



# Mississippi Association of Coaches

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## **Schedule for All-Star Volleyball, Saturday, July 25, 2020 Brandon High School Gymnasium, 3090 MS-18, Brandon, MS 39042**

- 11:00 All-Stars arrive in practice gear (bring school uniform) & receive pre-participation physical screening
- 11:30 Welcome/Introductions by Johnny Mims & All-Star Coaches
- 12:00 - 12:45 North team practice; South team meeting
- 12:45 – 1:30 South team practice; North team meeting
- 1:30 – 2:15 Lunch for all; All-Stars change into game uniforms
- 2:15 Begin informal on-court warm-ups
- 2:30 10-minute timed shared court warm-up
- 2:40 5-minute warm-up
- 2:45 5-minute warm-up
- 2:50 2-minute warm-up
- Player Introductions
- Prayer & National Anthem
- Play Ball! 3 sets to 25 points each