

July 2019

Jack Britt Volleyball



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 DEAD PERIOD NO WORKOUTS	2 DEAD PERIOD NO WORKOUTS	3 DEAD PERIOD NO WORKOUTS	4 DEAD PERIOD NO WORKOUTS	5 DEAD PERIOD NO WORKOUTS	6 DEAD PERIOD NO WORKOUTS
7 DEAD PERIOD NO WORKOUTS	8 WORKOUTS 7AM-10AM	9 WORKOUTS 7AM-10AM	10 WORKOUTS 7AM-10AM	11 WORKOUTS 7AM-10AM	12 WORKOUTS 7AM-9AM	13 OPEN GYM 7AM-9AM
14	15 DEAD PERIOD NO WORKOUTS	16 DEAD PERIOD NO WORKOUTS	17 DEAD PERIOD NO WORKOUTS	18 DEAD PERIOD NO WORKOUTS	19 DEAD PERIOD NO WORKOUTS	20 DEAD PERIOD NO WORKOUTS
21 DEAD PERIOD NO WORKOUTS	22 WORKOUTS 7AM-10AM	23 WORKOUTS 7AM-10AM	24 WORKOUTS 7AM-10AM	25 WORKOUTS 7AM-10AM	26 OPEN GYM 7AM-9AM	27 OPEN GYM 7AM-9AM
28	29 WORKOUTS 7AM-9AM MANDATORY	30 WORKOUTS 7AM-9AM MANDATORY	31 WORKOUTS 7AM-9AM MANDATORY	AUG 1 TRYOUTS 7AM-10AM	AUG 2 TRYOUTS 7AM-9AM TEAM POSTED @ NOON!	

DEAD PERIOD

July 1st – 7th

No Practice

Complete week SIX of
summer workout packet!

COACH'S CLINIC

July 15th – 18th

No Practice

Complete week
EIGHT of summer
packet!

PRACTICE

July 29th –
AUGUST 2ND

MANDATORY!

TRY-OUTS

AUGUST 1ST-
AUGUST 2ND

By August 1st:

ALL information
and physicals
MUST be submitted
in Arbiter Athlete
BEFORE TRYOUTS!

All athletes MUST
have a CURRENT
physical on file to
participate in
JBHS Volleyball

Head Coach – Jessica Grooms
Athletic Director – Michael Lindsay
Principal – Scott Pope

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