

August 2009

LADY PANTHER VOLLEYBALL.

S	M	T	W	T	F	S
Mon	Tue	Wed	Thu	Fri	Sat	
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2	3 TWO-A-DAY START 7:00-9:00 SKILLS 9:30 - 11:00 CONDITIONING ALL 2:00-5:00 DRILLS/SCRIMMAGE	4 7:00-9:00 SKILLS 9:30 - 11:00 CONDITIONING ALL 2:00-5:00 DRILLS/SCRIMMAGE FRESHMEN TEAM ANNOUNCED	5 7:00—9:30 FRESHMEN 9:45—11:00 CONDITIONING/ALL 11:15—1:00 JV/V-SKILLS 3:00—5:30 DRILLS/SCRIMMAGE JV/VARSITY ANNOUNCED	6 7—9:00 JV/V 9:15—10:30 CONDITIONING/ALL 10:45—1:00 FRESHMEN 3:00—5:30 JV/V 6:00—PARENT MEETING	7 8:00—10:00 F/JV/V SCRIMMAGE @ NEW DIANA 1:00	8 8:00 SCRIMMAGE @ HALLSVILLE JV/V FRESHMEN @ MARSHALL
9	10 7:00—9:15 FRESHMEN 9:30—10:45 CONDITIONING ALL 11:00—1:00 JV/V-SKILLS 3:00—5:30 DRILLS/SCRIMMAGE	11 7:00—9:15 FRESHMEN 9:30—10:45 CONDITIONING ALL 11:00—1:00 JV/V-SKILLS 3:00—5:30 DRILLS/SCRIMMAGE	12 7—9:00 JV/V 9:15—10:30CONDITIONING ALL 10:45—1:00 FRESHMEN 3:00—5:30 JV/V	13 7—10:00 JV/V 10:00 11:00 CONDITIONING ALL 11:30—2:00 FRESHMEN	14 JV/FRESHMEN PRACTICE TBA VARSIY @ VAN TOURNMENT	15 JV/FRESHMEN @ HALLSVILLE TOURNEY VARSIY @ VAN TOURNAMENT
16	17 TEACHER INSERVICE CONDITIONING—EARLY PRACTICES—TBA PRACTICE TBA	18 TEACHER INSERVICE JV/V @ SPRING HILL TRI-MATCH 4:30 FRESHMEN @ HALLSVILLE	19 TEACHER INSERVICE CONDITIONING—EARLY PRACTICES—TBA	20 TEACHER INSERVICE CONDITIONING—EARLY PRACTICES—TBA	21 TEACHER INSERVICE SKILLS PRACTICE TBA TROUP @ SPRINGHILL F-JV-V 4:30	22 PRACTICES/CONDITIONING TBA
23	24 SCHOOL STARTS CONITIONING 7TH PERIOD PRACTICE F-JV-V 3:45—5:00 BACK TO SCHOOL PEP RALLY	25 TRI-MATCH @ TEXAS HIGH F-JV-V @ 4:30	26 CONIDITONING 7TH F—3:45—5:00 JV— 3:45—5:30 V- 4:30—	27 CONDITIONING 7TH F—3:45—5:00 JV—3:45—5:30 V—PRACTICE @ 4:30— OR TYLER TOURNAMENT	28 CONDITIONING 7TH F—3:45—5:00 JV—3:45—5:00 V- PRACTICE OR TOURNAMENT	29 VARSITY @ TYLER TOURNAMENT FRESHMEN @ PINE TREE TOURNAMENT JV WORKING JR HIGH SCRIMMAGE @ SH
30	31 CONDITIONING 7TH F—3:45—5:00 JV— 3:45—5:30 V- 4:30—					