

SCHEDULE FOR WEEK of AUGUST 2-6, 2010

DAY 1 - Monday, August 2 - Tryouts

7:00am - 10:30am All (*Tryouts will begin with a 1 mile timed run*)
1:30pm - 3:30pm Freshmen
3:00pm - 5:00pm Upperclassmen

DAY 2 - Tuesday, August 3 - Tryouts

8:00am - 10:00am Freshmen
9:30am - 12:30pm Upperclassmen
2:00pm - 4:00pm Freshmen
3:30pm - 5:30pm Upperclassmen

*Teams will be formed at the conclusion of the 5:30 session. 2010 Clear Lake Volleyball program members will be posted at 7:00 p.m. on the outside side door of the Field House.

DAY 3 - Wednesday, August 4 - Practice

First Day of Practice - FIFTEEN MINUTE RULE IN EFFECT

7:00am MILE (*re-test*) - Varsity & JV
7:15am MILE (*re-test*) - Freshmen
7:30am - 9:30am Varsity & JV
1:30am - 4:30am Varsity & JV
8:00am - 10:00am Freshmen
1:30am - 4:00am Freshmen

DAY 4 - Thursday, August 5 - Practice

7:30am Varsity
8:30am - 11:30am Subvarsity
1:00pm - 4:00pm All

6:00pm Serve It Up Dinner - Clear Lake Ninth Grade Center
Doors open at 5:30pm

PIZZA will be provided

Bring the following to share:

Freshmen – 2 liter soda, iced tea, or water bottles

Junior Varsity – Salad of your choice (serves 12-15)

Varsity – Dessert(s!) of your choice (serves 12-15)

DAY 5 - Friday, August 6 - Scrimmage @ LAKE

9:00am - 12:00pm Varsity and Fresh B - Both teams set up @ 8:15am
12:00pm - 2:30pm Junior Varsity and Fresh A - Report to gyms @ 10:15am
Varsity/JV - Lift after scrimmage

DAY 6 - Saturday, August 7 - Scrimmage @ Cinco Ranch

7:00am Departure Varsity and Fresh B (*tbd*)
10:15am Departure Junior Varsity and Fresh A