

2019 Westwood Scrimmage

August 3rd, 2019

Varsity--Westwood Ct 1

8:00	to	9:00	Liberty Hill	Westwood
9:00	to	10:00	Cedar Park	Hays
10:00	to	11:00	Hays	Westwood
11:00	to	12:00	Cedar Park	Liberty Hill
12:00	to	1:00	Hays	Liberty Hill
1:00	to	2:00	Cedar Park	Westwood

Coaches Notes

Schedule

3 minutes - pepper

5 minutes - hit

5 minutes - hit

2 minutes - serve

45 minutes - scrimmage with continuous clock

Notes

All bags should be left in hallway for small gym by freshman teams

Bags for Varsity and Junior Varsity can be placed in bleachers

Players need to provide their own water bottles

Coolers are only available to refill the individual water bottles. No cups will be provided.

No food allowed in gym areas--only water bottles

Junior Varsity--Westwood Ct 2

8:00	to	9:00	Cedar Park	Hays
9:00	to	10:00	Liberty Hill	Westwood
10:00	to	11:00	Cedar Park	Liberty Hill
11:00	to	12:00	Hays	Westwood
12:00	to	1:00	Cedar Park	Westwood
1:00	to	2:00	Hays	Liberty Hill

Freshman - Westwood Ct 3

8:00	to	9:00	Cedar Park	Liberty Hill
9:00	to	10:00	Cedar Park	Hays A
10:00	to	11:00	Hays B	Westwood A
11:00	to	12:00	Cedar Park	Westwood A
12:00	to	1:00	Cedar Park	Hays B
1:00	to	2:00	Liberty Hill	Westwood A

Freshman - Westwood Ct 4

8:00	to	9:00	Hays A	Westwood A
9:00	to	10:00	Hays B	Westwood B
10:00	to	11:00	Liberty Hill	Westwood B
11:00	to	12:00	Hays A	Liberty Hill
12:00	to	1:00	Hays A	Westwood B
1:00	to	2:00	Hays B	Westwood B