

July

2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 NO CONTACT Weights on your own	2 NO CONTACT	3 NO CONTACT Weights on your own	4 NO CONTACT	5 NO CONTACT Weights on your own	6 NO CONTACT	7 NO CONTACT
8 Sand Conditioning 6-7:30AM Location TBD	9 No Practice	10 Sand Conditioning 6-7:30AM Location TBD	11 No Practice	12 Sand Conditioning 6-7:30AM Location TBD	13	14
15 Team Camp & Weights 6AM-9AM	16 Team Camp 6-7:30AM	17 Team Camp & Weights 6AM-9AM	18 Team Camp 6-7:30AM	19 Weights on your own	20 Team Bonding Session Location TBD	21
22 Skills Camp Setting (4 players) 6-7:30AM	23 Skills Camp DS (4 players) 6-7:30AM	24 Skills Camp Hitting & Blocking (4 players) 6-7:30AM	25 Skills Camp Hitting & Blocking (4 players) 6-7:30AM	26 Weights on your own	27	28
29 Skills Camp Setting (4 players) 6-7:30AM	30 Skills Camp DS (4 players) 6-7:30AM	31 Skills Camp Hitting & Blocking (4 players) 6-7:30AM	Aug 1 Skills Camp Hitting & Blocking (4 players) 6-7:30AM			
Coach Rachel White 316-253-4018 Thewhites02@cox.net	Coach Harding 316-253-3311 Lharding1@usd259.net	Coach Jacey Guy 785-640-6504 jaceyguy@gmail.com				

SUMMER

Weights

Lifting plans will be given to students. Lifting will be done on their own unless the Heights weight room is available. Team camp week weights will follow Monday and Wednesday.

Team Camp

Invitations will be given for team camps. 9-12 graders that have had good attendance will be invited to team camp. Team bonding session will follow team camp.

Skills Camp

Skills camp will be ***INVITATION ONLY*** KSHSAA limits the number of players that can be coached during July. Freshmen, JV and Varsity will have 4 player skills camps.