

May 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2 6:30AM-7:30AM	3	4 6:30AM-7:30AM 7PM Parent Meeting	5 7-9PM Open Gym	6	7	8
9 6:30AM-7:30AM	10	11 6:30AM-7:30AM	12 7-9PM Open Gym	13	14	15
16 6:30AM-7:30AM	17	18 6:30AM-7:30AM	19 4-6PM Open Gym	20	21	22
23 6:30AM-7:30AM	24	25 6:30AM-7:30AM	26 4-6PM Open Gym	27	28	29
30	31					

June 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
6 SJHS Team Camp 3-9PM Asics 2-2:45	7 SJHS Team Camp 3-9PM	8 SJHS Team Camp 3-9PM	9 SJHS Team Camp 3-9PM	10 SJHS Team Camp 3-9PM	11	12
13 7-9AM Skills	14 3-5PM Skills	15 5:30-7:15PM track/pool	16 10AM-12PM Beach	17	18	19
20 7-9AM Skills	21 3-5PM Skills	22 Scrimmage Or 5:30- 7:15PM track/pool	23 10AM-12PM Beach	24	25	26
27 7-9AM Skills	28 USA Michigan Team Camp 1:30-7:15 PM	29 USA Michigan Team Camp 1:30-7:15 PM	30 USA Michigan Team Camp 1:30-7:15 PM			

July 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 USA Michigan Team Camp 1:30-7:15 PM	2	3 No Workouts
4 No Workouts	5 No Workouts	6 No Workouts/FH Closed July 6-17th	7 No Workouts	8 No Workouts	9 No Workouts	10 No Workouts
11 Dunes Team Camp 8AM-7PM	12 Dunes Team Camp 8AM-7PM	13 5:30-7:15PM track/pool	14 10AM-12PM Beach	15	16	17
18 7-9AM Skills	19 3-5PM Skills	20 Scrimmage or 5:30-7:15PM track/pool	21 10AM-12PM Beach	22	23 Car Wash 11AM-3PM?	24
25 7-9AM Skills	26 3-5PM Skills	27 Scrimmage or 5:30-7:15PM track/pool	28 10AM-12PM Beach	29 MIVCA Clinic @ Kellogg Arena	30 MIVCA Clinic @ Kellogg Arena	31

August 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 No Workouts	2 No Workouts	3 No Workouts	4 No Workouts	5 No Workouts	6 No Workouts	7 No Workouts
8 No Workouts	9 No Workouts	10 Tryouts 5-9PM Mandatory	11 Tryouts 5-9PM Mandatory	12 Tryouts 5-9PM Mandatory	13	14
15 VAR 8-12:30 w/break JV 10-12:30 FRESH 10-12:30 PM Meeting 12:30-1:30PM Meet the team 7:00PM SENIOR TIME CAPS 1:30	16 Mizuno 12-3PM VAR 3:30-5:00 JV 3:30-5:00 FRESH 3:30-5:00 LMC SCRIMMAGE 5-7	17 VAR 3:00-7:00 W/BREAK JV 9:30-12:00PM FRESH 7:30-10:00AM INTRO LEADERSHIP SCRIMMAGE	18 PICTURES 6:00PM VAR 1:30-5:00PM JV 9:30-12:00PM FRESH 7:30-10:00AM	19 SETTERS 2:30-3:00PM VAR 1:30-5:00PM JV 9:30-12:00PM FRESH 3-5PM	20 SJHS JV Invite JV&Fresh participate GHaven Invite/VAR	21
22 JV @ HOME QUAD FRESH@Lakeshore Quad 5:00PM VAR@Vicksburg Quad 5:00PM	23 SETTERS 2:30-3:00 VAR 3:00-7:00 W/BREAK JV 9:30-12:00PM FRESH 7:30-10:00AM	24 VAR 3:00-7:00 W/BREAK JV 9:30-12:00PM SJHS Mini Invite/Fresh 4:00PM	25 SETTERS 2:30-3:00 VAR 3:00-7:00 W/BREAK JV 9:30-12:00PM FRESH 7:30-10:00AM	26 SETTERS 2:30-3:00 VAR 3:00-7:00 W/BREAK JV 9:30-12:00PM FRESH 7:30-10:00AM	27 PCHS JV invite/JV PNHS VAR Invite/VAR	28
29 SETTERS 3:00-3:30 VAR 3:30-6:30 JV 4-6PM FRESH 4-6PM <i>Upton Open gym 6-8</i>	30 SETTERS 3:00-3:30 VAR 3:30-6:30 JV 4-6PM FRESH 4-6PM <i>Upton open gym 6-8</i>	31 SETTERS 3:00-3:30 VAR 3:30-6:30 JV 4-6PM FRESH 4-6PM <i>Upton Tryouts 6-8:30</i>				

