

# Centreville Volleyball Conditioning

Conditioning for Centreville Volleyball will begin around April 15, 2009.

Conditioning is for all players (current and interested) who want to play volleyball next fall at Centreville High School.

Conditioning is open to all players currently at Centreville High School and players who will enter Centreville next year as freshmen.

Conditioning will be on Monday and Wednesday:

Monday 3:30 – 5:30 pm

Wednesday 5:15 – 7:15 pm

Conditioning is not mandatory for players who want to tryout next season, but it is highly recommended!!

In the event of rain Conditioning will be canceled due to spring sports being forced inside and using the gym.

Players attending conditioning should meet at Entrance 11. Entrance 11 is behind the modular classroom.

Questions feel free to contact me.

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