## October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 PSAT (10th & 11th grade) No Practice	Practice 7:30 a.m.	Practice 8 a.m. V 5:30 F/JV 6:30 Volleyball @ Newman Smith Leave at 3:45	
5	6 Practice 7:30 a.m.	Practice 8 a.m. F/JV 5:30 V 6:30 Volleyball vs. Highland Park Pink Out Night	8 Practice 7:30 a.m	9 Practice 7:30 a.m.	NO SCHOOL  V Walkthrough 2:45 p.m.  V 5:30 F/JV 6:30  Volleyball @ Creekview  Leave at 3:30	11
12	NO SCHOOL V Practice 8-10am	NO SCHOOL V Practice time 8-10am F/JV 5:30 V 6:30 Volleyball @ Reedy Leave at 4:00	Practice 7:30 a.m.	Practice 7:30 a.m.	Practice 8 a.m. V 5:30 F/JV 6:30 Volleyball vs. Turner  Senior Night	18
19	Practice 7:30 a.m.  Team Dinner (per team)	Practice 8 a.m. F/JV 5:30 V 6:30 Volleyball @ Wakeland Leave at 4:00	Practice 7:30 a.m.  Start of Basketball Season Trent vs Stafford @ LSHS	Practice 7:30 a.m.  Halloween Practice	Practice 8 a.m. V 5:30 F/JV 6:30 Volleyball vs. The Colony	25 Homecoming Dance
26	27 V Practice 7:30 a.m. F/JV Gear Turn-In 9 a.m.	V Practice 8 a.m.  WARMUP GAME TBD  District Certification	29 V Practice 7:30 a.m.	30 V Practice 7:30 a.m. <b>Bi-District</b>	V Practice 8 a.m.  Bi-District	

## November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						V practice 9-10:30am
						Bi-District  MS District Tournament
2	3	4	5	6	7	8
	V Practice 8 a.m.	V Practice 8 a.m.	V practice 9-10:30am			
	Area	Area		Regional Semifinals	Regional Semifinals	Regional Semifinals
9	V Practice 8 a.m.	V Practice 8 a.m.	V Practice 8 a.m.	13 V Practice 8 a.m.	V Practice 8 a.m.	15
	Regional Finals	Regional Finals				State Semifinals
16	17	18	19	20	21	22
				STATE CHAMPIONSHIPS 1A-2A	STATE CHAMPIONSHIPS 3A-4A	STATE CHAMPIONSHIPS 5A-6A
234	24	25	26	27	28	29
	Thanksgiving Break	Thanksgiving Break	Thanksgiving Break	Thanksgiving Day	Thanksgiving Break	

# December 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	No School	7 Lift 8:15 a.m. Positionals 9:15 a.m.	8 Speed Work 8:45 a.m. Returners 9:15 a.m.	9 Lift 8:15 a.m. Positionals 9:15 a.m.	NO SCHOOL - SNOW	11
12	Recovery Stations 8:45 a.m. Setters/Freshman Court	Lift 8:15 a.m. Positionals 9:15 a.m. O/D	Speed Work 8:45 a.m. Returners 9:15 a.m.	16 Lift 8:15 a.m. Positionals 9:15 a.m. S/P	Family Intros/Book Study Intro (Mingle Comp)	28
19	No School	21 Lift 8:15 a.m. Positionals 9:15 a.m.	Speed Work 8:45 a.m. Returners 9:15 a.m.	23 Lift 8:15 a.m. Positionals 9:15 a.m.	Family Competition (6 legged race)	25
26	27 Recovery Stations 8:45 a.m. Setters/Freshman Court	38 Lift 8:15 a.m. Positionals 9:15 a.m.	29 Speed Work 8:45 a.m. Returners 9:15 a.m.	30 Lift 8:15 a.m. Positionals 9:15 a.m.	31 Fun Friday	

