

2017 4-TEAM SCRIMMAGE

Welcome to the 2017 season and our 2nd Annual Volleyball 4-Team Preseason Scrimmages. This year continues our tradition of the invitation-only event. Silverado will be our host site for varsity teams this year. Arbor View will host the JV teams. Shadow Ridge will host the freshman teams. Each team will scrimmage for 20 minutes and then rotate courts (see schedule below). You will have 5 minutes between each timed match for water, talks, etc. Only the first match of the day will have warm-ups and they will be 4/4/2 format (4 min on-court team 1 / 4 min on-court team 2 / 2 min shared serving). Please bring your own volleyballs for your use - the host site will not provide them. Also, make sure your teams bring water only into the gyms. Thanks for accepting the invitation and for attending this year's event.

PARTICIPANTS: *Arbor View, Shadow Ridge, Green Valley, Silverado*

DATE: Tuesday Aug 22, 2017

TIME: 3:30pm to 6:30pm

LOCATIONS:

VARSITY	at	SILVERADO HS
JV	at	ARBOR VIEW HS
B	at	SHADOW RIDGE HS

2016 Scrimmage Schedule

TIME	COURT 1 (Main Court)	COURT 2 (Aux Gym)
3:30pm	Gym doors open – teams take assigned first court and warm-up/stretch	
3:45pm	Coaches and officials meeting	
3:50pm	Call captains and on-court time begins	
4:00pm-4:20pm	Arbor v. Green Valley	Shadow v. Silverado
4:20pm-4:25pm	Court changes and team breaks	
4:25pm-4:45pm	Green Valley v. Silverado	Arbor v. Shadow
4:45pm-4:50pm	Court changes and team breaks	
4:50pm-5:10pm	Green Valley v. Shadow	Arbor v. Silverado
5:10pm-5:20pm**	Court changes and team breaks	
5:20pm-5:40pm	Shadow v. Silverado	Arbor v. Green Valley
5:40pm-5:45pm	Court changes and team breaks	
5:45pm-6:05pm	Arbor v. Shadow	Green Valley v. Silverado
6:05pm-6:10pm	Court changes and team breaks	
6:10pm-6:30pm	Arbor v. Silverado	Green Valley v. Shadow

** (Extended break = 10 minute break (versus normal 5 min between matches))

