

Wake Forest Lady Cougars Summer Workout Schedule 2025

June				
16 Teacher Workday Graduation 4pm	17 Teacher Workday	18 First Day of Volleyball Workouts 8:30-11	19 Volleyball Workouts 8:30-11	20
23	24 Volleyball Workouts 8:30-11	25 Volleyball Workouts 8:30-11	26 Volleyball Workouts 8:30-11	27
30				
July				
NO WORKOUTS THIS WEEK-----NCHSAA DEAD PERIOD				
	1	2	3	4
7	8 Volleyball Workouts 8:30-11	9 Volleyball Workouts 8:30-11	10 Volleyball Workouts 8:30-11	11
14	15 Volleyball Workouts 8:30-11	16 Volleyball Workouts 8:30-11	17 Volleyball Workouts 8:30-11	18
21 NCSU CAMP (select athletes only)	22 NCSU CAMP (select athletes only)	23 Volleyball Workouts 8:30-11	24 Volleyball Workouts 8:30-11	25
28	29 Volleyball Workouts 8:30-11	30 Volleyball Workouts 8:30-11	31 Tryouts 8:30- 10:30	
August				
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				Tryouts 8:30-10:30
4 Varsity 4:00-5:30 (Net 1) JVA 2:45-4:15 (Net 1) JVB 3:00-4:30 (Net 2)	5 Varsity 4:00-5:30 (Net 1) JVA 2:45-4:15 (Net 1) JVB 3:00-4:30 (Net 2)	6 Varsity 4:00-5:30 (Net 1) JVA 2:45-4:15 (Net 1) JVB 3:00-4:30 (Net 2)	7 Varsity 4:00-5:30 (Net 1) JVA 2:45-4:15 (Net 1) JVB 3:00-4:30 (Net 2)	8 Varsity 4:00-5:30 (Net 1) JVA 2:45-4:15 (Net 1) JVB 3:00-4:30 (Net 2)
11 Game Day	12 Varsity 4:00-5:30 (Net 1) JVA 2:45-4:15 (Net 1) JVB 3:00-4:30 (Net 2)	13 Game Day	14 Varsity 4:00-5:30 (Net 1) JVA 2:45-4:15 (Net 1) JVB 3:00-4:30 (Net 2)	15 Varsity 4:00-5:30 (Net 1) JVA 2:45-4:15 (Net 1) JVB 3:00-4:30 (Net 2)
18 Varsity 4:00-5:30 (Net 1) JVA 2:45-4:15 (Net 1) JVB 3:00-4:30 (Net 2)	19 Game Day	20 Varsity 4:00-5:30 (Net 1) JVA 2:45-4:15 (Net 1) JVB 3:00-4:30 (Net 2)	21 Varsity 4:00-5:30 (Net 1) JVA 2:45-4:15 (Net 1) JVB 3:00-4:30 (Net 2)	22 Varsity 4:00-5:30 (Net 1) JVA 2:45-4:15 (Net 1) JVB 3:00-4:30 (Net 2)
25 Game Day	26 Varsity 4:00-5:30 (Net 1) JVA 2:45-4:15 (Net 1) JVB 3:00-4:30 (Net 2)	27 Game Day	28 Varsity 4:00-5:30 (Net 1) JVA 2:45-4:15 (Net 1) JVB 3:00-4:30 (Net 2)	29 Varsity 4:00-5:30 (Net 1) JVA 2:45-4:15 (Net 1) JVB 3:00-4:30 (Net 2)

Please pick up all athletes on time for their safety.

Aug 9 Triangle Prep Challenge Varsity Only 8-2pm

Complete Schedule will come out after Tryouts

NCSU CAMP SELECTED ATHLETES ONLY JULY 20-22