



DIXON HIGH SCHOOL LADY VOLLEYBALL 2010

COACHING STAFF

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August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Conditioning <u>4-5pm</u>	3 Conditioning 5-6pm	4 Conditioning 445-545pm RESTESTING 6PM	5 Conditioning 445-545pm RESTESTING 6PM	6	7
8	9 1st day of Practice/ Tryouts 530-730	10 PRACTICE 530-730PM	11 PRACTICE 5-7pm	12 PRACTICE 5-7pm	13	14 CAR WASH ALL ATTEND
15	16	17	18	19	20	21
MONDAY—THURSDAY PRACTICE TBA						
22	23	24 SCRIMMAGE ALL LEVELS @ VACAVILLE HIGH 4 PM	25	26	27 @ Cordova All teams FROSH @ 4PM	28
29	30 Foundation game @ River City	31 HOST Winters JV/Varsity				

September 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 @ Dixon vs Yuba City All Levels	2 JV/Varsity Host Elk Grove HS Jv/VAR	3	4
5	6 Labor Day DAY OFF	7 Game @ Center All Levels	8	9 All Levels, Game @ Vacaville High	10 ALL TEAMS SET UP GYM FOR TOURNEY	11 TOURNEY AT DIXON HIGH SCHOOL VARSITY PLAYS, FROSH/JV WORK ALL DAY
12	13 League Game #1 @ Marysvale	14	15 League Game #2 @ West Campus	16	17	18
19	20 League Game #3 vs Mesa Verde	21	20 League Game #4 vs Lindhurst	23	24	25 JV Tournament at Rosemont High Varsity Tournament in
26	27 League game #5 @ Capital Christian	28	29 League Game #6 vs Marysvale	30		

October 2010

Sun					Fri	Sat
					1 HOME-COMING	2
3	4 League Game #7 @ West Campus	5	6 League Game #8 @ Mesa Verde NO FROSH	7	8	9
10	11 League Game #9 @ Lindhurst	12	13 League Game #10 vs Capital Christian	14	15	16
17	18 League Game #11 @ Marysvale	19	20 League Game #12 @ West Campus	21	22	23
24	25 League Game #13 vs Mesa Verde NO FROSH	26	27 League Game #14 vs Lindhurst SENIOR NIGHT	28	29	30
31 HALLOWEEN						



**LADY RAMS**

November 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 League Game #15 @ Capital Christian	2	3 All levels game vs El Dorado @ Dixon	4	5	6
7	8 Veterans Day	9 Varsity Playoffs TBA	10	11 Varsity Playoffs TBA Round 2	12	13
14	15	16 Varsity Playoffs TBA Semi-Finals	17	18 Varsity Playoffs TBA Finals @ UC DAVIS	19	20
21	22	23	24	25 THANKSGIVING	26	27
28	29	30 YEAR END BANQUET 630 TBD				

