SUMMER DATES

OPPORTUNITIES FOR ATHLETES TO GET BETTER…NOT REQUIRED

JUNE 17 7:45-9:15AM LIFTING/CONDITIONING

JUNE 20 7:45-9:15AM LIFTING/CONDITIONING

JUNE 21 8-9:30AM OPEN GYM BEDFORD HIGH SCHOOL

(TEXT COACH IF COMING)

JUNE 24 8:00-9:15AM LIFTING/CONDITIONING

JUNE 27 7:45-9:15AM LIFTING/CONDITIONING

JULY 1-7 DEAD WEEK, NO ONE ALLOWED IN GYMS OR WORKOUT FACILITIES

JULY 8 7:45-9:15AM LIFTING/CONDITIONING

JULY 12 8-9:30 OPEN GYM BEDFORD HIGH SCHOOL

(TEXT COACH IF COMING)

JULY 15 7:45-9:15AM LIFTING/CONDITIONING

JULY 18 7:45-9:15AM LIFTING/CONDITIONING

JULY 22-25 TEAM CAMP (9-12 GRADES)

AT LOURDES UNIV REC CENTER 12:30-2:30 ($50)

PLEASE TRY TO ATTEND IF NOT ON VACATION

JULY 22-25 ALL SKILLS CAMP (INCOMING 4-9TH GRADES) $60 SEE CAMP FLYER

JULY 23-25 VOLLEYTOTS 11:30-12:30 (VOLUNTEERS NEEDED)

AUGUST 14 4-7PM TRYOUTS

(MUST HAVE PHYSICAL)

AUGUST 15 4-7PM TRYOUTS

AUGUST 16 4-7PM TRYOUTS

AUGUST 17 VARSITY PRACTICE 8-10AM

AUGUST 18 VARSITY AND JV TEAM/FAM PICNIC

VARSITY AND JV SCHEDULES WILL THEN BEEN PASSED OUT.

PRACTICES ARE DAILY.

WE PLAY IN WEEKEND TOURNEYS THROUGHOUT THE SEASON.

WE WILL NOT PRACTICE SAT/SUNDAY OF LABOR DAY WEEKEND. ENJOY!

QUESTIONS OR CONCERNS? CALL OR TEXT COACH RUDDY

419-270-7300

OTHER OPPORTUNITIES:

- CONSIDER ATTENDING A CAMP ATA LOCAL UNIV (SIENNA HEIGHTS OR UT etc)

- FORM A BEACH TEAM AND PLAY IN SAND LEAGUE AT FORESTVIEW LANES

PLEASE COME IN SHAPE TO TRYOUTS. YOUR TEAMMATES DEPEND ON IT.

MILE TIME NEEDS TO BE UNDER 8:30.

BE ABLE TO COMPLETE 5 SETS OF 20 OF PUSH-UPS AND SIT-UPS

BE ABLE TO COMPLETE 10 FULL COURT SPRINTS WITHOUT FALLING OVER😊