

Pershing Volleyball

July 2020

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
		<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>
<u>6</u>	<u>7</u>	<u>8</u> OPEN GYM 9:00-11:00AM	<u>9</u>	<u>10</u>	<u>11</u> <i>Independent work out</i>
<u>13</u> OPEN GYM 9:00- 11:00AM	<u>14</u>	<u>15</u> OPEN GYM 9:00-11:00AM	<u>16</u>	<u>17</u>	<u>18</u> <i>Independent work out</i>
<u>20</u> OPEN GYM 9:00- 11:00AM	<u>21</u>	<u>22</u> OPEN GYM 9:00-11:00AM	<u>23</u>	<u>24</u>	<u>25</u> <i>Independent work out</i>
<u>27</u> OPEN GYM 9:00- 11:00AM	<u>28</u>	<u>29</u> OPEN GYM 9:00-11:00AM	<u>30</u>	<u>31</u>	

- All athletes must have a current Physical and Insurance on file with the school in order to attend.
 - All incoming athletes must have one to participate. Returning 8th graders, please make sure your physical is up to date, and you have completed the Annul physical requirement paperwork.
 - All documents can be found on SPS.org > Athletics > Athletic Forms.
- We will not have access to locker rooms or water fountains. Please make sure you have enough water to stay hydrated, all bottles need to be sealed containers.
- Please arrange all rides to be at the gym by 11:00am.

"You miss 100% of the shots you don't take." -Wayne Gretzky

8th Grade Coach Campbell kjn.campbell@gmail.com

7th Grade Coach Jones carriegjonesvb@gmail.com