

Highland JH Girls - Volleyball- 2022-2023

Times and Dates Are Subject to Change

Day	Date	Teams	Opponent	Place	Time	Depart	
Mon	Jan 9	1 st day of practice					
Tues	Jan 24		Orofino	Orofino	4:30	2:30	
Thurs	Jan 26		CV	Highland	4:30		
*Sat	Jan 28		Tournament	8 th Prarie HS 7 th Prarie Elem	8:30	7:40	
Mon	Jan 30		Prairie	Highland	4:30		
Thurs	Feb 2		BYE				
Mon	Feb 6		SJB - 7th only	Highland	4:30		
Tues	Feb 7		Kamiah	Kamiah	4:30	3:00	
Thurs	Feb 9		Nezperce	Nezperce	4:30	3:30	
Tues	Feb 14		Timberline	Highland	4:30		
Wed	Feb 15		Grangeville - Blue	Grangeville	4:30	3:15	
Tues	Feb 21		Grangeville - White	Highland	4:30		
Tues	Feb 28		Culdesac – 7 th only	Culdesac	4:30	3:30	

Rules

Rally Scoring, 5 serves then rotate, play 3 games

Warmups

Regulation height on net

2 minutes between games - As soon as first game is over, put 2 minutes on the clock

10 minutes between 7th and 8th grade matches

Can use high school students as officials

3, 3, 1, 1

7'4 3/4"