# January 2026

#### TRAIN INSANE OR REMAIN THE SAME

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Winter Break	2 Winter Break	3 Winter Break	4
5	No School	7 Lift 8:15 a.m. Positionals 9:15 a.m.	Speed Work 8:45 a.m. Returners 9:15 a.m.	9 Lift 8:15 a.m. Positionals 9:15 a.m. <i>NO SCHOOL - SNOW</i>	NO SCHOOL - SNOW	11
12	Recovery Stations 8:45 a.m. Setters/Freshman Court	Lift 8:15 a.m. Positionals 9:15 a.m. O/D	Speed Work 8:45 a.m. Returners 9:15 a.m.	Lift 8:15 a.m. Positionals 9:15 a.m. S/P	Family Intros/Book Study Intro (Mingle Comp)	28
19	No School	21 Lift 8:15 a.m. Positionals 9:15 a.m.	Speed Work 8:45 a.m. Returners 9:15 a.m.	23 Lift 8:15 a.m. Positionals 9:15 a.m.	Family Competition (6 legged race)	25
26	27 Recovery Stations 8:45 a.m. Setters/Freshman Court	38 Lift 8:15 a.m. Positionals 9:15 a.m.	29 Speed Work 8:45 a.m. Returners 9:15 a.m.	30 Lift 8:15 a.m. Positionals 9:15 a.m.	31 Fun Friday	



# February 2026

#### **HEART OF A CHAMPION**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
	Recovery Stations 8:45 a.m.	Lift 8:15 a.m.	Speed Work 8:45 a.m.	Lift 8:15 a.m.	Family Competition	
	(No Court) Part 1 Book Study	Study Hall 9:15 a.m. (No	Returners 9:15 a.m.	Positionals 9:15 a.m.		
	Presentation	Court) Rachel's Challenge in				
	Rising Ranger Night 6:30 p.m.	Aux Gym				
9	10	11	12	13	14	15
	Recovery Stations 8:45 a.m.	Lift 8:15 a.m.	Speed Work 8:45 a.m.	Lift 8:15 a.m.	No School	
	Setters/Freshman Court	Positionals 9:15 a.m.	Returners 9:15 a.m.	Positionals 9:15 a.m.		
			Booster Board Meeting			
16	17	18	19	20	21	22
	No School	Lift 8:15 a.m.	Speed Work 8:45 a.m.	Lift 8:15 a.m.	Family Competition	
		Positionals 9:15 a.m.	Returners 9:15 a.m.	Positionals 9:15 a.m.		
23	24	25	26	27	28	
	Recovery Stations 8:45 a.m.	Lift 8:15 a.m.	Speed Work 8:45 a.m.	Lift 8:15 a.m.		
	Setters/Freshman Court	Positionals 9:15 a.m.	Returners 9:15 a.m.	Positionals 9:15 a.m.	Part 2 Book Study Presentation	
		Telpas Testing (Main Gym)	Telpas Testing (Main Gym)	Telpas Testing (Main Gym)		

### March

2026

#### **RESILIENT IN ALL CIRCUMSTANCES**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	Recovery Stations 8:45 a.m. Setters/Freshman Court	4 Lift 8:15 a.m. Positionals 9:15 a.m.	5 Late Arrival	6 Lift 8:15 a.m. Positionals 9:15 a.m.	7 Family Competition	8
9	Recovery Stations 8:45 a.m. Setters/Freshman Court	Lift 8:15 a.m. Positionals 9:15 a.m.	Speed Work 8:45 a.m. Returners 9:15 a.m.	Lift 8:15 a.m. Positionals 9:15 a.m.	Family Competition	15
16	17 Spring Break	18 Spring Break	19 Spring Break	20 Spring Break	21 Spring Break	22
23	24 Recovery Stations 8:45 a.m. Setters/Freshman Court	25 Lift 8:15 a.m. Positionals 9:15 a.m.	26 Speed Work 8:45 a.m. Returners 9:15 a.m.	Lift 8:15 a.m.  Book Study Part 3 Presentation	28 Family Time	29
30	Recovery Stations 8:45 a.m. Setters/Freshman Court					

