

Volleyball On-Court & Strength & Conditioning Sessions

# PERFORMANCE CAMP

**U15 + U16 Women**



| Date                 | Time               | Location                          |
|----------------------|--------------------|-----------------------------------|
| Tuesday, August 18   | 3:30 p.m. - 5 p.m. | Manitoba Liquor & Lotteries Court |
|                      | 5 p.m. - 6 p.m.    | Performance                       |
| Wednesday, August 19 | 3:30 p.m. - 5 p.m. | Manitoba Liquor & Lotteries Court |
|                      | 5 p.m. - 6 p.m.    | Performance                       |
| Thursday, August 20  | 3:30 p.m. - 5 p.m. | Manitoba Liquor & Lotteries Court |
|                      | 5 p.m. - 6 p.m.    | Performance                       |
| Tuesday, August 25   | 3:30 p.m. - 5 p.m. | Manitoba Liquor & Lotteries Court |
|                      | 5 p.m. - 6 p.m.    | Performance                       |
| Wednesday, August 26 | 3:30 p.m. - 5 p.m. | Manitoba Liquor & Lotteries Court |
|                      | 5 p.m. - 6 p.m.    | Performance                       |
| Thursday, August 27  | 3:30 p.m. - 5 p.m. | Manitoba Liquor & Lotteries Court |
|                      | 5 p.m. - 6 p.m.    | Performance                       |