

Please plan on attending the speed and strength sessions that are available. This is a coordinated effort between Coach Searfoss and Coach Bowser. By attending these sessions, you vertical and strength will greatly increase. You will meet in the weight room and the session will be run by one of the football coaches. It is open to all athletes female and male. If you have any questions, please e-mail me at hhendley@greenville.k12.sc.us.

June 2019	Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1	2
3	4 Speed/Strength 8:30am-10:00am Speed/Strength 6:00pm-9:00pm	5 Speed/Strength 6:00pm-9:00pm	6	7 Speed/Strength 8:30am-10:00am Speed/Strength 6:00pm-9:00pm	8	9	
10	11 9:00-11:00 a.m. Volleyball open gym Speed/Strength 6:00pm-9:00pm	12 Speed/Strength 6:00pm-9:00pm	13 9:00-11:00 a.m. Volleyball open gym	14 Speed/Strength 6:00pm-9:00pm	15	16	
17	18 9:00-11:00 a.m. Volleyball open gym Speed/Strength 6:00pm-9:00pm	19 Speed/Strength 6:00pm-9:00pm	20 9:00-11:00 a.m. Volleyball open gym	21 Speed/Strength 6:00pm-9:00pm	22	23	
24	25 9:00-11:00 a.m. Volleyball open gym Speed/Strength 6:00pm-9:00pm	26 Speed/Strength 6:00pm-9:00pm	27 9:00-11:00 a.m. Volleyball open gym	28 Speed/Strength 6:00pm-9:00pm	29	30	

July 2012							Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 OFF	3 OFF	4 OFF	5 OFF	6 OFF	7							
8	9 9:00-11:00 a.m. Volleyball open gym Speed/Strength 6:00pm-9:00pm	10 Speed/Strength 6:00pm-9:00pm	11 Wofford Volleyball Team Camp 11-14	12 Wofford Volleyball Team Camp 11-14	13 Wof- ford Volley- ball Team	14 Wof- ford Volleyb all							
15	16 9:00-11:00 a.m. Volleyball open gym Speed/Strength 6:00pm-9:00pm	17 Speed/Strength 6:00pm-9:00pm	18 9:00-11:00 a.m. Volleyball open gym	19	20	21							
22	23 Dead Week	24 Dead Week	25 Dead Week	26 Dead Week	27	28 OFF							
29	30	31											

Try-outs 9-11 (You must have a current physical)

August schedule to come