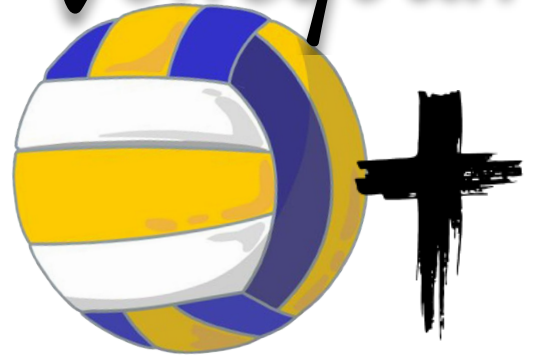


7th & 8th Grade Girls' Volleyball

Come check it out ...

Open Gym / Practice

Mask MUST BE WORN!!!



1st Week / (Nov. 2 - Nov. 5) we will be learning skills of passing, setting and serving. If you like Spike Ball (*played during recess*) you will LOVE the more intense version ... **VOLLEYBALL!!!**

2nd Week / (Nov. 9 - Nov. 13)
Mandatory practices - times/dates to come. Teams will be chosen per grade.

Games to Start - mid November and finish before Christmas break. GAME DAYS are Mondays & Wednesdays @ Jr. High Schools - Saturdays @ Powers

7th Grade GIRLS

**Monday, Nov. 2 &
Wednesday, Nov. 4**

3 - 4:30 p.m.*

8th Grade GIRLS

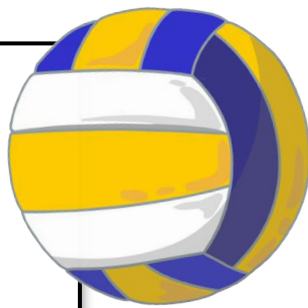
**Tuesday, Nov. 3 &
Thursday, Nov. 5**

3 - 4:30 p.m.*

***Can be in gym right after school
at 2:45 to setup up nets**

Items purchased by Athlete for GAMES:

- White Knee Pads
- Black Fitted Shorts or Black Gym Shorts
- White (only) Socks
- Hitting Shirts (\$30) same as years past / Last Name on Back of Shirts / Hitting Shirt to be worn on Game Days at School



Physicals - 2019 physicals can be used for 2020 per MHSAA. If you played on a team last year for Holy Family we will have a physical on file. New students must provide a 2020 Physical at the first practice.

Athletic Director

Mrs. Lorie Tenerelli

ad@hfsgb.org

810-348-0758

