QUESTIONS? LSHARNSKY@CCHSWEB.COM



NST PAYMENT

### SUMMER CLINICS

#### JUNE 12TH HITTERS 8-9 AM DEFENSE 9-10 AM

SETTERS 10-11 AM

JULY 10TH SETTERS 8-9 AM HITTERS 9-10 AM DEFENSE 10-11 AM

#### JUNE 26TH

DEFENSE 8-9 AM SETTERS 9-10 AM HITTERS 10-11 AM

# JULY 24TH HITTERS 8-9 AM

DEFENSE 9-10 AM SETTERS 10-11 AM

## SUMMER LEAGUE

INVITE BY COACH SHARNSKY PERRY LEAGUE (JV 4-5:45 PM & V 6-8PM) JUNE 21 & 28/JULY 5 & 12

#### SUMMER TOURNAMENTS INVITE BY COACH SHARNSKY

CEDAR POINT-JULY 17 & 18 (V) MOUNT UNION-JULY 20 (JV/V) AND JULY 21 (V)

SPRING OPEN GYMS INCOMING FRESHMAN & HIGH SCHOOL PLAYERS APRIL 17, 19, 24, & 26 MAY 1, 3, 10, 11, 22, & 24 3:15-5:30 PM

3:15-4 PM - CONDITIONING 4-5:30 PM - OPEN GYM

> MON, JULY 31ST-WED, AUGUST 2ND 8 AM-12 PM \*MUST HAVE A

> > CURRENT

TRYOUTS

PHYSICAL\*

