

VOLLEYBALL-SUMMER WORKOUTS

June				
Monday	Tuesday	Wednesday	Thursday	Friday
6/3	6/4 Workouts 7:00 - 8:30 am @NLMS	6/5 Workouts 7:00 - 8:30 am @NLMS	6/7 Workouts 7:00 - 8:30 am @NLMS	6/8
*** Junior High Camp 3rd - 7th @ AUM				
6/10	6/11 Workouts 7:00 - 8:30 am @NLMS	6/12 Workouts 7:00 - 8:30 am @NLMS	6/13 Workouts 7:00 - 8:30 am @NLMS	6/14
6/16	6/18 Workouts 7:00 - 8:30 am @NLMS	6/19 Workouts 7:00 - 8:30 am @NLMS	6/18 Workouts 7:00 - 8:30 Am @NLMS	6/19
6/24	6/25 Workouts 7:00 - 8:30 am @NLMS	6/26 Workouts 7:00 - 8:30 am @NLMS	6/27 Workouts 7:00 - 8:30 am @NLMS	6/28

July				
Monday	Tuesday	Wednesday	Thursday	Friday
7/8	7/9 Workouts 7:00 - 8:30 am @NLMS	7/10 Workouts 7:00 - 8:30 am @NLMS	7/11 Workouts 7:00 - 8:30 am @NLMS	7/12
<p>*** Junior High Camp 8th-12th @ AUM **Setting & Hitting Camp JV/V @ AUM **Passing & Defense Camp JV/V @ AUM</p>				
Week Subject to change for mandatory camp @NLMS 9:00-4:00	7/16 Workouts 7:00 - 8:30 am @NLMS	7/17 Workouts 7:00 - 8:30 am @NLMS	7/18 Workouts 7:00 - 8:30 am @NLMS	7/19
7/21	7/22 Workouts 7:00 - 8:30 am @NLMS	7/23 Workouts 7:00 - 8:30 am @NLMS	7/24 Workouts 7:00 - 8:30 am @NLMS	Varsity Camp @Samford 7/25-7/26
7/29 Off Day	7/30 Off Day	7/31 Off Day	8/1 Practice 3:00-6:00	8/2 Practice 3:00-6:00
8/5 Practice 3:00-6:00	8/6 Practice 3:00-6:00	8/7 First Day of School Practice JH-3:00-5:00 JV/V 4:00-6:00	8/8 Practice JH-3:00-5:00 JV/V 4:00-6:00	8/9 Practice JH-3:00-5:00 JV/V 4:00-6:00