

PANTHER Volleyball



June 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Notes: OPEN GYM/S&C M-W
						1	Jun 18: Father's Day
							Indicates open gym/S&C 9am-11:30am
2	3 9A-10A S&C	4 9A-10A S&C	5 9A-10A S&C	6	7	8	Cardio= 45 High Intensity Workout on your own BASKETBALL CAMP/NO OPEN GYM/S&C ONLY
9	10 camp	11 camp	12 camp	13 Cardio	14 Cardio	15	MS Camp= 1pm-4pm Blue gym
16	17 	18 	19 	20 Cardio	21 Cardio	22	
23	24 	25 	26 	27 Cardio	28 Cardio	29	
30							

July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Notes:
	1 Cardio	2 Cardio	3 Cardio	4	5	6	<<<NO OPEN GYM=go on vacation!!! ☹️ **Get cardio in**
7	8 	9 	10 	11 Cardio	12 Cardio	13	
14	15 	16 	17 	18 Cardio	19 Cardio	20	
21	22 	23 	24 	25	26	27	
28	29	30	31				<<<FRESHMAN CAMP 7/29-7/31 9am-12pm <<< RETURNERS CAMP 10 th -12 th 7/29-7/31
	***						***SEASON STARTS**** 8/5

THINGS TO PREPARE FOR:

- Camps/Clinics highly recommended throughout the summer
- **PHYSICALS/UII FORMS ARE DUE 7/19/2024**
- PREPARATION STARTS NOW!

TRYOUTS

- Start August 5th check in @7am
- Freshman= ANY WHITE t-shirt
- Sophomores= ANY BLUE t-shirt
- Juniors= ANY RED t-shirt
- Seniors= ANY BLACK t-shirt