

Big Lake Volleyball
Alisha Brust, Head Coach
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Just a reminder about the Varsity, Junior Varsity, B-squad, and 9th grade scrimmage on August 20th starting at 9:00 at Big Lake Schools. The varsity and JV squads will play at Big Lake High School, and the B squad and C squad (9th grade) teams will play at Big Lake Liberty Elementary. Please see the Big Lake coach in your building with any questions the day of the scrimmage. The gyms will be open at 8:30 a.m. Pre-scrimmage warm up for the teams starts at 8:45. The format will be to play for forty-five minutes with a ten minute break for varsity and JV. We will do a 3 team round robin on court 1 to give teams a short break instead of a long break when they are off. You can use that time for free ball work or whatever you would like to do between the two teams on the court. B squad and C Squad (9th grade) will play for 40 minutes with a 10 minute break. This leaves about 20 minutes at the end where teams can hop into queens or speedball before they pack up to go home at 12:30. We will leave that up to individual coaches based on how teams are feeling.

Our trainer, Beth Baufield, will be available for anyone who may need to see her. She will be stationed at Big Lake High School. There will be bags of ice available at all locations if needed. See the Big Lake coach in your building if you need anything at all!

Please refer to schedules on the following page for scrimmage times. The address of Liberty Elementary is 17901 205th Ave. Big Lake, MN 55309. The high school is located on Minnesota Avenue. We look forward to seeing you!

Sincerely,

Alisha Brust
Head Coach

Kellie Morehouse
JV Coach

Laura Pettit
B Squad Coach

Ann Segner
9th Grade Coach

Scrimmage Schedule
V/JV Squads - Big Lake High School

<u>Time</u>	<u>Court 1 (free ball/short time)</u>	<u>Court 2 (scrimmage)</u>	<u>Court 3 (scrimmage)</u>	<u>Break</u>
8:45 - 9:00	Warm Up	Warm Up	Warm Up	
9:00 - 9:20	Irondale JV vs. Legacy JV	Big Lake JV vs. Legacy V	Irondale V vs Big Lake V	Apollo JV
9:25 - 9:45	Apollo JV vs. Irondale JV			Legacy JV
9:45 - 9:55	BREAK			
9:55 - 10:15	Big Lake V vs. Legacy V	Apollo JV vs. Big Lake JV	Irondale JV vs. Legacy JV	Irondale V
10:20 - 10:40	Irondale V vs. Big Lake V			Legacy V
10:40 - 10:50	BREAK			
10:50 - 11:10	Apollo JV vs. Big Lake JV	Big Lake V vs. Legacy V	Irondale V vs. Legacy JV	Irondale JV
11:15 - 11:35	Apollo JV vs. Irondale JV			Big Lake JV
11:35 - 11:45	BREAK			
11:45 - 12:05	Big Lake JV vs. Legacy JV	Irondale V vs. Legacy V	Apollo JV vs. Irondale JV	Big Lake V
12:10 - 12:30	Big Lake V vs. Legacy JV			Big Lake JV

B/C squad - Liberty Elementary School

<u>Time</u>	<u>Court 1</u>	<u>Court 2</u>	<u>BREAK</u>
8:45 - 9:00	WARM UP	WARM UP	
9:00 - 9:40	Irondale C vs. Legacy C	Irondale B vs. Big Lake C	Big Lake B
9:40 - 9:50	BREAK	BREAK	
9:50 - 10:30	Big Lake B vs. Irondale B	Legacy C vs. Big Lake C	Irondale C
10:30 - 11:10	BREAK	BREAK	
11:10 - 11:20	Big Lake B vs. Irondale C	Irondale B vs. Legacy C	Big Lake C
11:20 - 11:30	BREAK		
11:30 - 12:10	Big Lake B vs. Legacy C	Big Lake C vs. Irondale C	Irondale B
12:15 - 12:30	Queens or speedball?		