

June 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10 Possible Skills Clinic 9-12 @ GHS
11	12	13	14 Volleyball Workout & Open Gym 9-12 @GHS Main Gym/Weight room	15	16	17
18	19	20 Volleyball Workout & Open Gym 9-12 @GHS Main Gym/Weight room	21	22 Volleyball Workout & Open Gym 9-12 @GHS Main Gym/Weight room	23	24
25	26	27 Volleyball Workout & Open Gym 9-12 @GHS Main Gym/Weight room	28	29 Volleyball Workout & Open Gym 9-12 @GHS Main Gym/Weight room	30	

July 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11 Workout & Open Gym 9-12 @GHS Main Gym/Weight room	12	13 Workout & Open Gym 9-12 @GHS Main Gym/Weight room	14	15
16	17 Team Camp Time 9-11 am Main Gym/Girls Gym ALL VOLLEYBALL All Coaches	18 Team Camp Time 9-11 am Main Gym/Girls Gym ALL VOLLEYBALL All Coaches	19 Team Camp Time 9-11 am Main Gym/Girls Gym ALL VOLLEYBALL All Coaches	20	21	22
23	24	25	26 Open Gym 9:00-10:30	27 DEB CAMP 9-3 NO GYMS	28 DEB CAMP 9-3 NO GYMS	29 DEB CAMP 9-3 NO GYMS
30	31					

Volleyball August 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Meet at GHS Tryouts 8:00-11:00 Conditioning & Skills Main gym/Girls gym BRING RUNNING SHOES ALSO	2 Meet at GHS Tryouts 8:00-11:00 Conditioning & Skills Main gym/Girls gym	3 Meet at GHS Tryouts 3:00-5:00 Main gym/Girls gym Teams will be posted	4 FISH CAMP 9-12 Practice 1:00-3:00 Parent Meeting Online 6:00 Link provided in VB Canvas course	5 Dual Scrimmage @ GHS ALL GYMS 9-GHS vs Sunnyvale 10-Sunnyvale vs Nimitz 11-Nimitz vs GHS
6	7 PRACTICE 2:00-4:00 9/JV/VARSITY All gyms	8 FIRST DAY OF SCHOOL 3rd period Pregame on court @ Berkner 5:30/5:30/6:30 Bus Depart @4:15	9 3rd period SNAP Fundraiser Workout @Williams No after school practice	10 3rd period Practice 9th/JV Main gym D Lunch After School 3-5 All 3 gyms	11 3rd period Practice 9th/JV Main gym 9th/JV No after school GISD Varsity Tournament	12 Game times TBA 9th & JV can ride bus and come to games if they want
13	14 3rd-on the court Main Gym/Girls Gym Position Work After School 3-5 All 3 gyms Parent Meeting 6pm	15 3rd period Pregame on court Main Gym/GG Vs Richardson @GHS 5:30/5:30/6:30 Be back 4:00	16 3rd period 2 Words Workout @Williams D Lunch No after school practice TUTORIALS	17 3rd period Main gym/Girls gym Position Work D Lunch After School 3-5 All 3 gyms	18 3rd period Practice 9th/JV Main gym D Lunch No After school Varsity SOC Tournament	19 Game times TBA 9th & JV can ride bus and come to games if they want
20	21 3rd-on the court Varsity Recovery Day Main Gym 9th/JV D Lunch After School 3-5 All 3 gyms	22 3rd-on the court Run-throughs @SGHS 5:30/5:30/6:30 Bus Departs @ 4:15	23 3rd period 2 Words Workout @Williams D Lunch No after school practice TUTORIALS	24 3rd period On the court 9/JV Main Gym/Girls gym D Lunch FORNEY VARSITY TOURNAMENT	25 3rd period On the court Main Gym/Girls gym D Lunch 9th & JV scrimmage during third	26 FORNEY VARSITY Game times TBA 9th & JV can ride bus and come to games if they want
27	28 3rd-on the court Varsity Recovery Day Main Gym 9th/JV D Lunch After School 3-5 All 3 gyms	29 3rd-on the court Run-throughs @Wylie East 5:30/5:30/6:30 Bus Departs @ 4:00	30 3rd period 2 Words Workout @Williams D Lunch No after school practice TUTORIALS	31 3rd period Practice 9th/JV Main gym D Lunch After School 3-5 All 3 gyms		

