

August

2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Skills Camp Hitting & Blocking (4 players)	2 Weights	3	4
5 No Contact Weights	6 No Contact	7 No Contact Weights	8 No Contact	9 No Contact Weights	10	11
12 No Contact Weights	13 No Contact	14 No Contact Weights	15 No Contact	16 No Contact Weights	17	18
19 1st Day Tryouts 3:30 Warm Up 4PM-5:30PM	20 2nd Day Tryouts 3:30 Warm Up 4PM-5:30PM	21 3rd Day Tryouts 3:30 Warm Up 4PM-5:30PM	22 WU/Hit/Queens 3:30- 4 Practice 4-5:30 Parent Mtg 5:30-6:30	23 WU/Hit/Queens 3:30- 4 Practice 4-5:30	24	25 Team Bonding Location TBD
26 WU/Hit/Queens 3:30- 4 Practice 4-5:30	27 WU/Hit/Queens 3:30- 4 Practice 4-5:30	28 WU/Hit/Queens 3:30- 4 Practice 4-5:30	29 WU/Hit/Queens 3:30- 4 Practice 4-5:30	30 WU/Hit/Queens 3:30- 4 Practice 4-5:30	31	
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SUMMER

Weights

Lifting plans will be given to each student. Due to no contact rules, weights should be done on their own.

Conditioning

Conditioning plans will be given to each student. Due to no contact rules, the plans should be done on their own.

Team/Parent Meeting

After selection of the team we will have a meeting with Parents and Players. Attendance is mandatory. Expectations will be discussed, and player contracts will be signed.