

June

2019

Troy HS Volleyball

#impact

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Athletes with schedule conflicts/ am		5:30- 6:45			1
2	3 Open gym 7-8:30	4	5	6 Lifting 11:30-12:45	7 Lifting 11:30-12:45	8
9	10 Lifting 11:30-12:45 Open Gym 7-8:30	11 Lifting 11:30-12:45	12	13 Lifting 11:30-12:45	14 Lifting 11:30-12:45	15
16	17 Lifting 11:30-12:45 Open Gym 7-8:30	18 Lifting 11:30-12:45	19	20 Lifting 11:30-12:45	21 Lifting 11:30-12:45	22
23	24 Lifting 11:30-12:45 Open Gym 7-8:30	25 Lifting 11:30-12:45	26	27 TBA OLYMPICS	28 TBA OLYMPICS CLEAN UP	29
30						

2019 IMPORTANT DATES

1. Ohio State Team Camp: Varsity Only: July 12- 14th
Varsity Practice: Wed, July 10th.
2. Troy Camp: July 16-19 2019
3. Miami East JV and Varsity Tournament July 20th

Try Outs August 1st, 2nd 2019. Must have a valid physical.
August practices 9-12.

Follows:

Instagram: troyhs_strength_conditioning

Following

Twitter: @troyhstrojansvb, @troyhstrojans

CURRENT WEIGHTLIFTING:

Tues/ Thursday after school-

Open Gyms:

Monday May 6, 13, 20: 7-8:30 pm