September 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			<p>1</p> <p>SETTERS 3:00-3:30 VAR 3:30-6:30 JV 4-6PM FRESH 4-6PM</p> <p><i>Upton Tryouts 6-8:30</i></p>	<p>2</p> <p><i>VAR 3:30-5:30 Go to Upton Teach Rob Buck Ball Control</i> JV 4-6PM Fresh 4-6PM</p>	3	4
5 LABOR DAY OFF	6 SETTERS 3:30-4:00 VAR 4-6:30 JV 4-6PM FRESH 4-6PM	7 Fresh/JV/Var @ K-Central 5:30PM	8 SETTERS 3:30-4:00 VAR 4-6:30 JV 4-6PM FRESH 4-6PM	9 VAR 3:30-5:30 JV AM OR 4-6PM FRESH AM OR 4-6PM	10 Edwardsburg Fresh & JV Invite Lakeshore VAR Invite	11
12 SETTERS 3:30-4:00 VAR 4-6:30 JV 4-6PM FRESH 4-6PM	13 SETTERS 3:30-4:00 VAR 4-6:30 JV 4-6PM FRESH 4-6PM	14 Fresh/JV/Var @ Benton Harbor 5:30PM	15 SETTERS 3:30-4:00 VAR 4-6:30 JV 4-6PM FRESH 4-6PM	16 VAR 3:30-5:30 JV AM OR 4-6PM FRESH AM OR 4-6PM	17	18
19 SETTERS 3:30-4:00 VAR 4-6:30 JV 4-6PM FRESH@Edwardsburg Quad 5:00PM	20 SETTERS 3:30-4:00 VAR 4-6:30 JV 4-6PM FRESH 4-6PM	21 Fresh/JV/Var vs. Portage Central@ Home 5:30PM	22 SETTERS 3:30-4:00 VAR 4-6:30 JV 4-6PM FRESH 4-6PM	23 VAR 3:30-5:30 JV AM OR 4-6PM FRESH AM OR 4-6PM	24 SJHS Fresh Invite (JV Work) PCHS Invite/VAR	25
26 Fresh/JV/Var @ Berrien Springs 5:30PM	27 SETTERS 3:30-4:00 VAR 4-6:30 JV 4-6PM FRESH 4-6PM	28 Fresh/JV/Var @ Mattawan 5:30PM	29 SETTERS 3:30-4:00 VAR 4-6:30 JV 4-6PM FRESH 4-6PM	30 VAR 3:30-5:30 JV AM OR 4-6PM FRESH AM OR 4-6PM		

October 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3 Fresh/JV/Var @ Paw Paw 5:30PM	4 SETTERS 3:30-4:00 VAR 4-6:30 JV 4-6PM FRESH 4-6PM	5 Fresh/JV/Var vs. Lakeshore @ Home 5:30PM	6 SETTERS 3:30-4:00 VAR 4-6:30 JV 4-6PM FRESH 4-6PM	7 VAR 3:30-5:30 JV AM OR 4-6PM FRESH AM OR 4-6PM	8 Fresh @ PCHS Invite Tourney 8:00AM JV @ Lakeshore Invite	9
10 SETTERS 3:30-4:00 VAR 4-6:30 JV 4-6PM FRESH 4-6PM	11 JV 4-6PM FRESH 4-6PM Gull Lake Mini Invite/VAR 4:00PM	12 Fresh/JV/Var vs. Portage Northern @ Home 5:30PM	13 SETTERS 3:30-4:00 VAR 4-6:30 JV 4-6PM FRESH 4-6PM	14 VAR/JV/FRESH AM practice Leave after School for Beast of East Tourney/VAR	15 Beast of East Tourney Detroit/VAR	16
17 SETTERS 3:30-4:00 VAR 4-6:30 JV 4-6PM FRESH 4-6PM	18 SETTERS 3:30-4:00 VAR 4-6:30 JV 4-6PM FRESH 4-6PM	19 Fresh/JV/Var vs. Niles @ Home 5:30	20 SETTERS 3:30-4:00 VAR 4-6:30 JV 4-6PM FRESH 4-6PM	21 VAR 3:30-5:30 JV AM OR 4-6PM FRESH AM OR 4-6PM	22 SJHS VAR Invite (Fresh Work)	23
24 SETTERS 3:30-4:00 VAR 4-6:30 JV 4-6PM FRESH 4-6PM	25 SETTERS 3:30-4:00 VAR 4-6:30 JV 4-6PM FRESH 4-6PM	26 SETTERS 3:30-4:00 VAR 4-6:30 JV 4-6PM FRESH 4-6PM	27 SETTERS 3:30-4:00 VAR 4-6:30 JV 4-6PM FRESH 4-6PM	28 VAR 3:30-5:30 JV AM OR 4-6PM FRESH AM OR 4-6PM	29 SMAC Tourney @ Harper Creek	30 SMAC all conf meeting @ Mattawan 10am
31 DISTRICTS						

November 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 VAR 3:30-6:00	2 DISTRICTS	3 VAR 3:30-6:00	4 DISTRICTS	5 DISTRICTS	6
7 VAR 3:30-6:00	8 REGIONALS	9 VAR 3:30-6:00	10 REGIONALS	11	12	13
14 VAR 3:30-6:00	15 VAR 3:30-6:00	16 VAR 3:30-6:00	17 STATE - GO BEARS!!!!	18 STATE- GO BEARS!!!!	19 STATE- GO BEARS!!!	20
21	22	23	24	25	26	27
28	29	30				