September 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 NO SCHOOL Vs Wylie @GHS Be at school @ 4:00 5:30/6:30/6:30	2 GISD 9th Tourn JV & V will work
3	4 LABOR DAY NO SCHOOL PRACTICE 8:00-10:00 ALL GYMS	5 3rd period Pregame on court Main Gym/GG Vs NFHS @GHS 5:30/5:30/6:30 Be back 4:00	6 3rd period 2 Words Workout @Williams D Lunch Var. go to MS Tutorials 9th/JV	7 GISD JV Tourn 3rd-on the court Main Gym/Girls Gym D Lunch Varsity after school 3-4:30	8 Pregame on court Main Gym/GG Vs NGHS @GHS 5:30/6:30/6:30 Be back 4:00	9 GISD JV Tourn @GHS & NFHS 9th & V will work
10	11 3rd-on the court Main Gym/Girls Gym D Lunch After School 3-5 All 3 gyms	12 3rd-on the court Run-throughs @SACHSE 5:30/5:30/6:30 Bus Departs @ 4:15	13 3rd period 2 Words Workout @Williams D Lunch Var. go to MS Tutorials 9th/JV	14 3rd-on the court Main Gym/Girls Gym D Lunch After School 3-5 All 3 gyms	15 Pregame on court Main Gym/GG Vs LCHS @GHS 5:30/6:30/6:30 Be back 4:00	16 MIDDLE SCHOOL TOURN. @GHS 9TH & JV WILL WORK
17	18 3rd-on the court Main Gym/Girls Gym D Lunch After School 3-5 All 3 gyms	19 3rd period film review Practice after school 3:00-4:30 BYE NO GAME	20 3rd period 2 Words Workout @Williams D Lunch 9th go to MS Tutorials V/JV	21 3rd-on the court Main Gym/Girls Gym D Lunch After School 3-5 All 3 gyms	22 3rd-on the court Run-throughs @ROWLETT 5:30/6:30/6:30 Bus Departs @ 4:15	23
24	25 3rd-on the court Main Gym/Girls Gym D Lunch After School 3-5 All 3 gyms	26 3rd period Pregame on court Vs NFHS @GHS 5:30/5:30/6:30 Be back 4:00 MS NIGHT	27 3rd period 2 Words Workout @Williams D Lunch JV go to MS Tutorials V/JV	28 3rd-on the court Main Gym/Girls Gym D Lunch After School 3-5 All 3 gyms	29 3rd period Pregame on court Vs WYLIE EAST @GHS 5:30/6:30/6:30 Be back 4:00	30

October 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 3rd-on the court Main Gym/Girls Gym D Lunch After School 3-5 All 3 gyms	3 3rd-on the court Run-throughs @WYLIE 5:30/5:30/6:30 Bus Departs @ 4:00	4 3rd period 2 Words Workout @Williams D Lunch Var. go to MS Tutorials 9th/JV	5 3rd-on the court Main Gym/Girls Gym D Lunch After School 3-5 All 3 gyms	6 3rd-on the court Run-throughs @NFHS 5:30/5:30/6:30 Bus Departs @ 4:15	7
8 ***FALL BREAK***	9 PRACTICE 9TH/JV 9-10:30 VAR 9-11:00 ALL GYMS	10 PREGAME BE HERE 3:30 @NGHS 5:30/5:30/6:30 Bus depart 4:30	11 OFF NO PRACTICE	12 PRACTICE 9TH/JV 9-10:30 VAR 9-11:00 ALL GYMS	13 PREGAME BE HERE 3:30 Vs SACHSE 5:30/6:30/6:30 Bus depart 4:30	14
15	16 3rd-on the court Main Gym/Girls Gym Position Work	17 3rd-on the court Run-throughs @LCHS	18 3rd period 2 Words Workout @Williams	19 3rd-on the court Main Gym/Girls Gym Position Work	20 3rd period film review Practice after school	21
22	23 3rd-on the court Main Gym/Girls Gym Position Work After School 3-5 All 3 gyms	24 3rd-on the court Run-throughs @LCHS 5:30/5:30/6:30 BE HERE 4:00 SENIOR NIGHT	25 PLAYOFFS	26	27	28
29	30	31				