

# Lakeville South Volleyball Retreat 2024

*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, but it is a long day.

We are shortening up the retreat a little on Saturday to allow you all time to go home, shower, and rest a little before the family picnic at Ritter Farm Park Saturday evening.

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

<b>Friday Aug 16</b>		<b>Location</b>	<b>Lead Coach</b>
8:00 am	<b>Individual Team Practice</b>	Main Gym/Aux Gym	Team Coach
9:00 am	<b>Mountain Top Tournament</b> <i>Retreat team volleyball competition</i>	Main Gym (all teams)	
10:15 am	<b>Locks, Lockers and Uniforms</b> <i>Varsity prep breakfast</i>	Main Gym	Team Coach
10:30 am	<b>Team Pancake Breakfast</b> <i>Varsity serves</i>	FACS Room	Booster parents
11:30 am	<b>Retreat Competition</b> <i>11:30-12:15 - Field Day Competition: sack race, three leg run, wheelbarrow, egg on a spoon</i> <i>12:15-1:100 - Spikeball, puzzle, dodgeball, team challenges</i>	Various	All Coaches - Field Day Faith- Dodgeball Penny/Rosey - Spikeball Jeff - Puzzle Amanda - Team Challenges
1:00 pm	<b>Emergency Action Plan &amp; Lunch</b> <i>CPR, AED training</i>	Lecture Room	Trainer
1:30 pm	<b>Team Store</b> <i>Warm Up Shirt and Store Gear Try Ons</i> <i>Varsity locks, lockers, uniforms and roster form</i>	Community Room	Booster Parents
2:30 pm	<b>Posters</b>	Commons/Cafeteria	
3:00 pm	<b>Retreat Activities</b> <i>Dance Comp, Snowball, and Newlywed Game</i>	Various	All Coaches
4:30 pm	<b>Net Race</b> <i>Setup main gyms for Sat Scrimmage</i>	Main Gym	

<b>Saturday Aug 17</b>		<b>Location</b>	<b>Lead Coach</b>
Morning	<b>Scrimmages</b> (V, JV, 10A, 9A, 9B) <i>Start Times and Locations Vary, See Separate Schedule</i>	LSHS, MMS, KTMS	All Coaches
	<b>Break</b> <i>Everyone can go home, clean up, and rest up before the family picnic!</i>		
4:30pm-7:00pm	<b>Family Picnic</b> <i>Dinner 5PM, apparel try-ons, retreat awards/policies/team breakouts</i>	Ritter Farm Park, Gazebo Shelter	All Coaches

*\*Note: Our service project at FMSC and opening ceremonies will be held Wednesday, August 21st.*