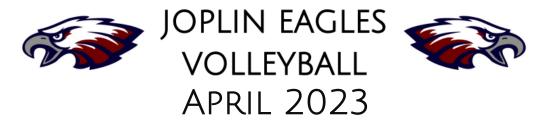


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10 <u>No School!</u>	11
12	13	14	15	16	17 No School!	18
19 Spring Break	20 Spring Break	21 Spring Break	22 Spring Break	23 Spring Break	24 Spring Break	25 Spring Break
26	SPEED SCHOOL SETTERS & PASSERS 7:00-8:00 AM	SPEED SCHOOL SETTERS & HITTERS 7:00-8:00 AM	SPEED SCHOOL HAND OUT FLYERS © ELEMENTARY SCHOOLS (7:30AM)	30 Speed School Defense & Blocking 7:00-8:00 am	31	

***** Athletes <u>Must attend two days</u> of speed school each Week to be eligible to attend Out-of-Season Practices.



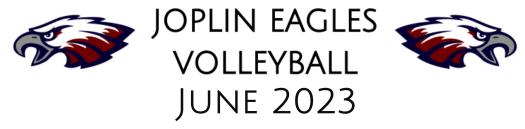
Sunday	Monday	Tuesday	Wednesday	Thursday	FRIDAY	Saturday
						1
2	3 SPEED SCHOOL SETTERS & PASSERS 7:00-8:00 AM	4 SPEED SCHOOL SETTERS & HITTERS 7:00-8:00 AM	SPEED SCHOOL JYVDP 7:00-8:15 PM	6 Speed School Defense & Blocking 7:00-8:00 am	7 No School!	8
9	SPEED SCHOOL SETTERS & PASSERS 7:00-8:00 AM	SPEED SCHOOL SETTERS & HITTERS 7:00-8:00 AM	SPEED SCHOOL JYVDP 7:00-8:15 PM	SPEED SCHOOL DEFENSE & BLOCKING 7:00-8:00 AM	14	15
16	17 SPEED SCHOOL SETTERS & PASSERS 7:00-8:00 AM	18 SPEED SCHOOL SETTERS & HITTERS 7:00-8:00 AM	19 SPEED SCHOOL JYVDP 7:00-8:15 PM	20 Speed School Defense & Blocking 7:00-8:00 am	21	22 JYVDP GAMES 10:00-11:30 AM
23	24 SPEED SCHOOL SETTERS & PASSERS	25 SPEED SCHOOL SETTERS & HITTERS	26 Speed School Jyvdp	27 SPEED SCHOOL DEFENSE & BLOCKING	28 No School!	29 JYVDP GAMES 10:00-11:30 AM
30	7:00-8:00 AM	7:00-8:00 AM	7:00-8:15 PM	7:00-8:00 AM		

***** ATHLETES <u>MUST ATTEND TWO DAYS</u> OF SPEED SCHOOL EACH WEEK TO BE ELIGIBLE TO ATTEND OUT-OF-SEASON PRACTICES.



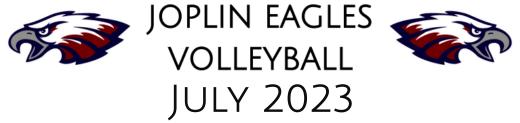
Sunday	Monday	Tuesday	Wednesday	Thursday	FRIDAY	Saturday
	SPEED SCHOOL SETTERS & PASSERS 7:00-8:00 AM	SPEED SCHOOL SETTERS & HITTERS 7:00-8:00 AM	3 SPEED SCHOOL	SPEED SCHOOL DEFENSE & BLOCKING 7:00-8:00 AM	5	6
7	8 SPEED SCHOOL SETTERS & PASSERS 7:00-8:00 AM	9 SPEED SCHOOL SETTERS & HITTERS 7:00-8:00 AM	10 Speed School	11 Speed School Defense & Blocking 7:00-8:00 am	12	13
14	15	16	17	18	19	MIRACLE LEAGUE BUDDY VOLUNTEER DAY
21	22	23	24	25	26 <u>Half Day!</u> Last Day of School	27
28	29 MEMORIAL DAY!!	30 WEIGHTS 8:30-9:30 OPEN GYM 9:30-11:00	31 WEIGHTS 8:30-9:30 OPEN GYM 9:30-11:00 2			

