



WCS Volleyball Program Summer Workout



- April 05** Open gym begins (Every TUESDAY) 4:00 PM-5:30 PM
(Court 1: 6th-8th grade, Court 2: 9th-12th grade
**The gym is unavailable the following dates- April 07, 14, 21, 26, 28, May 05, 12*
- May 19** Last day of open gym
- June 6- 30** Strength and Conditioning workout (M-TH) 4:00 PM-6:00 PM - \$\$
- July 1-4** Independence Holiday
- July 05-15** Open Gym (M-TH) 11:00 AM-1:00 PM
(Court 1: 5th-8th grade, Court 2: 9th-12th grade)
- July 05-15** Strength and Conditioning (M-TH) 4:00 PM-6:00 PM - \$\$
- July 18-22** WCS volleyball camp
(5th-8th grade 9 AM -11:30 AM, 9th-12th grade 12:30 PM- 2 PM) - \$\$
- July 25-29** No Practice
- Aug 2-8** Practice begins (two-a-days 10 AM -11 AM testing/conditioning, 2 PM-4 PM practice)
- Aug 06** Scrimmage vs. Westbury HS 2:00 PM - AWAY
- Aug 09** Game vs. Magnolia 4:30 PM and 5:30 PM - HOME
- Aug 10** Early practice (10 AM-12:30 PM). Open House 6:00 PM.
- Aug 11** First day of school, leave for tournament after school
- Aug 12-13** Duncanville Tournament!!
- Sept 09, 10** Junior High Tournament- Sept 9, 10

Head Coach:

Marquita Perkins mperkins@westburychristian.org

JV Coach/Varsity Assistant:

Blair Moon bmoon@westburychristian.org

**Information on workout training and camp cost will be posted on the schools website*

**Dates and times are subject to change*