

August 2024 Red Lake Falls Volleyball V/JV/C Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6 7:00 p.m. VB Meeting @ RLF HS Cafeteria	7	8	9	10
11	12 8:00-11:30 AM PRACTICE	13 (7:30-8:00 AM Setters) 8:00-11:30 AM PRACTICE 6:00-7:00 PM 1 hour fundraiser with pizza supper @ Elementary	14 (7:30-8:00 AM Setters) 8:00-11:30 AM PRACTICE	15 (7:30-8:00 AM Setters) 8:00-11:30 AM PRACTICE	16 8:00 AM Pictures @ Gavin Ward's Studio 8:30-11:30 AM PRACTICE	17
18	19 9:00am V & JV @ Bemidji Scrimmage Bus @ 6:45 AM ----- 8:00-10:00 AM C Team PRACTICE	20 (7:30-8:00 AM Setters) 8:00-11:30 AM PRACTICE 6:00 PM TEAM ACTIVITY RLF V/JV/C vs. HOPE Inc. Wheelchair Softball @ Riverside Park in GF Bus @ 5:00 PM	21 9:00am V @ EGF Scrimmage Bus @ 7:15am ----- 8:00-10:00 AM JV & C Team PRACTICE	22 (7:30-8:00 AM Setters) 8:00-11:30 AM PRACTICE	23 (7:30-8:00 AM Setters) 8:00-11:30 AM PRACTICE	24 TBD Varsity @ Concordia College Smorgasbord Moorhead Bus @ TBD
25	26 5:00 PM V/JV/C vs.GGG	27 (3:00-3:30 PM Setters) 3:30-6:30 PM PRACTICE	28 8:00-10:00 AM PRACTICE	29 10:00 AM V/JV/C @ F-B Bus @ 8:30/9:15 am	30 No practice today. V/JV/C will practice on Monday from 3:30-6:00 PM	31

September 2024 RLF V/JV/C Volleyball Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SEPTEMBER 1	2 (3:00-3:30 PM Setters) 3:30-6:00 PM PRACTICE	3 5:00 PM V/JV/C vs. Crookston	4 3:00-5:45 PM PRACTICE	5 5:00 PM V/JV/C @ WAO (Warren) Bus @ 3:20 pm	6 3:00-5:15 PM PRACTICE	7 9:00 AM V @ ABW Tourney Bus @ TBD 9:00 AM C Team @ KCC Tourney (Lancaster) Bus @ 6:45
8	9 3:00-5:45 PM PRACTICE For V & C teams 6:00-6:45 PM K-2nd VB @ RLF HS 5:00 PM JV Team @ Fosston Tourney Bus @ 3:30	10 4:45 PM V/JV/C @ Freeze (Newfolden) Bus @ 3:10/4:10 pm	11 3:00-5:45 PM PRACTICE	12 3:00-5:45 PM PRACTICE 6:00-6:45 PM K-2nd VB @ RLF HS	13 3:00-5:15 PM PRACTICE	14 9:00 AM JV Team @ KCC Tourney (Lancaster) Bus @ 7:15 9:00 AM C Team @ Moorhead Tourney (Moorhead HS) Bus @ TBD
15	16 3:00-5:45 PM PRACTICE 6:00-6:45 PM K-2nd VB @ RLF HS	17 5:00 PM V/JV/C @ TRF Bus @ 4:00 pm	18 3:00-5:45 PM PRACTICE	19 5:00 PM V/JV/C vs. KCC	20 3:00-5:30 PM PRACTICE	21
22	23 3:00-5:45 PM PRACTICE 6:00-6:45 PM K-2nd VB @ RLF HS	24 5:00 PM V/JV/C @ RLCC (Oklee) Bus @ 3:45 pm	25 3:00-5:45 PM PRACTICE	26 5:00 PM V/JV/C vs. Sacred Heart (Elementary Night with autographs after)	27 3:00-5:30 PM PRACTICE	28 9:00 AM JV Team @ RLF Tourney (Elementary) 9:00 AM C Team @ RLF Tourney (High School)
29	30 4:45 PM V/JV/C @ BGMR (Greenbush) Bus @ 2:15/3:45 pm					

