

Summer 2023 VB Schedule

Open gyms are open to girls & boys- all grades

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

JUNE

<u>12</u> 4-5 (conditioning)	<u>13</u> 4-5 (conditioning) 5:00-6:30 (open gym)	<u>14</u> 4-5 (conditioning)	<u>15</u> 4-5 (conditioning) 5:00-6:30 (open gym)	<u>16</u>
<u>19</u> 4-5 (conditioning)	<u>20</u> 4-5 (conditioning) 5:00-6:30 (open gym)	<u>21</u> 4-5 (conditioning)	<u>22</u> 4-5 (conditioning) 5:00-6:30 (open gym)	<u>23</u>
<u>26</u>	<u>27</u> 9-11 (open gym)	<u>28</u>	<u>29</u> 9-11 (open gym)	<u>30</u>

JULY

<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u> 9-11 (open gym)	<u>7</u>
<u>10</u>	<u>11</u> 9-11 (open gym)	<u>12</u>	<u>13</u> Gym Closed for repairs	<u>14</u>
<u>17</u> GYM CLOSED	<u>18</u>	<u>19</u>	<u>20</u>	<u>21</u>
<u>24</u> Conditioning 10-11	<u>25</u> Open gym 10-11:30 Conditioning 11:30-12	<u>26</u> Conditioning 10-11	<u>27</u> Open gym 10-11:30 Conditioning 11:30-12	<u>28</u>

AUGUST

<u>7/31</u> Conditioning 10-11	<u>1</u> Open gym 10-11:30 Conditioning 11:30-12	<u>2</u> Conditioning 10-11	<u>3</u> Open gym 10-11:30 Conditioning 11:30-12	<u>4</u>
<u>7</u> 10-11 (weight room) 3:30-5:30 Varsity Tryouts	<u>8</u> 3:30-5:30 Varsity Tryouts	<u>9</u> 10-11 (weight room) 3:30-5:30 Varsity Tryouts	<u>10</u> 1-3 Varsity practice* 3:30- 5 JV & frosh/soph Tryouts	<u>11</u> 1-3 Varsity practice* 3:30- 5 JV & frosh/soph Tryouts
<u>14</u> 1-3 Varsity practice* 3:30- 5 JV & frosh/soph Tryouts	<u>15</u> All 3 teams will practice, times TBD	<u>16</u> All 3 teams will practice, times TBD	<u>17</u> All 3 teams will practice, times TBD	<u>18</u> All 3 teams will practice, times TBD

*Practice times subject to change