

Volleyball Spring (May Workout Schedule) All Practice are in AHS Gym

A 22-23 Big Schools Account (Planet High School) must be completed in full before being allowed to participate in May Practices. A 23-24 Big Schools account must be fully completed to participate in Summer workouts starting June 1, 2023.

Week 1

May 1: 4-5:30

May 2: 4-5:30

May 4: 4-5:30

Week 2

May 8: 4-5:30

May 9: 4-5:30

May 11: 4-5:30

Week 3

May 15: 4-5:30

May 16: 4-5:30

May 18: 4-5:30

Week 4

May 22: 4-5:30

May 23: 4-5:30

May 25: 4-5:30

Week 5

OFF

June 6th 7th and 8th AHS Gym Weights from 6-645 then gym time/conditioning 8 on the 6th and 8th, open Gym on the 7th

June 13 14 and 15 AHS Gym Weights from 6-645 then gym time/conditioning to 8 on the 13 and 15, open gym on the 14th

June 20 21 and 22 AHS Gym Weights from 6-645 then gym time/conditioning to 8 on the 20 and 22, open gym on the 21th

June 27 28 and 29 AHS Gym Weights from 6-645 then gym time/conditioning to 8 on the 27 and 29, open gym on the 28th

July 3-7 Dead Week

July 11 12 and 13 AHS Gym Weights from 6-645 then gym time/conditioning to 8 on the 11 and 13, open gym on the 12th

July 18 19 and 20 AHS Gym Weights from 6-645 then gym time/conditioning to 8 on the 18 and 20, open gym on the 19th

Tryouts:

Day 1 July 28 5:30-8:00 PM- rising 7th and 8th graders will try out from 5:30 to 7 and rising 9th-12th will try out from 6:30 to 8.

Day 2 July 29th 9:30-11:00 AM- rising 7th and 8th graders will try out from 9:30-11 and rising 9th-12th will tryout from 10:30-12PM.

Day 3 July 31 5:30-8:00 PM- rising 7th and 8th graders will try out from 5:30 to 7 and rising 9th-12th will try out from 6:30 to 8. Letters will be given out at the end of tryouts to let you know if you have made the team.