

Volleyball Summer Workouts, Open Gyms, Camp Schedule 2021

****NOTE: The Aux gym is not available at McCutcheon all summer. We will use WEA RIDGE MS for our sessions! Please note locations below.**

We will NOT be doing morning workouts in June but will in July. June is still tied to Club season and that come FIRST. They should not miss club practice for our open gyms. If attending EOY national tourney, girls need to let us know so we can prepare for numbers during that time.

We will NOT be doing leagues this summer but staying in house to train. We are working on an in-house team camp with a coach from Munciana club as well. Dates/times TBD and more info. will go out on the cost and such later. Summer PE is @ Wea Ridge - girls will need to be picked up in July in mornings to get over there. We recommend car pooling w/ other parents.**

Date	Day	Time	Event
7-Jun	Monday	5:00-8:00pm	Conditioning and Open gym @ Wea Ridge MS
		7:30-8:00pm	ALL NEW ATHLETES PARENT MEETING -- goes over summer, tryouts, program focus/goal
10-Jun	Thursday	5:00-8:00pm	Conditioning and Open gym @ Wea Ridge MS
14-Jun	Monday	5:00-8:00pm	Conditioning and Open gym @ Wea Ridge MS
17-Jun	Thursday	5:00-8:00pm	Conditioning and Open gym @ Wea Ridge MS
21-Jun	Monday	5:00-7:00pm	Conditioning and Open gym @ McCutcheon Main Gym - Jeff Cornell Head coach
24-Jun	Thursday	5:00-7:00pm	Conditioning and Open gym @ McCutcheon Main Gym - Jeff Cornell Head coach
DEAD WEEK ----- June 25-----July 4 ----- DEAD WEEK			
5-Jul	Monday	8:00am-9:30am	Weight Room training @ McCutcheon - meet in Main Gym (NO summer school)
		5:00-7:30pm	Open Gym @ Wea Ridge MS
8-Jul	Thursday	6:00am-7:15am	Weight Room training @ McCutcheon - meet in Main Gym
		3:00-5:30pm	Open Gym Practice (earlier - middle school camp this night) @ Wea Ridge MS
12-Jul	Monday	6:00am-7:15am	Weight Room training @ McCutcheon
		5:00-7:30pm	Open Gym @ Wea Ridge MS
15-Jul	Thursday	6:00am-7:15am	Weight Room training @ McCutcheon
		5:00-7:30pm	Open Gym @ Wea Ridge MS
19-Jul	Monday	6:00am-7:15am	Weight Room training @ McCutcheon
		5:00-7:30pm	Open Gym @ Wea Ridge MS
22-Jul	Thursday	8:00-9:30am	Weight Room training @ McCutcheon (NO summer school)
		5:00-7:00pm	Last Open Gym @ Wea Ridge MS (Alumni Night ?)
24-Jul	Saturday	TBD	The Academy High School Invite - V level only - girls will be notified if invited
Break Week July 25-August 1 --- 1st day of TRYOUTS August 2 8:00am -- arrive 30 min. early!			