

Ringwood Rec High School Volleyball

The Ringwood Recreation Volleyball Program to help develop physical fitness, reduce stress and promote a positive use of leisure time, offer organized volleyball to all High School students. Players will be introduced to skills, lead up games and pick up volleyball games

1. Who can participate?

Boys and girls Grades 9th through 12th

2. When are games?

The games are played on Monday & Thursdays nights from 7:00-8:30pm

3. Where do games/practices occur?

Lakeland High School – East Gym

4. When is the season?

The fall season is from September – November. There is possibly a spring season as well.