October 2024 RLF V/JV/C Volleyball Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		¹ 5:00 PM V/JV/C @ NCE (Ulen) Bus @ 3:15 pm	² 3:00-5:45 PM PRACTICE	³ 3:00-4:30 Practice with 3rd-5th Graders @ Elementary 4:30-5:45 PRACTICE @ HS 6:00-6:45 PM K-2nd VB @ RLF HS	⁴ 3:00-5:30 PM PRACTICE	⁵ 9:00 AM Varsity @ Thunderbird Tourney Bus @ TBD
⁶	⁷ 4:30 PM V/JV/C @ SAC (Stephen) Bus @ 2:30 pm	⁸ 5:00 PM V/JV/C vs. C-G (Parent's Night)	⁹ 3:00-5:45 PM PRACTICE	¹⁰ 3:00-5:45 PM PRACTICE	¹¹ 3:00-5:30 PM PRACTICE	¹² 9:00 AM Varsity @ Frostbite Tourney (Grygla) Bus @ TBD
¹³	¹⁴ 5:00 PM V/JV/C vs. Win-E-Mac "Seniors Night"	¹⁵ 3:00-5:45 PM PRACTICE	¹⁶ 3:00-5:30 PM PRACTICE	¹⁷ PRACTICE TBD Possible trip to Fargo to watch NDSU vs. SDSU @ 7:00pm	¹⁸ PRACTICE TBD	¹⁹ PRACTICE TBD
²⁰	²¹ 7:00 PM Pigtail @ High Seed	²² 3:00-5:45 PM PRACTICE	²³ 7:00 PM Play-In @ High Seed	²⁴ 3:00-5:45 PM PRACTICE	²⁵ 7:00 PM Quarterfinal @ High Seed	²⁶ 9:00-11:30 AM PRACTICE
²⁷	²⁸ 6:00/7:45 PM Semi-Final @ UMC	²⁹ 3:00-5:45 PM PRACTICE	³⁰ 3:00-5:45 PM PRACTICE	³¹ 3:00-5:45 PM PRACTICE		

November 2024 RLF V/JV/C Volleyball Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					¹ 7:30 PM Section 8A Championship @ UMC	²
³ 	⁴ 3:00-5:45 PM PRACTICE	⁵ 3:00-5:45 PM PRACTICE	⁶ STATE VOLLEYBALL	⁷ STATE VOLLEYBALL	⁸ STATE VOLLEYBALL	⁹ STATE VOLLEYBALL
¹⁰ 	¹¹ 	¹² 	¹³ 	¹⁴ 	¹⁵ 	¹⁶
¹⁷ 	¹⁸ 	¹⁹ 	²⁰ 	²¹ 	²² 	²³
²⁴ 	²⁵ 	²⁶ 	²⁷ 	²⁸ 	²⁹ 	³⁰

