



JOPLIN EAGLES VOLLEYBALL MARCH 2023



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 <u>NO SCHOOL!</u>	18
19 SPRING BREAK	20 SPRING BREAK	21 SPRING BREAK	22 SPRING BREAK	23 SPRING BREAK	24 SPRING BREAK	25 SPRING BREAK
26	27 SPEED SCHOOL SETTERS & PASSERS 7:00-8:00 AM	28 SPEED SCHOOL SETTERS & HITTERS 7:00-8:00 AM	29 SPEED SCHOOL <u>HAND OUT FLYERS</u> <u>@ ELEMENTARY</u> <u>SCHOOLS (7:30AM)</u>	30 SPEED SCHOOL DEFENSE & BLOCKING 7:00-8:00 AM	31	

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



JOPLIN EAGLES VOLLEYBALL APRIL 2023



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	5 SPEED SCHOOL JYVDP 7:00-8:15 PM	6 SPEED SCHOOL DEFENSE & BLOCKING 7:00-8:00 AM	7 <u>NO SCHOOL!</u>	8
9	10 SPEED SCHOOL SETTERS & PASSERS 7:00-8:00 AM	11 SPEED SCHOOL SETTERS & HITTERS 7:00-8:00 AM	12 SPEED SCHOOL JYVDP 7:00-8:15 PM	13 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 7:00-8:00 AM	25 SPEED SCHOOL SETTERS & HITTERS 7:00-8:00 AM	26 SPEED SCHOOL JYVDP 7:00-8:15 PM	27 SPEED SCHOOL DEFENSE & BLOCKING 7:00-8:00 AM	28 <u>NO SCHOOL!</u>	29 JYVDP GAMES 10:00-11:30 AM
30						

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



JOPLIN EAGLES VOLLEYBALL MAY 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 SPEED SCHOOL SETTERS & PASSERS 7:00-8:00 AM	2 SPEED SCHOOL SETTERS & HITTERS 7:00-8:00 AM	3 SPEED SCHOOL	4 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	20 <u>MIRACLE LEAGUE BUDDY VOLUNTEER DAY</u>
21	22	23	24	25	26 <u>HALF DAY!</u> LAST DAY OF SCHOOL	27
28	29 <u>MEMORIAL DAY!!</u>	30 WEIGHTS 8:30-9:30 <u>OPEN GYM 9:30-11:00</u> 1	31 WEIGHTS 8:30-9:30 <u>OPEN GYM 9:30-11:00</u> 2			

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



JOPLIN EAGLES VOLLEYBALL JUNE 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29 <u>MEMORIAL DAY!!</u>	30 WEIGHTS 8:30-9:30 <u>OPEN GYM 9:30-11:00</u> 1	31 WEIGHTS 8:30-9:30 <u>OPEN GYM 9:30-11:00</u> 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) <u>FREE PHYSICAL NIGHT @ JHS</u>	6 WEIGHTS 8:30-9:30 <u>SPRINGFIELD LEAGUE \$10</u> 4	7 WEIGHTS 8:30-9:30 <u>OPEN GYM 9:30-11:00</u> 5	8 WEIGHTS 8:30-10:30	9 <u>ELEMENTARY SKILLS (5:00-6:30)</u>	10
11	12 WEIGHTS 8:30-10:30	13 WEIGHTS 8:30-9:30 <u>SPRINGFIELD LEAGUE \$10</u> 6	14 WEIGHTS 8:30-9:15 <u>OPEN GYM 9:30-11:00</u> 7	15 WEIGHTS 8:30-10:30	16 <u>OPEN GYM (9:00-10:30)</u> <u>ELEMENTARY SKILLS (5:00-6:30)</u> 8	17
18	19 WEIGHTS 8:30-10:30	20 WEIGHTS 8:30-9:30 <u>SPRINGFIELD LEAGUE \$10</u> 9	21 WEIGHTS 8:30-9:30 <u>OPEN GYM 9:30-11:00</u> <u>MS CAMP (5:30-7:00)</u> 10	22 WEIGHTS 8:30-10:30 <u>MS CAMP (5:30-7:00)</u>	23 OPEN GYM (9:00-10:30) <u>ELEMENTARY SKILLS (5:00-6:30)</u> 11	24
25	26 WEIGHTS 8:30-10:30	27 WEIGHTS 8:30-9:30 <u>SPRINGFIELD LEAGUE \$10</u> 12	28 WEIGHTS 8:30-9:30 <u>OPEN GYM 9:30-11:00</u> 13	29 WEIGHTS 8:30-10:30	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 & JULY, EVEN 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 WEIGHTS 8:30-10:30 <u>WILLARD CAMP \$55</u> 14	11 WEIGHTS 8:30-10:30 <u>WILLARD CAMP</u> 15	12 WEIGHTS 8:30-10:30 <u>WILLARD CAMP</u> 16	13 WEIGHTS 8:30-10:30	14 SCRIMMAGE (NEOSHO & SENECA) 17	15
16	17 WEIGHTS 8:30-10:30	18 WEIGHTS 8:30-10:30	19 WEIGHTS 8:30-10:30	20 WEIGHTS 8:30-10:30	21	22
23	24 WEIGHTS 8:30-10:30	25 WEIGHTS 8:30-10:30	26 WEIGHTS 8:30-10:30	27 WEIGHTS 8:30-10:30	28	29 <u>DEAD WEEK</u>
30 <u>DEAD WEEK</u>	31 <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 & JULY, EVEN ON DAYS WHEN THERE IS NO VOLLEYBALL.

AUGUST 2023



JOPLIN EAGLES VOLLEYBALL



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <u>DEAD WEEK</u>	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>FIRST DAY OF TRYOUTS</u> 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 <u>MEDIA DAY!</u> 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 <u>1ST DAY OF SCHOOL</u> PRACTICE 4:15-6:15	22 PRACTICE 4:15-5:30 JAMBOREE @ CARTHAGE (VARSITY)	23 PRACTICE 4:15-6:15	24 PRACTICE 4:15-6:15	25 MORNING PRACTICE 6:15-7:45	26
27	28 PRACTICE 4:15-6:15	29 PEMBROKE HILL & NEVADA (AWAY)	30 <u>TEAM DINNER</u> PRACTICE 4:15-6:00	31 CARL JUNCTION (AWAY) 9TH @ 4:30	1 PRACTICE 4:15-6:00	2 (11:00 & 1:00) RAY-PEC & RAYTOWN QUAD (HOME)