

Summer 2024 VB Schedule

Open gyms are open to girls & boys- all grades

Weight room workouts are open only to rising 10-12th graders
(Any changes to the schedule will be communicated via email)

JUNE

<u>10</u>	<u>11</u> Weight room 3:30-5	<u>12</u> Weight room 3:30-5	<u>13</u> Weight room 3:30-5	<u>14</u>
<u>17</u>	<u>18</u> Weight room 3:30-5	<u>19</u> Weight room 3:30-5	<u>20</u> Weight room 3:30-5	<u>21</u>
<u>24</u>	<u>25</u> Open gym 11-12:30 Weight room 12:30-2	<u>26</u>	<u>27</u> Open gym 11-12:30 Weight room 12:30-2	<u>28</u>

JULY

<u>1</u> Open gym 4-5:30	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
<u>8</u> Open gym 4-5:30	<u>9</u> Weight room 3:30-5	<u>10</u> Open gym 4-5:30	<u>11</u> Weight room 3:30-5	<u>12</u>
<u>15</u>	<u>16</u> Open gym 11-12:30	<u>17</u>	<u>18</u> Open gym 11-12:30	<u>19</u>
<u>22</u>	<u>23</u>	<u>24</u>	<u>25</u> GYM CLOSED	<u>26</u>
<u>29</u> Gym closed	<u>30</u> Weight room 1:30-3	<u>31</u> Open gym 11-12:30	<u>1</u> Weight room 1:30-3	<u>2</u>

AUGUST

<u>5</u>	<u>6</u> Open gym 11-12:30 Weight room 1:30-3	<u>7</u> Open gym 11-12:30	<u>8</u> Open gym 11-12:30 Weight room 1:30-3	<u>9</u>
<u>12</u> 3:30-5:30 Varsity Tryouts	<u>13</u> 3:30-5:30 Varsity Tryouts	<u>14</u> 1-3 Varsity Tryouts 3:30- 5 JV & frosh/soph Tryouts	<u>15</u> 1-3 Varsity practice* 3:30- 5 JV & frosh/soph Tryouts	<u>16</u> 1-3 Varsity practice* 3:30- 5 JV & frosh/soph Tryouts
<u>19</u> 1-3 Varsity practice* 3:30- 5 JV & frosh/soph practice (Times TBD)	<u>20</u> All 3 teams will practice, times TBD	<u>21</u> All 3 teams will practice, times TBD	<u>22</u> All 3 teams will practice, times TBD	<u>23</u> Home Game vs Gateway JV- 4 Vars 5:15

*Practice times subject to change