

Volleyball Practice Schedule
August 2023

Monday	Tuesday	Wednesday	Thursday	Friday
21	22 3:00-4:30	23 3:00-4:30	24 3:00-4:30	25 3:00-4:00 Optional (passing and serving)
28	29 Game Day	30 7th-3:00-4:30 8th-4:00-5:30	31 Game Day	

September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
4	5 Game Day	6 7th-3:00-4:30 8th-4:00-5:30	7 Game Day	8 3:00-4:00 Optional (passing and serving)
11 7th-3:30-5:00 8th-4:00-5:30	12 Game Day	13	14 Game Day	15 3:00-4:00 Optional (passing and serving)
18 7th-3:00-4:30 8th-4:00-5:30	19 Game Day	20 Game Day	21 Game Day	22
25 7th-3:30-5:00 8th-4:00-5:30	26 Game Day	27 Game Day	28 Game Day	29

October 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Game Day	4 Game Day	5 End of Season Tournament (Top 4 teams)	6

Head Coach: Lori Nice (lnice@sylvan.k12.ca.us)