



# WAKE FOREST LADY COUGARS Volleyball Summer Workout Schedule 2024-2025



**June 1st-June 14th OFF- No Volleyball**  
**Graduation Jun 10, 2024**

## **Summer Workouts**

*All volleyball players are expected to participate in **all** of the summer workouts. Vacation schedules during summer workouts must be shared with the coaches asap. Volleyball workouts are every Tues., Wed. and Thurs. There are no volleyball workouts on Mondays or Fridays nor during the designated mandatory **Dead Periods** set by the NCHSAA.*

**Tuesday-Thursday summer workouts are daily from 8:30am-11:00am.**

**\*\*\*\*\*YOU MUST HAVE A PHYSICAL ON FILE TO PARTICIPATE IN SUMMER WORKOUTS/TICKET TO PLAY And Dragonfly Portal Completely up-to-date IN ORDER TO TRYOUT\*\*\*\*\***

**Workouts begin with the following dates:**

June 18-June 20 8:30-11:00 am Tues/Wed/Th

June 25-June 27 8:30 -11:00 am Tues/Wed/Th

**July 1-July 7 NCHSAA-Dead Period \*\*\*\*\***

July 9-July 11 8:30 -11:00 am Tues/Wed/Th

**July 14-July 20 NCHSAA-Dead Period \*\*\*\*\***

\*\*\*\* July 23-July 25-TBD (away-NCSU Camp)\*\*\*\*

July 30th-July 31st 8:30-11:00 Tues/Wed

**Tryouts Dates: Thursday Aug. 1st & Friday Aug. 2nd**

**Time: 8:30-11:00 am**

**Location: Aux Gym WF High School**

**\*\*\*\*\*Tryouts cannot be missed. No exceptions!!!**

**FIRST DAY OF Official Practice: AUGUST 3rd and  
EVERY DAY following M-F.**

**\*\*\*\*\*If your vacation is after the season has started  
(Aug1st) please tryout for the team next season.\*\*\*\*\***

**Contact Information:**

**Head Coach Varsity/JV-A Crystal Barnes**

**cybarnes@wcpss.net**

**Freshman JV-B**

**Athletic Director Richard Dunbar**

**rdunbar@wcpss.net**

**Asst. Athletic Director Robin Faulkner**

**rfaulkner@wcpss.net**