

Summer strength and conditioning will be held **Mondays-Thursdays** AND a couple **Fridays** from **8am-10am** at the **fieldhouse weight room**.

**Updated 6-5-19**

# July 2019

VBALL and BBALL practices will be on the corresponding day and times. If you play both basketball and volleyball go to the one with the (\*\*) that week.

| SUNDAY                                  | MONDAY                                  | TUESDAY                     | WEDNESDAY                            | THURSDAY                   | FRIDAY       | SATURDAY                                    |
|---|---|-----------------------------|--------------------------------------|----------------------------|--------------|---|
| Davis - Davis                           | 1 <b>SC</b><br>VBALL ** 10-12           | 2 <b>SC</b>                 | 3 <b>OFF</b>                         | 4 <b>FACILITIES CLOSED</b> | 5 <b>OFF</b> | 6   |
| 7 Fetty-Masood                          | 8 <b>SC</b><br>VBALL ** 10-12           | 9 <b>FACILITIES CLOSED</b>  | 10 <b>FACILITIES CLOSED</b>          | 11                         | 12 <b>SC</b> | 13  |
|   | TGCA GIRLS COACHES CLINIC IN ARLINGTON  |                             |                                      |                            |              |   |
| 14 Wilfong - Hoge                       | 15 <b>SC</b><br>BBALL ** 10-12          | 16 <b>SC</b>                | 17 <b>SC</b>                         | 18 <b>SC</b>               | 19           | 20<br>Varsity Volleyball Team Camp at A & M |
| 21 Hoge-Masood                          | 22 <b>FACILITIES CLOSED</b>             | 23 <b>FACILITIES CLOSED</b> | 24 <b>SC</b><br>VBALL ** 10-12       | 25 <b>SC</b>               | 26 <b>SC</b> | 27  |
| Varsity Volleyball Team Camp at A and M | Varsity Volleyball Team Camp at A and M |                             |                                      |                            |              |   |
| 28                                      | 29                                      | 30                          | 31<br>VOLLEYBALL COACHES WORKDAY 9-2 | 2 A DAYS<br>START 7:30AM   |              |   |
|   |   |                             |                                      |                            |              |   |