

May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Open Gym 6:00- 7:30 pm OHHS	4
5	6 Ramadan begins Open Gym 6:00- 7:30 pm OHHS	7	8	9	10 Open Gym 6:00- 7:30 pm OHHS	11
12 Mother's Day	13	14	15	16	17	18
19	20 Open Gym 6:00- 7:30 pm OHHS Parent Meeting 7:30 pm OHHS Gym	21	22	23	24 Open Gym 6:00- 7:30 pm OHHS	25
26	27 Memorial Day	28 Practice 2:45 – 4:30 OHHS-Gym Weights 4:30-5:30 Non-Volleyball	29 Practice 2:45 – 4:30 OHHS-Gym	30 Practice 2:45 – 4:30 OHHS-Gym Weights 4:30-5:30 Non-Volleyball	31 Practice - Shooting 2:45 – 4:30 OHHS-Gym	
		Notes On Friday's we will be working shooting form, shooting drills, and shooting technique.				

June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Snohomish Tournament
2 Snohomish Tournament	3 SUMMER League MV TBA	4 Practice 2:45 – 4:30 OHHS-Gym Weights 4:30-5:30 Non-Volleyball	5 Practice 2:45 – 4:30 OHHS-Gym Or Summer League	6 OHHS Finals Practice 2:45 – 4:30 OHHS-Gym	7 OHHS Finals Practice - Shooting 2:45 – 4:30 OHHS-Gym	8 OHHS Sports Golf Tournament
9 Scrimmage TBA	10 SUMMER League MV TBA	11 Practice 2:45 – 4:30 OHHS-Gym Weights 4:30-5:30 Non-Volleyball	12 Practice 2:45 – 4:30 OHHS-Gym Or Summer League	13 Practice 2:45 – 4:30 OHHS-Gym Weights 4:30-5:30 Non-Volleyball	14 Practice - Shooting 2:45 – 4:30 OHHS-Gym	15
16 Father's Day	17 SUMMER League MV TBA	18 Practice 2:45 – 4:30 OHHS-Gym Weights 4:30-5:30 Non-Volleyball	19 SUMMER League MV TBA	20 Practice 2:45 – 4:30 OHHS-Gym Weights 4:30-5:30 Non-Volleyball	21 June Solstice	22
23	24 Soap Lake Camp Varsity and JV	25 Soap Lake Camp Varsity and JV	26 Soap Lake Camp Varsity and JV	27 Soap Lake Camp Varsity and JV	28	29
30		Notes On Friday's we will be working shooting form, shooting drills, and shooting technique.				

July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 Kids Camp JV/Varsity Scrimmage Teams TBA	2 Kids Camp Practice TBA	3 Kids Camp	4 Independence Day OFF	5 Practice - Shooting 9:00-10:00 am OHHS-Gym	6	
7	8	9 Practice 8:00-10:00 am OHHS-Gym Women's Weight Room 10:00 – 11:00 am	10 Women's Weight Room 10:00 – 11:00 am	11 Practice 8:00-10:00 am OHHS-Gym Women's Weight Room 10:00 – 11:00 am	12 Practice - Shooting 9:00-10:00 am OHHS-Gym Women's Weight Room 10:00 – 11:00 am	13	
14	15	16 Practice 8:00-10:00 am OHHS-Gym Women's Weight Room 10:00 – 11:00 am	17 Varsity California Camp Women's Weight Room 10:00 – 11:00 am JV	18 Varsity California Camp JV Practice 8:00-10:00 am OHHS-Gym	19 Varsity California Camp	20 Varsity California Camp	
21 Varsity California Camp	22	23 Practice 8:00-10:00 am OHHS-Gym Women's Weight Room 10:00 – 11:00 am	24 Women's Weight Room 10:00 – 11:00 am	25 Practice 8:00-10:00 am OHHS-Gym Women's Weight Room 10:00 – 11:00 am	26 Practice - Shooting 9:00-10:00 am OHHS-Gym Women's Weight Room 10:00 – 11:00 am	27	
28 Parents' Day	29	30 Practice - Shooting 9:00-10:00 am OHHS-Gym Women's Weight Room 10:00 – 11:00 am	31 Women's Weight Room 10:00 – 11:00 am				
		Notes On Friday's we will be working shooting form, shooting drills, and shooting technique. August we will be taking the month off (In the gyms) Look for team runs/bonding sent out by the leadership team					