

CCHS Volleyball Voluntary Pre-Season

Open gyms every Monday and Wednesday

September 9th -October 28th

3:00-5:00 – Sophomores, Juniors and Seniors

4:30-6:30 – Freshmen Only

- Must wear a mask throughout the entire practice
- Temperature checks and COVID-19 questionnaire completed prior to participating open gym
- Bring your own water bottle
- If you are feeling ill, stay home
- Shower and change/wash clothes immediately after open gyms
- For those interested, the weight room will be open on Mondays, Wednesdays, and Thursdays. Contact weight room supervisor, Coach Jim Miller (jim.miller@cchs165.com), to sign up for a time slot. Only 10 student athletes allowed at a time.