

July 2018 Calendar

July 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Summer Weights & Conditioning Weights: 10-11 am Monday - Thursday Open Gym: 11:30-12 :30pm Mon - Thurs Varsity/JV Practice: 4-6 pm Wednesday Soph/Fresh Practice: 6-8 pm Wednesday		South League Games Varsity: Tuesday at MAVS JV:Monday at MAVS Sophomore: Monday at MAVS Freshman: Thursday at MAVS				
1	2 Weights 10-11am Open Gym 11:30-12:30 NO SL Games	3 Weights 10-11am Open Gym 11:30-12:30 ***Captains Meeting*** V SL Games NO JV SL Games	4 Independence Day NO WORKOUTS NO SL Games	5 OFF DAY NO WORKOUTS NO SL Games	6	7
8	9 Weights 10-11am Open Gym 11:30-12:30 SO SL Games	10 Weights 10-11am Open Gym 11:30-12:30 V SL Games JV SL Games	11 Weights 10-11am ***Captains Meeting*** Pract: Var/JV 4-6 pm Pract: FR/SO 6-8pm	12 Weights 10-11am Open Gym 11:30-12:30 FR SL Games Varsity KU Team Camp	13 Varsity KU Team Camp	14 Varsity KU Team Camp
15	16 Weights 10-11am ----- SO SL Games	17 Weights 10-11am NO OPEN GYM JV SL Games	18 Weights 10-11am DEAD WEEK ***Captains Meeting***	19 Weights 10-11am ----- FR SL Games	20	21
22	23 Weights 10-11am Open Gym 11:30-12:30 (pin hitters/setters) SO SL Games	24 Weights 10-11am Open Gym 11:30-12:30 (middles/setters) JV SL Games	25 Weights 10-11am Open Gym 11:30-12:30 (DS/Liberos) ***Captains Meeting***	26 Weights 10-11am Open Gym 11:30-12:30 (Setters/RS) FR SL Games	27 NW Gyms CLOSED -	28 Resurfacing