



Volleyball Week 2

October 5th-11th



2020 Irondale Knights

Monday, October 5, 2020

3:30-6:00 Varsity Practice Upper Gym
3:30-5:30 J.V Practice Lower Gym
3:30-5:30 B Squad Practice New Gym
3:30-5:30 C Squad Practice New Gym
4:00-6:00 9 Gold Practice New Gym
3:30-5:30 9 Maroon Practice New Gym

Tuesday, October 6, 2020

3:30-6:00 Varsity Practice Upper Gym
3:30-5:30 J.V Practice Lower Gym
3:30-5:30 B Squad Practice New Gym
3:30-5:30 C Squad Practice New Gym
4:00-6:00 9 Gold Practice New Gym
3:30-5:30 9 Maroon Practice New Gym

Wednesday, October 7, 2020

* ***Team Apparel store closes today***

3:30-6:00 Varsity Practice Upper Gym
3:30-5:30 J.V Practice Lower Gym
3:30-5:30 B Squad Practice New Gym
3:30-5:30 C Squad Practice New Gym
4:00-6:00 9 Gold Practice New Gym
3:30-5:30 9 Maroon Practice New Gym

Thursday, October 8, 2020

Game day Irondale at Roseville

9 gold/maroon bus at 3:30, game at 4:15, back at 5:30
3:30-5:30 C Squad practice and match New Gym
B squad/JV bus at 4:30, game at 5:30, back at 6:45
Varsity bus at 6:00, game at 7:00, back at TBD

Friday, October 9, 2020

3:30-6:00 Varsity Practice Upper Gym
3:30-5:30 J.V Practice Lower Gym
3:30-5:30 B Squad Practice New Gym
3:30-5:30 C Squad Practice New Gym
4:00-6:00 9 Gold Practice New Gym
3:30-5:30 9 Maroon Practice New Gym

Saturday, October 10, 2020

Rest and workout on your own.

Sunday, October 11, 2020

Rest and do your homework.