

Lakeville South Volleyball Retreat 2022

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. We will take some breaks but it is a long day.
- At the conclusion of the retreat on Saturday, a bus will be available to bring players from South HS to the family picnic at Casperson Park.

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

Friday Aug 19		
8:00 am	Individual Team Practice	Main Gym/Aux 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
10:30 am	Team Pancake Breakfast <i>Varsity serves</i>	FACS Room
11:30 am	Retreat Activities	Various
1:00 pm	Emergency Action Plan <i>CPR, AED training</i>	Lecture Room
2:00 pm	Lunch & Team Store <i>V locks, lockers, uniforms and roster form</i>	Community Room
3:00 pm	Retreat Competition <i>Kickball, Dodgeball</i>	Various
4:00 pm	Net Race <i>Setup main gyms for Sat Scrimmage</i>	Main Gym

Saturday Aug 20		
Morning	Scrimmages (V, JV, 10A, 9A, 9B) <i>Start Times and Locations Vary, See Separate Schedule</i>	LSHS, MMS, KTMS
	Pizza Lunch <i>All teams, at scrimmage site after play is done</i>	LSHS, MMS, KTMS
2:30pm	Yoga <i>Michele Young, Instructor</i>	Main Gym
3:15pm	Service Project & Speaker <i>Hart House – Michelle Presley (missionsinc.org)</i> <i>Toiletries/Hygiene/Clothing Drive/Notes of Inspiration</i>	Commons
4:00pm	Guest Speaker <i>Nathan Lyke, Prince of Peace Youth Pastor</i>	Lecture Hall
	Cougar Volleyball Opening Ceremony <i>All Teams</i>	LSHS Main Gym
5:15pm	Bus Departs for Casperson Park <i>Provided for players to get to picnic. No return bus.</i>	LSHS Upper Lot
5:30pm- 8:00pm	Family Picnic <i>Dinner 6PM, apparel try-ons, awards/policies/team breakouts</i>	Casperson Park, Shelter A