

Central Charger Volleyball

2019 2-A-Day Practice Schedule

All practice times are subject to change depending on our teacher in-service times

Monday, July 29th

9:00 am-11:00 am

Optional Senior Led Practice

Do something FUN with your teammates after practice

Tuesday, July 30st

9:00 am -11:00 am

Skills w/ Coaches followed by Optional Senior Led Practice

11:00-12:00

Open weight room

Wednesday, July 31st

9:00 am -11:00 am

Skills with coaches followed by Optional Senior Led Practice

11:00-12:00

Open weight room

Thursday, August 1st

7:30 am

800 run (3:15 Varsity/3:30 Sub-Varsity)

8:00 am – 11:00 am

ALL teams practice

12:30 pm – 2:30 pm

9th grade practice

2:30 pm – 4:30 pm

10th - 12th grade practice

Friday, August 2nd

7:30 am

800 run for those who didn't make time

8:00 am – 11:00 am

All teams practice (1st cuts made)

3:00 pm – 5:00 pm

ALL teams practice (2nd cuts made)

Saturday, August 3rd

7:30 am

800 run for those who didn't make time

8:00 am – 11:00 am

All teams practice

12:30 pm – 2:30 pm

All teams practice

2:30 pm – 3:45

Uniforms issued for all teams

4:00 pm

Parent Meeting Cafeteria or Gym--TBA

Monday, August 5th

10:30 am

Varsity Only pregame before scrimmage

12:30 am

ALL teams leave for Coppell

3:00pm – 7:00 pm

Scrimmage at Coppell HS

Tuesday, August 6th

3:00 pm

Pre-Game for match vs Colleyville Heritage HS

5:30/6:30

Home match against CHHS

Wednesday, August 7th

7:15 am

Team Pictures

9:00 am

Meeting with Vertical Raise All Teams

10:00ish am

Team Breakfast at DeVivo Brother's

4:00 pm – 7:00 pm

All teams practice

Thursday, August 8th

TBA
4:00-6:30

Varsity arrive for Mansfield Pre Game
Sub-Varsity Practice

Friday, August 9th

TBA
5:30/6:30

Varsity arrive for Mansfield Pre Game
Sub Varsity matches against Carter Riverside
Sponsorships are DUE

Saturday, August 10th

TBA

Varsity Arrive for Mansfield Pre Game

Monday, August 12th

TBA

All teams practice

Tuesday, August 13th

2:30pm
4:15 pm
5:30/6:30

All teams Pre Game for Birdville match
Leave for Birdville HS
Match at Birdville

Wednesday, August 14th

8:30 am
1:15 pm
3:00 pm
4:00 pm – 5:30 pm

1st day of school!!
9th grade WILL practice during the athletics class period
JV/Var WILL practice during the athletics class period
ALL teams practice after school

Thursday, August 15th

6:30 am
TBA
3:00 pm

9th Grade begins AM practice
Varsity Pre Game for Northwest ISD tournament
JV practice
JV/9th grade practice times could change depending on coaching availabilities

Friday, August 16th

6:30 am
TBA
5:30/6:30

9B Practice
Varsity Pre Game for Northwest ISD tournament
JV/9A Teams play at home against South Hills

Saturday, August 17th

TBA

Varsity Pre-Game for Northwest ISD tournament

Monday, August 19th

7:00 am
3:00 pm

Freshman teams practice
JV/Varsity practice

Tuesday, August 20

7:00 am
3:00 pm
6:30 pm

9A practice
JV/Varsity teams practice
9B match at Haltom

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