

2017 August Schedule

August 8th (Tuesday) 6-7pm Workouts: Stay tuned! We will add a date this week!

Open to **all** HS athletes who would like to participate. Workouts will include high intensity reps of weight training, body weight exercises and explosive cardio. Enter through the back locker room doors since gym floors are being re-finished. We will use the weight room or small gym, depending on participation numbers.

August 10th, 9-1145am & 1-4pm: EOU Volleyball skills clinic at CHS

Specifically focusing on setting & hitting, but covering all skills as well.

\$30 per player. Let Coach Carreiro know ASAP if you would like to attend.

Open to athletes entering 8-12th grade this fall.

August 10th, 6pm: FREE Sports Physicals at CHS. Make SURE you have a physical on file with Kelsey! You can not practice or participate until you do. Any practice missed has to be made up prior to play time resuming.

CHS Volleyball Practice: Bring both indoor & outdoor shoes

Monday- Thursday, August 14-17th: 5-8pm each day. Ask your daughter for her paper work we send home with her Monday please.

Thursday, August 17th 6:30pm: PARENT & PLAYER MEETING with officials & staff

Friday, August 18th: 830-1130am

Regular practice schedule begins August 21st:

JV: Monday & Thursday 4-6pm, Tuesday & Wednesday 530-730pm

Varsity: Monday & Thursday 530-730pm, Tuesday & Wednesday 4-6pm

Please make sure all paper work & Pay to Play is completed and **ON FILE** in the School Office with Kelsey prior to August 24th!

Our 2017 season schedule is posted on the OSAA webpage.

Thank you,

Coach Darcy Carreiro & Coach Jessica Reynolds (now Woodward)