



MANTECA HIGH SCHOOL  
GIRLS VOLLEYBALL

\*Summer Training June 3<sup>rd</sup>-June 30<sup>th</sup> & July 15<sup>th</sup>-July 31<sup>st</sup>

*Dead period (no practices July 1-July 14<sup>th</sup>)*

Official season tryouts August 4<sup>th</sup>

Location: *Manteca High School Large Gym*

Days/Time:

**Varsity:** Tuesdays & Wednesdays 10am-1pm, Thursdays 12pm-2pm

**JV:** Tuesdays 3:30pm-5:30pm & Thursdays 10am-12pm

**Freshman:** Tuesdays 1:30-3:30, Thursdays 2-4 (some Fridays 1-3)

*ATF/ Conditioning TBD*

For questions:

Varsity- Coach Robin: 510-703-1473, email: [goldenstatevbc@gmail.com](mailto:goldenstatevbc@gmail.com)

JV- Coach Senecia: 209-808-6690

Freshman- Coach J.R. 209-642-1403