

June 2019

Jack Britt Volleyball



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	27	28	29	30 Graduation	31 Softball State Championship	1 Softball State Championship
2	3	4	5	6	7	8
9	10 WORKOUTS 7AM-10AM	11 WORKOUTS 7AM-10AM	12 WORKOUTS 7AM-10AM	13 WORKOUTS 7AM-10AM	14 WORKOUTS 7AM-10AM	15 OPEN GYM 6AM-8AM
16 FATHER'S DAY	17 College Recruiting Interest meeting 7AM	18 NO WORKOUTS	19 NO WORKOUTS	20 NO WORKOUTS	21 NO WORKOUTS	22 NO WORKOUTS
23	24 NO WORKOUTS	25 WORKOUTS 7AM-10AM	26 WORKOUTS 7AM-10AM	27 WORKOUTS 7AM-10AM	28 WORKOUTS 7AM-10AM	29 NO WORKOUTS RECOVERY DAY Stretch & Hydrate!
30						

MANY SUMMER CAMPS ARE AVAILABLE -
Choose a college you are interested in and attend their volleyball camp!

Teacher Work Week
May 27th – June 7th
NO PRACTICE- **COMPLETE WEEK ONE & TWO OF YOUR SUMMER WORKOUT PACKET ON YOUR OWN

June 17th
College Recruit Interest Meeting & Measurements for recruiting profile!

June 18th-June 24th
No Workouts
****Complete Week FOUR in your summer workout packet!!**
Track Your Progress!!

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

JACK BRITT VOLLEYBALL @JBHS_Volleyball
Head Coach – Jessica Grooms
Athletic Director – Michael Lindsay
Principal – Scott Pope

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