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Bob Murphy, Superintendent
Jessica Murphy, Principal
Pat Stiles, Athletic Director

# CENTRAL PLAINS JUNIOR HIGH A & B TEAM VOLLEYBALL TRIANGULAR
## September 28, 2026

**DATE:** September 19, 2026
**TO:** Ellis, Ness City, Volleyball Coaches and Athletic Directors
**FROM:** Pat Stiles, AD
**RE**: Volleyball Triangular, September 28, 4:00 PM at Central Plains High School
**TEAMS:** Central Plains, Ellis, Ness City, Plainville
**ROSTERS:** Please fax (620-587-3677) or email (lcrites@usd112.org ) by **Thursday, September 24th.**

**ORDER OF PLAY: 4:00 start**

| **High School (East Court)** | **High School (West Court)** |
|---|---|
| Central Plains B vs Ness City B | Central Plains A vs Ness City A |
| Ness City B vs Ellis B | Ness City A vs Ellis A |
| Central Plains B vs Ellis B | Central Plains A vs Ellis A |

- **Third game if needed goes to 15 points (no caps).**
- Before team's first match there will be a 15-minute warm-up period and a 10-minute period before the remaining matches.

**Warm-up Procedures:**

A. 15 minute warm-up
- 3 minutes shared court time for ball handling
- 3 minutes visiting team at net (no home team skill work)
- 3 minutes home team at net (no visiting team skill work)
- 3 minutes for visiting team to use the court (no home team skill work)
- 3 minutes for home team to use the court (no visiting team skill work)

B. 10 minute warm-up
- 2 minutes for shared ball handling
- 4 minutes visiting team use of court (no home team skill work)
- 4 minutes home team use of court (no visiting team skill work)

We will furnish warm-up balls. Dressing rooms will be assigned and each school is responsible for their own valuables. A concession stand will be available.

**ADMISSION:** No Admission charged

**DIRECTIONS:** High School: Entering on Highway 4, on the west side of town, turn north on 9th Street

If you have any questions, please call (620-617-3660). We look forward to hosting you on the 28th.