

2019 RLHS Summer Volleyball Info

Coach Contact Days—ALL PLAYERS (especially for Shoreland players)

Sunday, June 2nd 5:00-7:00 pm ALL players

Monday, June 3rd 5:00—7:00 pm ALL players

Shoreland Summer League—ALL PLAYERS

Wednesday nights @ Shoreland High School

STARTS June 6th -July 31st (no games week of July 4th)

*****\$55.00 –checks payable to “Becky Demuth” by May 15th**

JV Team & Varsity Team

Fill out Sheet attached & Return to Coach Becky with payment

Info will be emailed out when the schedule has been received.

OPEN GYMS—MONDAYS—

Elaine Wilson has reserved the gym for the team

Starting Monday, June 10th till season starts

4:30-6:30 pm ALL PLAYERS

RLHS Volleyball Camp—ALL Players

Monday July 8th-Thursday July 11th

9:00 am-12:00 pm

\$60.00 checks payable to “RLHS Camps”—fill out RLHS camp form

—need to registered by Tuesday July 1st for a camp t-shirt

Strength & Conditioning ---ALL FEMALE ATHLETES @ RLHS

MON-THURS @ RLHS

9:00-10:00 am---you need to come & work hard or one hour

IT IS EXPECTED that ALL VARSITY players will attend 2-3 sessions/week

Will Start Monday, June 3rd—thru August when school starts

*****fill out RLHS camp form**

FREE to all RLHS students

*****VARSITY PLAYERS... Looking for a summer trny**

ANY PAPERWORK for SUMMER VOLLEYBALL can be tuned into COACH SCHULZ!!

Please make sure your checks are attached to the sheets you are planning to use the money for –please!

Please put all of your info into one envelope to turn into Coach Schulz.

Practice starts Monday, Aug. 19th!!!
Freshman & Juniors will need a physical