

July 2018

| July 2018 | | | | | | | August 2018 | | | | | | |
|-----------|----|----|----|----|----|----|-------------|----|----|----|----|----|----|
| Su | Mo | Tu | We | Th | Fr | Sa | Su | Mo | Tu | We | Th | Fr | Sa |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 5 | 6 | 7 | 1 | 2 | 3 | 4 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 | 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 | 26 | 27 | 28 | 29 | 30 | 31 | |
| 29 | 30 | 31 | | | | | | | | | | | |

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|--|--------------------------------------|--------------------------------------|----------|
| Jul 1 | 2 NO VOLLEYBALL or WEIGHTS (SAHS) | 3 NO VOLLEYBALL or WEIGHTS (SAHS) 8:00am Skills sessions and conditioning (SAHS Gym) | 4 NO VOLLEYBALL or WEIGHTS (SAHS) 8:00am Skills sessions and conditioning (SAHS Gym) | 5 NO VOLLEYBALL or WEIGHTS (SAHS) | 6 NO VOLLEYBALL or WEIGHTS (SAHS) | 7 |
| 8 | 9 4:30pm JJVA Summer League (JJVA) | 10 8:00am Skills sessions and conditioning (SAHS Gym) | 11 8:00am Skills sessions and conditioning (SAHS Gym) | 12 | 13 | 14 |
| 15 | 16 8:00am TEAM CAMP (SAHS GYM) 11:30am 4:30pm JJVA Summer League (JJVA) | 17 | 18 8:00am TEAM CAMP (St. Augustine Pier) | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| NO VOLLEYBALL - Gym Maintenance (SAHS GYM) | | | | | | |
| 29 | 30 4:00pm TRYOUTS (SAHS GYM) | 31 | Aug 1 | 2 | 3 | 4 |