

# ELKHORN VOLLEYBALL

# JUNE 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> YOUTH CAMP (4th - 8th Grade) @ ERMS 8-9:30; 9:30-11:00; 11:00-1:00 Freshmen & New Student Weight Room Orientation 6-7:30 pm @ EHS	<b>2</b> VARSITY GIRLS WORK	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b> WEIGHT ROOM 7-10 am; 4-7 pm	<b>8</b> OPEN GYM 7-8 PM @EHS AUX GYM	<b>9</b> WEIGHT ROOM 7-10 am; 4-7 pm	<b>10</b> OPEN GYM 7-8 PM @EHS AUX GYM	<b>11</b> WEIGHT ROOM 7-10 am; 4-7 pm	<b>12</b>
<b>13</b>	<b>14</b> WEIGHT ROOM 7-10 am; 4-7 pm	<b>15</b> OPEN GYM 7-8 PM @EHS AUX GYM	<b>16</b> WEIGHT ROOM 7-10 am; 4-7 pm	<b>17</b> OPEN GYM 7-8 PM @EHS AUX GYM	<b>18</b> WEIGHT ROOM 7-10 am; 4-7 pm	<b>19</b>
<b>20</b>	<b>21</b> WEIGHT ROOM 7-10 am; 4-7 pm	<b>22</b> OPEN GYM 7-8 PM @EHS AUX GYM	<b>23</b> WEIGHT ROOM 7-10 am; 4-7 pm	<b>24</b> OPEN GYM 7-8 PM @EHS AUX GYM	<b>25</b> WEIGHT ROOM 7-10 am; 4-7 pm	<b>26</b>
<b>27</b>	<b>28</b> WEIGHT ROOM 7-10 am; 4-7 pm	<b>29</b> OPEN GYM 7-8 PM @EHS AUX GYM	<b>30</b> WEIGHT ROOM 7-10 am; 4-7 pm			
		<b>Notes:</b>				

# JULY 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 WEIGHT ROOM 7-10 am; 4-7 pm	3
4 Independence Day	5 WEIGHT ROOM 7-10 am; 4-7 pm	6	7 WEIGHT ROOM 7-10 am; 4-7 pm	8	9 10 JV & VAR Skills & Fundamental Camp @EHS 8:30-4:30 (times vary w/position) \$120 payable to Kathy Noth WEIGHT ROOM 7-10 am; 4-7 pm	
11	12 9th GRADE VBALL CAMP @ EHS 9-11:30 & 12:30-2:30 *bring sack lunch* \$40 for both days- bring payment to camp WEIGHT ROOM 7-10 am; 4-7 pm	13	14 WEIGHT ROOM 7-10 am; 4-7 pm	15	16 JV & VAR TEAM CAMP @ UNO \$30 per camper (must preregister) WEIGHT ROOM 7-10 am; 4-7 pm	17
18	19 VAR Sand Plyometric Training and Doubles Sand Vball TBD-----> WEIGHT ROOM 7-10 am; 4-7 pm	20	21 WEIGHT ROOM 7-10 am; 4-7 pm	22	23 Varsity Top 10 VB Camp in Kearney \$40 per person (must preregister) WEIGHT ROOM 7-10 am; 4-7 pm	24
25	26 VAR Sand Plyometric Training and Doubles Sand Vball TBD-----> WEIGHT ROOM 7-10 am; 4-7 pm	27	28 WEIGHT ROOM 7-10 am; 4-7 pm	29	30 WEIGHT ROOM 7-10 am; 4-7 pm	31
		<b>Notes:</b>				

# AUGUST 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	VAR Sand Plyometric Training and Doubles Sand Vball TBD----->					
	WEIGHT ROOM 7-10 am; 4-7 pm		WEIGHT ROOM 7-10 am; 4-7 pm		WEIGHT ROOM 7-10 am; 4-7 pm	
8	9	10	11	12	13	14
	VAR Sand Plyometric Training and Doubles Sand Vball TBD----->					
	CONDITIONING WEEK @ EHS----->					
	7:30 am-8:30 am	7:30 am-8:30 am	7:30 am-8:30 am	7:30 am-8:30 am	7:30 am-8:30 am	
15	16	17	18	19	20	21
	Practice/Try Outs Times TBD	Practice/Try Outs Times TBD	Practice/Try Outs Times TBD Cuts Made Black T Shirt	SCHOOL STARTS Practice 3:30-6:00 White T Shirt	Practice 3:30-6:00 Gray T Shirt	Parent Meeting/ Camp 9:00 - 11:00 am at EHS Lecture Hall Red T Shirt
22	23	24	25	26	27	28
	Practice 3:30-6:00 Rainbow T Shirt	Practice 3:30-6:00 Black T Shirt	Practice 3:30-6:00 White T Shirt	Practice 3:30-6:00 Gray T Shirt	Sports Drink Scrimmage Freshman 5:30 JV/Varsity 6:30	
29	30	31				
	Practice 3:30-6:00 Red T Shirt	Practice 3:30-6:00 Rainbow T Shirt				
	<b>Notes:</b>					