

Volleyball - June

Monday	Tuesday	Wednesday	Thursday	Friday
			7:30 - 9:00 Sr. High 9:00 - 10:30 Jr. High 10:30 - 11:30 7th	7:30 - 9:00 Sr. High 9:00 - 10:30 Jr. High 10:30 - 11:30 7th
3	4	5	6	7
	7:30 - 9:00 Sr. High 9:00 - 10:30 Jr. High 10:30 - 11:30 7th	Removed 05/28/2019		
10	11	12	13	14
7:30 - 9:00 Sr. High 9:00 - 10:30 Jr. High 10:30 - 11:30 7th	7:30 - 9:00 Sr. High 9:00 - 10:30 Jr. High 10:30 - 11:30 7th			
17	18	19	20	21
24	25	26	27	28

****The weight room is available to 8th - 12th grade from 7:30AM until the last practice of the day is over****

Volleyball - July

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
7:30 - 9:00 Sr. High 9:00 - 10:30 Jr. High	7:30 - 9:00 Sr. High 9:00 - 10:30 Jr. High 10:30 - 11:30 7th	7:30 - 9:00 Sr. High 9:00 - 10:30 Jr. High 10:30 - 11:30 7th	7:30 - 9:00 Sr. High 9:00 - 10:30 Jr. High 10:30 - 11:30 7th	7:30 - 9:00 Sr. High
8	9	10	11	12
15	16	17	18	19
7:30 - 9:00 Sr. High	7:30 - 9:00 Sr. High 10:30 - 11:30 7th	9:00 - 10:30 Jr. High 10:30 - 11:30 7th	9:00 - 10:30 Jr. High 10:30 - 11:30 7th	7:30 - 9:00 Sr. High
22	23	24	25	26
7:30 - 9:00 Sr. High 9:00 - 10:30 Jr. High	7:30 - 9:00 Sr. High 9:00 - 10:30 Jr. High 10:30 - 11:30 7th	7:30 - 9:00 Sr. High 9:00 - 10:30 Jr. High 10:30 - 11:30 7th	7:30 - 9:00 Sr. High 9:00 - 10:30 Jr. High 10:30 - 11:30 7th	
29	30	31	Aug 1	Aug 2

****The weight room is available to 8th - 12th grade from 7:30AM until the last practice of the day is over****

Volleyball - August

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
3:15 - 4:30 7th 4:30 - 6:00 Sr. High 6:00 - 7:30 Jr. High 5	3:15 - 4:30 7th 4:30 - 6:00 Sr. High 6:00 - 7:30 Jr. High 6	3:15 - 4:30 Jr & Sr Offense 4:15 - 5:30 Jr & Sr Defense 7		
	3:15 - 4:30 7th 4:30 - 6:00 Sr. High 6:00 - 7:30 Jr. High 12	3:15 - 4:30 Jr & Sr Offense 4:15 - 5:30 Jr & Sr Defense 14	Volleyball Parent Meeting 6:00 PM 15	
3:15 - 4:30 7th 4:30 - 6:00 Sr. High 6:00 - 7:30 Jr. High 19	3:15 - 4:30 7th 4:30 - 6:00 Sr. High 6:00 - 7:30 Jr. High 20	3:15 - 4:30 Jr & Sr Offense 4:15 - 5:30 Jr & Sr Defense 21	GF @ FHS 22	3:15 - 4:30 Jr & Sr Defense 4:15 - 5:30 Jr & Sr Offense 23
@ Clinton 26	3:15 - 4:30 7th 4:30 - 6:00 Sr. High 6:00 - 7:30 Jr. High 27	3:15 - 4:30 Jr & Sr Offense 4:15 - 5:30 Jr & Sr Defense 28		3:15 - 4:30 Jr & Sr Defense 4:15 - 5:30 Jr & Sr Offense 30

****The weight room is available to 8th - 12th grade from 3:15PM until the last practice of the day is over****