## **April**

2026

#### **IMPACTFUL DAILY CHOICES**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Lift 8:15 a.m. Positionals 9:15 a.m.	Speed Work 8:45 a.m. Returners 9:15 a.m.	3 Lift 8:15 a.m. Positionals 9:15 a.m. (Hill)	4 Family Competition	51
6	Recovery Stations 8:45 a.m. Setters/Freshman Court	8 Late Arrival	9 Fowler Talk FitnessGram & Mile	10 Lift 8:15 a.m. Positionals 9:15 a.m.	Family Competition	12
13	Recovery Stations 8:45 a.m. Freshman Court	15 Lift 8:15 a.m. Positionals 9:15 a.m.	Speed Work 8:45 a.m. Returners 9:15 a.m.	Lift 8:15 a.m. Positionals 9:15 a.m.	No School	19
20  Baby Hunt's due date	Recovery Stations 8:45 a.m. Freshman Court	22 Lift 8:15 a.m. Positionals 9:15 a.m.	23 Late Arrival	24 Lift 8:15 a.m. Positionals 9:15 a.m.	25 Family Competition	26
27	Recovery Stations 8:45 a.m.  Book Study Part 4 Presentation	29 Lift 8:15 a.m. Positionals 9:15 a.m.	30 Speed Work 8:45 a.m. Returners 9:15 a.m.			

May

2026

#### **VICTORIOUS MINDSET**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
					Family Competition	
				Lift 8:15 a.m.		
				Positionals 9:15 a.m.		
4	5	6	7	8	9	10
	Recovery Stations 8:45	Lift 8:15 a.m.	Speed Work 8:45 a.m.	Lift 8:15 a.m.	Family Competition	
	a.m.	Positionals 9:15 a.m.	Returners 9:15 a.m.	Positionals 9:15 a.m.	, '	
	Freshman Court					
		AP Testing		AP Testing		
	AP Testing	NHS meeting (8:30am)	AP Testing	*MANDATORY SPRING	AP Testing	
				PLAYER & PARENT MEETING 6:00 p.m.		
11	12	13	14	15	16	17
	Recovery Stations 8:45	Lift 8:15 a.m.	Speed Work 8:45 a.m.	Lift 8:15 a.m.	Family Competition	
	a.m.	Positionals 9:15 a.m.	Returners 9:15 a.m.	Positionals 9:15 a.m.		
	Freshman Court					
	AP Testing	Gear Turn-in	Impact Testing	End of Year		
	Ar lesting	AP Testing	(incoming juniors) AP Testing	Celebration/	AP Testing	
			AP lesting	Breakfast  AD Tasting		
40	40	20	24	AP Testing	22	24
18	19	20	21	22	23	24
	TBD	TBD	TBD	*Dad weether make up		
	Celebration of Learning	Mass Physicals @ LSHS	Last Day of School	*Bad weather make-up	*Bad weather make-up	
25	26	27	28	29	30	31
		OFF	OFF	OFF	OFF	
	Memorial Day					

#### ALL CALENDAR ITEMS ARE TENTATIVE - THIS IS A LIVE DOCUMENT, CHANGES OFTEN!!

June

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	PC Starts PC 9-10:30 a.m. CAMP: 3rd-8th 11am-1pm Incoming Freshmen 1-3pm	PC 9-10:30 a.m.  CAMP: 3rd-8th 11am-1pm Incoming Freshmen 1-3pm	PC 9-10:30 a.m.  CAMP: 3rd-8th 11am-1pm Incoming Freshmen 1-3pm	PC 9-10:30 a.m.  CAMP: 3rd-8th 11am-1pm Incoming Freshmen 1-3pm	OFF	7
8 Skills 1: Freshman Skills 2: Returners	9 <b>Skills 2</b> 7:30-8:30 a.m. <b>PC</b> 9-10:30 a.m.	10 PC 9-10:30 a.m. Skills 1 11 a.mnoon	Skills 2 7:30-8:30 a.m. PC 9-10:30 a.m.	PC 9-10:30 a.m. Skills 1 11 a.mnoon	OFF	14
15	16 Skills 2 7:30-8:30 a.m. PC 9-10:30 a.m.	17 PC 9-10:30 a.m. Skills 1 11 a.mnoon	18 <b>Skills 2</b> 7:30-8:30 a.m. <b>PC</b> 9-10:30 a.m.	19 PC 9-10:30 a.m. Skills 1 11 a.mnoon	OFF	21
22	23  Skills 2 7:30-8:30 a.m.  PC 9-10:30 a.m.	PC 9-10:30 a.m. Skills 1 11 a.mnoon	25 Skills 2 7:30-8:30 a.m. PC 9-10:30 a.m.	26 PC 9-10:30 a.m. Skills 1 11 a.mnoon	OFF	28
29	OFF					

