

Aptos Volleyball

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Summer

Play Beach Volleyball- On your own, with friends or in a club (Main Beach Sand Club).

Open Gyms- 7/10, 7/17, 7/24, 7/29 @2-4PM

Stay In Shape- Beach volleyball, conditioning, gym, Precision etc.

Fall

Dead Week 8/4-8/9: Nothing

8/11- Physicals 630PM at Aptos High

8/11-8/14 Conditioning Week- Chloe at the Cement Ship, Time TBA.

Varsity Tryouts

8/15: 6-8PM

8/16: 10AM-1PM

JV Tryouts

8/15: 4-6PM

8/16: 1-3PM

Freshman Tryouts

First week of school 3-530PM

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