

# Lady Warrior Athletics Summer 2022 Schedule



High school volleyball practice starts August 1<sup>st</sup>. First games are August 5<sup>th</sup> and 6<sup>th</sup>. Please plan ahead so we don't miss tryouts and game!

Middle school volleyball will begin on August 18<sup>th</sup>.

## **Conditioning and Speedwork**

**8:00 – 9:00 am**  
**July 11<sup>th</sup> – 14<sup>th</sup>**  
**July 18<sup>th</sup> – 21<sup>st</sup>**  
**July 25<sup>th</sup> – 27<sup>th</sup>**

## **Basketball Sports**

**9:00 – 10:00 am**  
**Monday & Wednesday ONLY**  
**July 11<sup>th</sup>, 13<sup>th</sup>, 18<sup>th</sup>, 20<sup>th</sup>, 25<sup>th</sup>, 27<sup>th</sup>**

## **Volleyball Sports**

**9:00 – 10:00 am**  
**Tuesday & Thursday ONLY**  
**July 12<sup>th</sup>, 14<sup>th</sup>, 19<sup>th</sup>, 21<sup>st</sup>, 26<sup>th</sup>**

## **Open Gym**

**7:00 – 8:00 pm**  
**July 11<sup>th</sup> – 14<sup>th</sup>**  
**July 18<sup>th</sup> – 21<sup>st</sup>**  
**July 25<sup>th</sup> – 27<sup>th</sup>**

- ALL students will need a NEW physical for the 2022-2023 school year.
- Please be prepared for no access to locker rooms, be ready to go!
- Have a 1-gallon jug of water, no sharing of water bottles is allowed.
- Have outside shoes and also bring inside shoes.
- All students participating in summer activities will need to join the Team App. Please look at the "Join the TEAM app" on Talkington website. Team Name: Lady Warriors – TSYWL.