

# June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 <b>JJVA HS League</b> 4:30-6:30 p.m. Varsity 6:30-8:30 p.m. JV	5 8-10 a.m. PRACTICE 10-11 a.m. LIFT <b>*Need physical on file to participate!</b>	6 Beach 7:30-9 a.m.	7 8-10 a.m. PRACTICE 10-11 a.m. LIFT	8	9
10	11 Coach Nielsen at District Math meeting (8-3 p.m.) <b>JJVA HS League</b> 4:30-6:30 p.m. Varsity 6:30-8:30 p.m. JV	12 8-10 a.m. PRACTICE 10-11 a.m. LIFT	13 Beach vs. Creekside 8-10 a.m.	14 8-10 a.m. PRACTICE 10-11 a.m. LIFT	15	16
17	18 8-9 a.m. PRACTICE 9-10 a.m. CONDITION <b>JJVA HS League</b> 4:30-6:30 p.m. Varsity 6:30-8:30 p.m. JV	19 7:30-9 a.m. Beach practice/conditioning	20 Beach vs. Creekside 8-10 a.m.	21 7:30-9 a.m. Beach practice/conditioning	22	23
24 Coach Nielsen in Iowa----	25 <b>JJVA HS League</b> 4:30-6:30 p.m. Varsity 6:30-8:30 p.m. JV -----	26 LIFT on own (see workouts posted in GroupMe) -----	27 -----	28 LIFT on own (see workouts posted in GroupMe) -----	29 -----	30 -----

# July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	OFF	OFF LIFT on own (see workouts posted in GroupMe)	OFF	OFF LIFT on own (see workouts posted in GroupMe)	OFF	
8	9	10	11	12	13	14
Coach Nielsen is at University of Neb. Camp (July 8-10)	<b>JJVA HS League</b> 4:30-6:30 p.m. Varsity 6:30-8:30 p.m. JV	Beach 7:30-9 a.m. – Coach Kern LIFT on own		Beach 7:30-9 a.m.- Coach Kern LIFT on own		
15	16	17	18	19	20	21
-----HOME!	8-9 a.m. PRACTICE 9-10 a.m. CONDITION <b>JJVA HS League</b> 4:30-6:30 p.m. Varsity 6:30-8:30 p.m. JV	8-10 a.m. PRACTICE 10-11 a.m. LIFT	Beach?	8-10 a.m. PRACTICE 10-11 a.m. LIFT		
22	23	24	25	26	27	28
	GYM CLOSED ----- <b>JJVA HS League</b> 4:30-6:30 p.m. Varsity 6:30-8:30 p.m. JV	----- 10-11 a.m. LIFT <b>CARD SALES DUE!</b>	----- Beach?	----- 10-11 a.m. LIFT	-----	
See August Calendar for week of July 29.						