

Marysville Volleyball

JUNE 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Updated AFTER meeting						1
2	3	4	5	6	7	8
9	10	11	12	13	14 Last Day of School	15
16	17 Basketball Camps Weights - Upper Body	18 Basketball Camps Conditioning - CIRCUIT 1	19 Basketball Camps	20 Basketball Camps Weights - Lower Body	21 Basketball Camps Conditioning - Circuit 2	22
23	24 Viking Volleyball Camp 9-11am & 12-3pm Weights - Upper Body	25 Viking Volleyball Camp 9-11am & 12-3pm Conditioning - CIRCUIT 3	26 Viking Volleyball Camp 9-11am & 12-3pm	27 Viking Volleyball Camp 9-11am & 12-3pm Weights - Lower Body	28 Conditioning - CIRCUIT 1	29
30	<p>First day of volleyball is Wednesday, August 14! You MUST have a physical on file dated after April 2019. All incoming 9-12th grades will be in the main gym 11:30-2pm, varsity candidates ONLY will go again from 5:30-7:30pm. Information for the rest of the week will be given out on Wednesday, August 14. If you have any questions, check out the site, marysvillevolleyball.weebly.com, or call/text Coach Busch at 810-357-2979.</p>					

Marysville Volleyball

JULY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Updated AFTER meeting	1	2	3	4 <i>Independence Day</i>	5	6
7	8 Conditioning - CIRCUIT 2	9 Open Gym 10-Noon Set/Hitters: 10-11:15am Passers: 11:15-Noon Weights 12-12:45pm - Upper	10 V Scrimmage @ PHN 4:30-6:30pm	11 Open Gym 10-Noon Set/Hitters: 10-11:15am Passers: 11:15-Noon Weights 12-12:45pm - Lower	12	13 Optional - Long Run/Bike
14 MSU Team Camp	15 MSU Team Camp	16 MSU Team Camp	17 JV/F Scrimmage @ Brown City 5-7pm	18 Open Gym 10-Noon Set/Hitters: 10-11:15am Passers: 11:15-Noon Weights 12-12:45pm - Lower	19 Conditioning - CIRCUIT 3	20 Optional - Long Run/Bike
21	22 Open Gym 10-Noon Set/Hitters: 10-11:15am Passers: 11:15-Noon Weights 12-12:45pm - Upper	23 V Scrimmage @ Romeo 7-9pm	24	25 Open Gym 10-Noon Set/Hitters: 10-11:15am Passers: 11:15-Noon Weights 12-12:45pm - Lower	26 Conditioning - CIRCUIT 1 Volleygrass	27 Optional - Long Bike/Run Volleygrass
28	29 Conditioning - CIRCUIT 2	30 Open Gym 10-Noon Set/Hitters: 10-11:15am Passers: 11:15-Noon Weights 12-12:45pm - Upper	31			
<p>First day of volleyball is Wednesday, August 14! You MUST have a physical on file dated after April 2019. All incoming 9-12th grades will be in the main gym 11:30-2pm, varsity candidates ONLY will go again from 5:30-7:30pm. Information for the rest of the week will be given out on Wednesday, August 14. If you have any questions, check out the site, marysvillevolleyball.weebly.com, or call/text Coach Busch at 810-357-2979.</p>						