

Lakeville South Volleyball Retreat 2026

Be a great teammate!

Hey Volleyball Players! We are excited for our volleyball retreat planned for this Friday and Saturday. Special Notes:

- Bring a few snacks for Friday afternoon as we will take some breaks.
- **Bring a pair of outside running shoes for retreat activities!**
- At the conclusion of the scrimmages on Saturday, we will have our family picnic in the commons area of LSHS. Then the rest of the evening is yours!

Here are the details and full schedule for you. Let your coach know if you have any questions!

<u>Friday Aug 21</u>		
8:00 am	Individual Team Practice	Main Gym
9:00 am	Mountain Top Tournament <i>Retreat team volleyball competition</i>	Main Gym (all teams)
10:15 am	Locks, Lockers and Uniforms <i>Varsity prep breakfast</i>	Main Gym FACS Room
10:30 am	Team Pancake Breakfast <i>Varsity serves</i>	FACS Room
11:30 am	Emergency Action Plan <i>CPR, AED training</i>	Lecture Room
12:00 pm	Retreat Activities <i>12:00-12:45 : Field Day: sack race, down and back, tug of war, bucket challenge</i> <i>12:45-1:30: Spike Ball, Scavenger hunt, Lucky Find, Cat/Mouse and Battle ship</i>	Various/Outside
1:30 pm	Lunch and Team Store <i>Warm up shirt, store gear try ons, Varsity locks, lockers, uniforms and roster form</i>	Lecture Hall/Community Room
2:30 pm	Team Posters	Commons Area
3:15pm	Retreat Activities <i>Dance Comp, Bingo, Newlywed Game</i>	Main Gym
4:30 pm	Net Race <i>Set up main gyms for Saturday scrimmage</i>	Main Gym

<u>Saturday Aug 22</u>		
9:00 am	Home Scrimmage (V, JV, 10A, 9A, 9B) <i>Start times and locations vary, see separate schedule</i>	LSHS, MMS, KTMS
1:00 pm - 2:30 pm	Family Picnic: <i>Lunch at 1pm, apparel try-ons, retreat awards/policies/team breakouts</i>	LSHS, Commons

*Note: Our service project (FMSC) and opening ceremonies will be held Wednesday, August 26.