

Weekly Indoor Volleyball News

Week of September 7

I hope everyone has had a great weekend! JV/Novice both played in the Titan Tournament on Saturday. Thankfully this weekend was a bit cooler but still very warm. We saw some good things from both teams and we are starting to see the girls come together with their chemistry on all 3 levels. We have another game on the road this week. This will be our first league game of the season. Varsity has a split day tournament this weekend. Please read all the details below.

If you are still interested in helping at our volleyball snack bar please click the link below and sign up to donate an item or to run it for one of our home games.

[Girls Vball Snack Bar Donations/Volunteering](#)

Community Service Hours Opportunity- still looking for 10-12th graders to commit to being there!

Sophomores-Seniors are needed to help out with our CAMS program that practices right before us on Mondays from 1-3pm. You can use this time for part of your required community service hours. Let Coach Jen or Coach Melissa know if you are interested in helping out.

VARSITY- IMPORTANT REMINDER! - YOUR WAIVER FOR PHOENIX MUST BE SIGNED BY SEPTEMBER 10TH OR YOU DO NOT GET TO PLAY IN THE TOURNAMENT!

This Week:

Monday, 9/7- Labor Day- No school/practice

Tuesday, 9/8- Practice

- 3:30-5:30pm @ EVCC

Wednesday, 9/9- Game @ Francis Parker School - Early Release- 2:15pm

- JV-4:15pm
- Varsity- 5:45pm
- Novice Team Bonder- meet at the front of school. Parents pick up at Best Pizza & Brew at 5pm- please bring money to purchase whatever you would like to eat.

Thursday, 9/10- Practice

- 3:30-5:30pm @EVCC- JV/Novice
- Varsity- La Jolla Classic Tournament- Early Release TBD
 - 3:30pm @ La Jolla High School (court 2) - order of play still TBD- more details being released by tournament director on Tuesday. Our current pool is us, San Dieguito, La Jolla. Read the details under Saturday!
- **Phoenix waiver due!**

Friday, 9/11- Practice

- 3:30-5:15pm @EVCC- updated time!

Saturday, 9/12- Varsity- La Jolla Classic Day #2- location and time TBD

Teams playing on Thursday will play 3 sets to 25 against both teams in their pool with matches at 3:30pm, 5pm, and 6:30pm. Saturday is bracket play beginning at 8am with the Silver and Consolation Brackets, and approximately 11:30am for Gold and Bronze Rounds. All teams are guaranteed 2 matches on Saturday. We are using La Jolla High School and Bishops High School Gymnasiums.

Looking Ahead

Monday, 9/14- Practice

- 3:30-5:30pm @ EVCC

Tuesday, 9/15- Practice

- 3:30-5:30pm @ EVCC

Wednesday, 9/16 Game vs La Jolla Country Day

- @ EVCC
- JV/Novice- 3:30pm
- Varsity 5:00pm
- Early Release- TBD

Thursday, 9/17- Game @ Mission Hills High School

- JV/Novice- 4:30pm
- Varsity-6pm
- Early Release TBD

Friday, 9/18- Practice

- 3:30-5:30pm @EVCC- JV/Novice
- Varsity- Scripps Ranch Tournament- Details coming soon

Saturday, 9/19- Varsity- Scripps Ranch Tournament- Details coming soon

Carpools:

- [Francis Parker- 9/9](#) - JV/Varsity Only (no novice game) Only add yourself to coach's van if you know you will need the seat. Parents you can also add your car and available seats using this same link!

"Coming together is a beginning, keeping together is progress, working together is success."

- Henry Ford

Have a great week Caimans!