

2019 Cape Central Summer Volleyball Schedule

June

11th-13th Tuesday-Thursday Camp
14th-15th Friday-Saturday JV/V Rib City Tournament @ Sportsplex
26th Wednesday Open Gym
27th Thursday V Tournament @ Jackson High School
28th Friday JV Tournament @ Jackson High School

July

9th-10th Tuesday-Wednesday Camp
11th-13th Thursday-Saturday V Tournament @ Branson
17th Wednesday Open Gym
18th-19th Thursday-Friday JV/V Rib City Tournament @ Sportsplex
24th Wednesday Open Gym
25th-26th Thursday-Friday JV/V Tournament @ Jackson
30th Tuesday Varsity Trimatch

Weightlifting/Conditioning

At least 2 days per week starting June 3rd
Days of week TBD

Dead Weeks No contact

June 30th-July 7th Sunday-Sunday
August 4th-11th Sunday-Sunday

Fundraiser

Car wash @ Sonic off of Siemers on a Saturday in June or July - Date TBD

Tryouts - Must have an up to date physical to participate

August 12th-14th