

2010 Kinnelon Volleyball

Practice:

Our first mandatory practice will be on August 16th at 1pm. We will be practicing 8/16-8/20 from 1-4pm. 8/23-8/27 8-11am. I have attached a summer workout schedule. Please try to attend as many workouts as possible so we are ready to go August 16th. Now is the time to improve on individual skills and build our conditioning levels.

Summer:

Please contact me if you would like information on individual camps as well as team camp opportunities for this summer. Now is the time to start preparing yourself for this upcoming season. Camps are a great way to improve your skills. We will be having summer workouts at KHS two times a week in addition to summer leagues or camps that you attend.

If you have any questions feel free to contact me. 201-926-8449 or finkes@kinnelon.org

-Coach Finke

