

Greenwood High School 2019 Volleyball Workouts

*****Greenwood High must have your current physical in order for you to attend any workouts. You can turn this into the athletic office or coaches.**

*****Rising 9th – 12th Summer workouts** (Conditioning/skills) begin June 3rd with a meeting at 9am All other workouts will be every Mon, Wed and Thurs. Time will be either before or after weights. See below.

Morning: 9-10:15 June 3, 5, 12, 13, 20, 24, 26, 27

July 8,10, 11, 15, 17, 18, 22, 24, 25

Afternoon: 12:15-1:30 June 6,10,17

Off: July 1-5 and July 29-Aug 1st

***** Weight lifting will be at 10:15-11:315on Mon, Wed and Thurs starting June 3rd except for off weeks**

Tryouts Aug 2nd (Plan for morning 9am **AND** afternoon 1pm)

***** See Coach Turner turnerc@gwd50.org or Coach Hambright hambrightm@gwd50.org or Coach Griham Grihamc@gwd50.org for any questions**

