

July

2019

TROY HS Volleyball

Practices

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Lifting 11:30-12:45	2 Lifting 11:30-12:45	3	4	5 Lifting 11:30-12:45	6
7	8 Lifting 11:30-12:45	9 Lifting 11:30-12:45	10 Varsity only practice 9-11, 1-3	11 Lifting 11:30-12:45	12 Lifting 11:30-12:45	13 Ohio State Camp
14 Ohio State Camp	15 Lifting 11:30-12:45	16 Troy Camp Jr high 8-10 HS 10:30-1:30	17 Troy Camp Jr high 8-10 HS 10:30-1:30	18 Troy Camp Jr high 8-10 HS 10:30-1:30	19 Troy Camp Jr high 8-10 HS 10:30-1:30	20 Miami East Tournament JV and Varsity Only
21	22 Lifting 11:30-12:45	23 Lifting 11:30-12:45	24	25 Lifting 11:30-12:45	26 Lifting 11:30-12:45	27
28	29 Lifting 11:30-12:45	30 Lifting 11:30-12:45	31			