



# VOLLEYBALL SUMMER



MAY						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

JUNE						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Volleyball  
Weights (HS/MS)

## MAY

Summer Weights - May 20th - Aug 8th  
 High School Athletes Mondays thru Thursdays  
 Middle School Athletes Mondays, Tuesdays, Thursdays  
 HS Males 7am - 8am (Incoming freshmen to 12th Grade)  
 HS Femlaes 8am - 9am (Incoming freshmen to 12th Grade)  
 All MS Athletes 9am - 10am

## June

June 3rd Middle School Weights begins @ 9am (All Athletes)  
 June 4th-7th PK Volleyball Camp (grades 7-12) times TBA  
 June 10th-12th Little Viking Volleyball Camp (grades 3-6)  
 June 18th, 20th, 25th, 27th VB Skills (after weights)  
 Volleyball Summer League Dates TBA

## July

July 1st- 7th Dead Week (No Contact) All facilities closed  
 July 8th South East Tournament Time TBA

Volleyball Small Group Work Every Tuesday and Thursday

## August

August 8th 1st Annual Viking Lift-A-Thon

JULY						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

AUGUST						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

#HWPO

