

Lakeville South Volleyball Retreat 2021

Be a great teammate!

Hey Volleyball Players! We are excited for our volleyball retreat planned for this Friday and Saturday. Special Notes:

- Bring a few snacks for Friday afternoon. We will take some breaks; it is a long afternoon.
- At the conclusion of the retreat on Saturday, all players will ride a bus together from South HS to the family picnic. **NOTE:** The picnic will be held at Antler's Park, Shelter B this year due to facility closures at Casperson Park.

Here are the details and full schedule for you. Let your coach know if you have any questions!

Friday Aug 20		
8:00 am	Individual Team Practice	Main Gym
9:00 am	Mountain Top Tournament <i>Retreat team volleyball competition</i>	Main Gym (all teams)
10:15 am	Locks, Lockers and Uniforms <i>Varsity prep breakfast</i>	Main Gym
10:30 am	Team Pancake Breakfast <i>Varsity serves</i>	FACS Room
11:30 am	Retreat Activities	Various
1:00 pm	Emergency Action Plan <i>CPR, AED training</i>	Lecture Room
2:00 pm	Lunch, Team Store <i>V locks, lockers, uniforms and roster form</i>	Community Room
3:00 pm	Retreat Competition <i>Kickball, Dodgeball</i>	Main Gym
4:00 pm	Net Race <i>Setup main gyms for Sat Scrimmage</i>	Main Gym

Saturday Aug 21		
9:00 am	Home Scrimmage (V, JV) <i>10A, 9A, 9B arrival time at your coach's discretion</i>	LSHS Main Gym
12:00pm	Pizza Lunch <i>10A, 9A, 9B teardown scrimmage V, JV home to shower - grab pizza upon return</i>	Cafeteria
1:30pm	Sandwich Making Project <i>Allan Law "Sandwich Man"</i>	Cafeteria
3:00pm	Guest Speaker TBD	Lecture Hall
4:00pm	Cougar Volleyball Opening Ceremony TBD	Main Gym
5:00pm	Bus Departs for Antler's Park <i>All teams ride together to picnic. No return bus.</i>	LSHS
5:30pm- 8:00pm	Family Picnic <i>Dinner at 6PM, awards, policies, team breakouts</i>	Antlers Park, Shelter B