

Volleyball Triangular
Aplington-Parkersburg/Hudson/Dike-New Hartford
Thursday, September 14th

Varsity Schedule

4:40 PM Main Gym – DNH vs Hudson – Varsity Warm-up
5:00 PM Main Gym – DNH vs Hudson (Varsity)
Following Main Gym – DNH vs Aplington-Parkersburg
Full warm up
Following Main Gym – Hudson vs Aplington-Parkersburg
Hudson-4 minute (3 net alone, 1 shared serving)

Varsity Matches would be 3 out of 5 to 25

Frosh/JV Schedule

4:30 all JV warm up
5 min ball handling
5 min AP net alone
5 min DNH net alone
5 min Hudson net alone
3 min serving all together
5:00 DNH vs Hudson
5:30 DNH vs AP
6:00 AP vs Hudson
6:30 all Frosh warm up
5 min ball handling
5 min AP net alone
5 min DNH net alone
5 min Hudson net alone
3 min serving all together
7:00 DNH vs Hudson
7:30 DNH vs AP
8:00 AP vs Hudson

Frosh/JV matches will be games to 21. We will play a full 30 minutes. No warm up in between games. Line ups will be checked for the first 2 games.