***** ATHLETES <u>MUST ATTEND TWO DAYS</u> OF SPEED SCHOOL EACH WEEK TO BE ELIGIBLE TO ATTEND OUT-OF-SEASON PRACTICES.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 MEMORIAL DAY!!	30 WEIGHTS 8:30-9:30 OPEN GYM 9:30-11:00	31 WEIGHTS 8:30-9:30 OPEN GYM 9:30-11:00 2	1 WEIGHTS 8:30-10:30	2 <u>OPEN GYM (9:00-10:30)</u> <u>ELEMENTARY SKILLS</u> <u>CAMP (3RD-6TH) (5:00-6:30)</u> 3	3
4	5 WEIGHTS 8:30-10:30) FREE PHYSICAL NIGHT @ JHS	6 WEIGHTS 8:30-9:30 SPRINGFIELD LEAGUE \$10 4	7 WEIGHTS 8:30-9:30 OPEN GYM 9:30-11:00 5	8 WEIGHTS 8:30-10:30	9 <u>ELEMENTARY SKILLS</u> (5:00-6:30)	10
11	12 WEIGHTS 8:30-10:30	WEIGHTS 8:30-9:30 SPRINGFIELD LEAGUE \$10 6	14 WEIGHTS 8:30-9:15 OPEN GYM 9:30-11:00 7	15 WEIGHTS 8:30-10:30	16 <u>OPEN GYM (9:00-10:30)</u> <u>ELEMENTARY SKILLS</u> (5:00-6:30)	17
18	19 WEIGHTS 8:30-10:30	20 WEIGHTS 8:30-9:30 SPRINGFIELD LEAGUE \$10 9	21 WEIGHTS 8:30-9:30 OPEN GYM 9:30-11:00 MS CAMP (5:30-7:00 10	22 WEIGHTS 8:30-10:30 MS CAMP (5:30-7:00	23 OPEN GYM (9:00-10:30) ELEMENTARY SKILLS (5:00-6:30) 11	24
25	26 WEIGHTS 8:30-10:30	27 WEIGHTS 8:30-9:30 SPRINGFIELD LEAGUE \$10 12	28 WEIGHTS 8:30-9:30 OPEN GYM 9:30-11:00 13	29 WEIGHTS 8:30-10:30	30	1 DEAD WEEK

***** Athletes <u>Must Attend Weights</u> 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 & July, even on days when there is no volleyball.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
DEAD WEEK	DEAD WEEK	DEAD WEEK	DEAD WEEK	DEAD WEEK	DEAD WEEK	DEAD WEEK
9	10	11	12	13	14	15
Dead Week	WEIGHTS 8:30-10:30 WILLARD CAMP \$55	WEIGHTS 8:30-10:30 WILLARD CAMP	WEIGHTS 8:30-10:30 WILLARD CAMP 16	WEIGHTS 8:30-10:30	SCRIMMAGE (NEOSHO & SENECA) 17	
16	17	18	19	20	21	22
	WEIGHTS 8:30-10:30	WEIGHTS 8:30-10:30	WEIGHTS 8:30-10:30	WEIGHTS 8:30-10:30		
23	24	25	26	27	28	29
	WEIGHTS 8:30-10:30	WEIGHTS 8:30-10:30	WEIGHTS 8:30-10:30	WEIGHTS 8:30-10:30		DEAD WEEK
30	31					
Dead Week	DEAD WEEK					

***** Athletes <u>Must Attend Weights</u> 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 & July, even on days when there is no volleyball.

AUGUST 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	FRIDAY	Saturday
		1 DEAD WEEK	DEAD WEEK	3 Dead Week	DEAD WEEK	5 Dead Week
6 <u>Dead Week</u>	7 FIRST DAY OF TRYOUTS 8:00-10:00 11:00-12:00	8 TRYOUTS 8:00-10:00 11:00-12:00	9 TRYOUTS 8:00-10:00 11:00-12:00	10 PRACTICE 8:00-10:00 11:00-12:00	11 PRACTICE 3:00-5:00 TEAM DINNER @ (6:30) LOCK-IN 8:00-11:00	12 MEDIA DAY! PARENT MEETING 9:00- 10:00 AM SCRIMMAGE 10:00 AM
13	14 PRACTICE 4:00-6:15	15 PRACTICE 4:00-6:15	16 PRACTICE 4:00-6:15	17 PRACTICE 4:00-6:15	18 PRACTICE 4:00-6:15	19
20	21 1ST DAY OF SCHOOL PRACTICE 4:15-6:15	PRACTICE 4:15-5:30 JAMBOREE ® CARTHAGE (VARSITY)	23 PRACTICE 4:15-6:15	24 PRACTICE 4:15-6:15	MORNING PRACTICE 6:15-7:45	26
27	28 PRACTICE 4:15-6:15	PEMBROKE HILL & NEVADA (AWAY)	30 <u>team dinner</u> Practice 4:15-6:00	31 Carl Junction (Away) 9th @ 4:30	PRACTICE 4:15-6:00	2 (11:00 & 1:00) RAY-PEC & RAYTOWN QUAD (HOME)