



# JOPLIN EAGLES VOLLEYBALL



## JUNE 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29 <u>MEMORIAL DAY!!</u>	30 WEIGHTS 10:30-12:00	31 WEIGHTS 10:30-12:00	1 WEIGHTS 10:30-11:15 <u>MS OPEN GYM</u> (JHS) 11:15-12:45 1	2	3
4	5 WEIGHTS 10:30-11:15 <u>MS OPEN GYM</u> (JHS) 12:00-1:30 <u>FREE PHYSICAL NIGHT @ JHS</u> 2	6 WEIGHTS 10:30-12:30	7 WEIGHTS 10:30-12:30	8 WEIGHTS 10:30-11:15 <u>MS OPEN GYM</u> (JHS) 12:00-1:30 3	9	10
11	12 WEIGHTS 10:30-11:15 <u>MS OPEN GYM</u> (JHS) 12:00-1:30 4	13 WEIGHTS 10:30-12:30	14 WEIGHTS 10:30-12:30	15 WEIGHTS 10:30-11:15 <u>MS OPEN GYM</u> (JHS) 12:00-1:30 5	16	17
18	19 WEIGHTS 10:30-11:15 <u>MS OPEN GYM</u> (JHS) 12:00-1:30 6	20 WEIGHTS 10:30-12:30	21 WEIGHTS 10:30-12:30  <u>*****MS CAMP (JHS) (5:30-7:00)</u> 7	22 WEIGHTS 10:30-11:15 <u>MS OPEN GYM</u> (JHS) 12:00-1:30  <u>****MS CAMP (JHS) (5:30-7:00)</u> 8	23	24
25	26 WEIGHTS 10:30-11:15 <u>MS OPEN GYM</u> (JHS) 12:00-1:30 9	27 WEIGHTS 10:30-12:30	28 WEIGHTS 10:30-12:30	29 WEIGHTS 10:30-11:15 <u>MS OPEN GYM</u> (JHS) 12:00-1:30 10	30	1 <u>DEAD WEEK</u>

\*\*\*\*\* ATHLETES MUST ATTEND WEIGHTS TO BE ELIGIBLE TO ATTEND CAMPS, LEAGUES, AND OPEN GYMS. IF AN ATHLETE DOES NOT ATTEND WEIGHTS THEY WILL BE SENT HOME. ATHLETES ARE EXPECTED TO ATTEND ALL WEIGHTS SESSIONS IN JUNE AND ON DAYS WHEN THERE IS NO VOLLEYBALL.



# JOPLIN EAGLES VOLLEYBALL



## JULY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 <u>DEAD WEEK</u>	3 <u>DEAD WEEK</u>	4 <u>DEAD WEEK</u>	5 <u>DEAD WEEK</u>	6 <u>DEAD WEEK</u>	7 <u>DEAD WEEK</u>	8 <u>DEAD WEEK</u>
9 <u>DEAD WEEK</u>	10	11	12 MS OPEN GYM @ JHS (3:30-5:30) 11	13 MS OPEN GYM @ JHS (3:30-5:30) 12	14	15
16	17	18	19 MS OPEN GYM @ JHS (3:30-5:30)  13	20 MS OPEN GYM @ JHS (3:30-5:30) SPIKEWARS @ CJ 7TH/8TH (TBA) 14	21	22
23	24	25	26 MS OPEN GYM @ JHS (3:30-5:30) 15	27 MS OPEN GYM @ JHS (3:30-5:30) 16	28	29 <u>DEAD WEEK</u>
30 <u>DEAD WEEK</u>	31 <u>DEAD WEEK</u>					

- \*\*\*\*\* THE FIRST DAY OF MIDDLE SCHOOL TRYOUTS WILL BE AUGUST 14TH.
- 7TH GRADE WILL HAVE TRYOUTS AND PRACTICE AT EAST MIDDLE SCHOOL.
  - 8TH GRADE WILL HAVE TRYOUTS AND PRACTICE AT NORTH MIDDLE SCHOOL.