

UHS Volleyball



Summer Workouts

M & W – June 19 & 21

M & W – June 26 & 28

M & W – July 3 & 5

M & W – July 10 & 12

**All summer workouts will be in the UHS gym from 8:00am – 10:00am.
Bring volleyball shoes, knee pads, & water!**

**You must have all forms completed in Final Forms and have turned in a
completed & correct athletic physical form (FHSA form) to the athletic
office prior to any participation.**

Tryouts

**First Week in August beginning on Monday July 31.
Specific dates & times will be posted on the athletic website in July.
Expect to attend all days from July 31 – August 4.**

Head Coach

**Amanda Disinger
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