

**SV Girls
Summer Schedule**

JUNE 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	30 OFF	31 7:00-8:00 Lifting 8:00-8:30 (W) 8:30-9:00 (F)	1 6:00-7:00 cheer 7:00-8:00 Lifting 8:00-8:30 (F) 8:30-9:00 (W)	2 7:00-8:00 Lifting 8:00-8:30 (W) 8:30-9:00 (F)	3	4
5	6 7:00-8:00 Lifting 8:00-8:30 (F) 8:30-9:00 (W)	7 7:00-8:00 Lifting 8:00-8:30 (W) 8:30-9:00 (F)	8 6:00-7:00 cheer 7:00-8:00 Lifting 8:00-8:30 (F) 8:30-9:00 (W)	9 7:00-8:00 Lifting 8:00-8:30 (W) 8:30-9:00 (F)	10 make-up day BB Camp ?	11 BB Camp ?
12 BB Camp ?	13 7:00-8:00 Lifting 8:00-8:30 (F) 8:30-9:00 (W)	14 7:00-8:00 Lifting BB camp starts @ 8am	15 6:00-7:00 cheer 7:00-8:00 Lifting BB camp starts @ 8am	16 7:00-8:00 Lifting 8:00-8:30 (W) 8:30-9:00 (F)	17	18
19	20 7:00-8:00 Lifting 8:00-8:30 (F) 8:30-9:00 (W) Cheer camp in Lincoln	21 7:00-8:00 Lifting 8:00-8:30 (W) 8:30-9:00 (F) Cheer camp in Lincoln	22 7:00-8:00 Lifting 8:00-8:30 (F) 8:30-9:00 (W) Cheer camp in Lincoln	23 7:00-8:00 Lifting 8:00-8:30 (W) 8:30-9:00 (F) Cheer camp in Lincoln	24 make-up day	25
26	27 7:00-8:00 Lifting 8:00-8:30 (F) 8:30-9:00 (W)	28 7:00-8:00 Lifting 8:00-8:30 (W) 8:30-9:00 (F)	29 6:00-7:00 cheer 7:00-8:00 Lifting 8:00-8:30 (F) 8:30-9:00 (W)	30 7:00-8:00 Lifting 8:00-8:30 (W) 8:30-9:00 (F)	Notes: Highlighted in purple VB "open gyms"	

(W) - winter sports

(F) - fall sports

**SV Girls
Summer Schedule**

JULY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes:					1 VB camp @Minden 8:00am Leave SV @ TBD	2
3	4 OFF	5 OFF or make-up day?	6 6:00-7:00 cheer 7:00-8:00 Lifting 8:00-8:30 (F) 8:30-9:00 (W)	7 7:00-8:00 Lifting 8:00-8:30 (W) 8:30-9:00 (F)	8 7:00-8:00 Lifting 8:00-8:30 (F) 8:30-9:00 (W)	9 VB camp @UNK 9:00am-6:00pm Leave SV @ TBD
10	11 7:00-8:00 Lifting 8:00-8:30 (F) 8:30-9:00 (W) Furnas Fair	12 7:00-8:00 Lifting 8:00-8:30 (W) 8:30-9:00 (F) Furnas Fair	13 6:00-7:00 cheer 7:00-8:00 Lifting 8:00-8:30 (F) 8:30-9:00 (W) Furnas Fair	14 7:00-8:00 Lifting 8:00-8:30 (W) 8:30-9:00 (F) Furnas Fair	15	16
17	18 7:00-8:00 Lifting 8:00-8:30 (F) 8:30-9:00 (W)	19 7:00-8:00 Lifting 8:00-8:30 (W) 8:30-9:00 (F)	20 6:00-7:00 cheer 7:00-8:00 Lifting 8:00-8:30 (F) 8:30-9:00 (W) VB scrimmage @Holdrege	21 7:00-8:00 Lifting 8:00-8:30 (W) 8:30-9:00 (F) Vb day camp?	22 make-up day Vb day camp?	23
24	25 7:00-8:00 Lifting 8:00-8:30 (F) 8:30-9:00 (W)	26 7:00-8:00 Lifting Coaches Clinic?	27 6:00-7:00 cheer 7:00-8:00 Lifting Coaches Clinic?	28 7:00-8:00 Lifting Coaches Clinic?	29	30

(W) - winter sports

(F) - fall sports

**SV Girls
Summer Schedule**

AUGUST 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Conditioning week Lift-TBD Harlan Fair	2 Conditioning week Lift-TBD Harlan Fair	3 Conditioning week Lift-TBD RPAC coaches meeting Harlan Fair	4 Conditioning week Lift-TBD Harlan Fair	5 Conditioning week Lift-TBD Harlan Fair	6
7	8 Fall Sports Practice Begins	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	Notes:		

(W) - winter sports

(F) - fall sports