

May/June

2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
May 27 1 st day Conditioning & Weights -9AM-12	May 28 Conditioning 6AM-7:30 AM Hoops League V/JV 6-9PM	May 29 Conditioning & Weights 6AM-9AM	May 30 Conditioning 6-7:30 AM	May 31 Weights on your own	1	2
3 Conditioning & Weights 6AM-9AM	4 NO AM Conditioning Hoops League V/JV 6PM-9PM	5 Conditioning & Weights 6AM-9AM	6 Conditioning 6-7:30AM	7 Weights on your own	8 Topeka Varsity & JV Tournament ***Invite Only***	9 Coach Guy NA June 10-17
10 Conditioning & Weights 6AM-9AM	11 NO AM Conditioning Hoops League V/JV 6PM-9PM	12 Conditioning & Weights 6AM-9AM	13 NO AM Conditioning	14 Weights on your own	15	16
17 Conditioning & Weights 6AM-9AM	18 Conditioning 6-7:30 Hoops League V/JV 6PM-9PM	19 Conditioning & Weights 6AM-9AM	20 Conditioning 6-7:30AM	21 Weights on your own	22	23
24 Conditioning & Weights 6AM-9AM	25 Conditioning 6-7:30AM	26 Conditioning & Weights 6AM-9AM	27 Conditioning 6-7:30 AM	28 Weights on ur own Hoops League V/JV 6PM-9PM	29	30
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		Start of the Summer Volleyball Picnic May 26 2-4PM BDVC		

SUMMER

Conditioning

We will work on physical conditioning and focus on volleyball fundamentals. Conditioning will be held in the Heights gym at 6-7:30AM.

Weights

Monday and Wednesday lifting will be at Heights gym, 7:30-9AM. Friday weights will be done on your own. Lifting plans will be provided.

Hoops League \$20pp

JV and Varsity players will participate in an evening volleyball league at Hoops Next level. Schedule TBD. This will be done in addition to normal conditioning. ***INVITE ONLY***