

Master Gym Schedule 2024

June 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAURDAY
						1
						DEAD PERIOD
2	3	4	5	6	7 LDOC-HALF DAY	8
DEAD PERIOD	DEAD PERIOD	DEAD PERIOD	DEAD PERIOD	DEAD PERIOD	DEAD PERIOD	DEAD PERIOD
9	10 Required Workday	11 Optional Workday	12	13	14	15
DEAD PERIOD		VB SD 8-10am Main	VB SD 8-10am Main	VB SD 8-10am Main		
16	17	18	19	20	21	22
	VOLLEYBALL KIDS CAMP MAIN GYM and AUX GYM 8:30am-12pm					
	VB SD 12-2pm Main, FH WT 2-3	VB SD 12-2pm Main, FH WT 2-3	VB SD 12-2pm Main, FH WT 2-3	VB SD 12-2pm Main, FH WT 2-3		
23	24	25	26	27	28	29
	VB SD 9-11am Main, FH WT 11-12	VB SD 9-11am Main, FH WT 11-12	VB SD 9-11am Main, FH WT 11-12	VB SD 9-11am Main, FH WT 11-12		
30		Must have a current physical to participate in summer workouts. Must be a rising 9-12th grader to participate in summer workouts. M=Main Gym A=Aux Gym, Aux WT = Aux Gym Weight Room FH WT= Field House Weight Room				

Master Gym Schedule 2024

July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Dead Period	Dead Period	Dead Period	Dead Period	Dead Period	Dead Period
7	8	9	10	11	12	13
	VB SD 12-2pm Main, FH WT 11-12	VB SD 12-2pm Main, FH WT 11-12	VB SD 12-2pm Main, FH WT 11-12	VB SD 12-2pm Main, FH WT 11-12		
14	15	16	17	18	19	20
	Dead Period	Dead Period	Dead Period	Dead Period	Dead Period	Dead Period
	COACHES CLINIC--GREENSBORO					
21	22	23	24	25	26	27
	VB SD 9-11am Main, FH WT 11-12	VB SD 9-11am Main, FH WT 11-12	VB SD 9-11am Main, FH WT 11-12	VB SD 9-11am Main, FH WT 11-12		
28	29	30	31	1	2	3
	VB Tryouts 9-12 Main and Aux	VB Tryouts 9-12 Main and Aux	VB Tryouts 9-12 Main and Aux	VB Practice 9-11 Main and Aux, FH WT 11-12	VB Practice 9-11 Main and Aux, FH WT 11-12	VB Jamboree @ SCC (Varsity only)
		Notes: Schedule subject to change Must be a rising 9-12 grader to participate in summer workouts. M=Main Gym A=Aux Gym FH WT= Field House Weight Room				