2024 RED LAKE FALLS EAGLES VOLLEYBALL

DATE	OPPONENT	LEVEL	SITE	TIME	BUS
Mon. Aug. 19	Bemidji V/JV Scrimmage	V/JV	Bemidji HS	9:00	6:45
Wed. Aug. 21	EGF Scrimmage	V	EGF HS	9:00	7:15
Sat. Aug. 24	Concordia V Scrimmage	V	Concordia	TBD	TBD
Mon. Aug. 26	Goodridge-Grygla	V/JV/C	HOME	5:00	
Thur. Aug. 29	Fertile-Beltrami	V/JV/C	Fertile	10:00	*8:30/9:15
Tues. Sept. 3	Crookston	V/JV/C	HOME	5:00	
Thur. Sept. 5	W/A/O	V/JV/C	Warren	5:00	3:20
Sat. Sept. 7	Ada-Borup Booster Tournament	V	Ada	9:00	TBD
Sat. Sept. 7	KCC "C" Squad Tournament	C	Lancaster	9:00	6:45
Mon. Sept. 9	Fosston JV Tournament	JV	Fosston	5:00	3:30
Tues. Sept. 10	Northern Freeze	V/JV/C	Newfolden	4:45	*3:10/4:10
Sat. Sept. 14	Moorhead C Team Tournament	C	Moorhead H.S	TBA	TBD
Sat. Sept. 14	KCC "B" Squad Tournament	JV	Lancaster	9:00	7:15
Tues. Sept. 17	TRF	V/JV/C	TRF	5:00	4:00
Thurs. Sept. 19	KCC	V/JV/C	HOME	5:00	
Tues. Sept. 24	RLCC	V/JV/C	Oklee	5:00	3:45
Thur. Sept. 26	Sacred Heart *Elementary VB Night*	V/JV/C	HOME	5:00	
Sat. Sept. 28	RLF Eagle JV Tournament	JV	HOME (Elementary)	9:00	
Sat. Sept. 28	RLF C Team Tournament	C	HOME (HS)	9:00	
Mon. Sept. 30	BGMR	V/JV/C	Greenbush	4:45	*2:15/3:45
Tues. Oct. 1	NCE/UH	V/JV/C	Ulen	5:00	3:15
Sat. Oct. 5	Thunderbird Tournament	V	TBD	9:00	TBD
Mon. Oct. 7	Stephen-Argyle Central	V/JV/C	Stephen	4:30	2:30
Tues. Oct. 8	Clearbrook-Gonvick *Parent's Night*	V/JV/C	HOME	5:00	
Sat. Oct. 12	Frostbite Tournament	V	Grygla	TBA	TBD
Mon. Oct. 14	Win-E-Mac *Seniors Night*	V/JV/C	HOME	5:00	
Mon. Oct. 21	Pigtail Match		High Seed	7:00	
Wed. Oct. 23	Play-In Match		High Seed	7:00	
Fri. Oct. 25	Quarter Finals		High Seed	7:00	
Mon. Oct. 28	Semifinals		UMC	6:00/7:45	
Fri. Nov. 1	Section 8A Championship		UMC	7:30	
Nov. 6-9	State Tournament		Xcel Energy Center		

RED LAKE FALLS Junior High EAGLES VOLLEYBALL 2024

Mon. Aug. 26	Goodridge-Grygla	7/8	HOME (ELE)	4:30	
Thurs. Aug. 29	Fertile-Beltrami	7/8	Fertile	10:00	*8:30
Tues. Sept. 3	Crookston	7/8	HOME (ELE)	4:30	
Thur. Sept. 5	W/A/O	7/8	Warren	3:00	1:20
Mon. Sept. 9	RLCC	7/8	HOME every year (ELE)	4:30	
Tues. Sept. 10	Northern Freeze	7/8	Newfolden	4:45	*3:10
Mon. Sept. 16	Sacred Heart	7/8	HOME (ELE)	4:30	
Thur. Sept. 19	KCC	7/8	HOME (ELE)	5:00	
Mon. Sept. 23	Clearbrook-Gonvick	7/8	HOME (ELE)	5:00	
Thurs. Sept. 26	Crookston	7/8	Crookston (Highland Ele)	4:30	3:15
Mon. Sept. 30	BGMR	7/8	Badger	4:45	*2:15
Thurs. Oct. 3	EGF 4:30-7th vs. 7thB AND 8th vs. 8thB / 5:30-7th vs. 7th A AND 8th vs. 8thA		HOME (Ele)		
Mon. Oct. 7	RLCC Triangular	7/8	Plummer	3:30	2:40
Thur. Oct. 10	Fosston	7/8	Fosston	4:30	3:20
Sat. Oct. 12	KCC JH Tournament	7/8	Hallock	9:00	7:15
Mon. Oct. 14	Win-E-Mac	7/8	HOME (ELE)	4:30	

HS = High School

~ ELE = Elementary School

~ * = JH & C teams travel together