July

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		OFF	OFF	OFF	OFF	
6	7	8	9	10	11	12
	<b>Skills ALL</b> 7:30-8:30 a.m. <b>PC</b> 9-10:30 a.m.	PC 9-10:30 a.m. Skills ALL 10:45-11:45 a.m.	Skills ALL 7:30-8:30 a.m. PC 9-10:30 a.m.	PC 9-10:30 a.m. Skills ALL 10:45-11:45 a.m.	OFF	
13	14	15	16	17	18	19
	Skills ALL 7:30-8:30 a.m. PC 9-10:30 a.m.	PC 9-10:30 a.m. Skills ALL 10:45-11:45 a.m.	Skills ALL 7:30-8:30 a.m. PC 9-10:30 a.m.	PC 9-10:30 a.m. Skills ALL 10:45-11:45 a.m.	OFF	
20	21	22	23	24	25	26
		TEAM CAMP 1-3:30 p.m.	TEAM CAMP 1-3:30 p.m.	TEAM CAMP 1-3:30 p.m.	OFF	
THSCA Coaching School	THSCA Coaching School	THSCA Coaching School				
27	28	29	30	31		
	OFF Porch Visits	OFF	OFF	OFF Ranger Academy 4:30 p.m.		

# August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Practice Times Tentative due to Teacher PD schedule (plan for 2 a days all week)	4 Program-wide Pictures 9am-noon Practice 2:30-5 p.m.  All Booster Meeting @ 6pm	5 <b>Practice 2:30-5 p.m.</b>	Practice 6-8 a.m. (aux only) Practice 3-5 p.m.  Mandatory Parent & Player Meeting 6 pm	Practice 6-8 a.m. Practice 3-5 p.m.	TRYOUTS DAY 1 9th 8-10 am 10-12th 10 am - noon ALL 2-5 pm Round 1 Conversations  8 Practice 11 a.m 1pm F/JV Scrimmage vs. Heath/Wylie East 5 p.m. @ LSHS V @ FHS (V leave 3:45pm)	TRYOUTS DAY 2 All 9-noon Round 2 Conversations  9 V/JV Scrimmage at Keller and F at Colleyville 9 a.m. (JV/V leave @ 7:30am, F leave @ 7:45am)
Home Visits	11 Practice 7:30 a.m.	Practice 8 a.m.  F/JV 5:30 V 6:30 vs. McKinney	Practice 7:30 a.m.  First Day of School	Practice 7:30 a.m.  Uptempo Fundraiser 4:30 p.m.	F/JV Practice 8 a.m.  V Garland Tournament Leave at 8 a.m.	V Garland Tournament
17	18 Practice 7:30 a.m.	Practice 8 a.m.  F/JV 5:30 V 6:30 @  Melissa Leave at 3:15	Practice 7:30 a.m.	Practice 7:30 a.m.	F/JV Practice 8 a.m.  V Allen Tournament	V Allen Tournament
24	25 Practice 7:30 a.m.	Practice 8 a.m.  F/JV 5:30 V 6:30 @  Celina  Leave at 4:00	Practice 7:30 a.m.	28 Practice 7:30 a.m.	Practice 8 a.m.  V 5:30 F/JV 6:30 vs.  Prosper	30

# September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	NO SCHOOL V Practice 1-3 p.m.	NO SCHOOL - Teacher PD.	Practice 7:30 a.m.	4 Practice 7:30 a.m.	5 Practice 8 a.m.	V practice/recovery 8:30-10 a.m. JV Dual @ PC
		F/JV 5:30 V 6:30 @ Colleyville Heritage Leave at 3:30		Team Dinner (per team)	V 5:30 F/JV 6:30 @ Walnut Grove Leave at 3:45pm	Garland Freshman Tournament MS Tournament
7	8 Practice 7:30 a.m.	9 Practice 8 a.m. F/JV 5:30 V 6:30 Volleyball vs. Newman Smith	Practice 7:30 a.m.  Last day of UpTempo Fundraising!	Practice 7:30 a.m.	Practice 8 a.m. V 5:30 F/JV 6:30 Volleyball @ Highland Park V Leave at 3:15 F/JV leave 3:45	FISD Freshman & JV Tournament V practice/recovery 8:00-9:00am.
14	Practice 7:30 a.m.	Boals Boosterthon 7:25-7:50 Practice 8 a.m. F/JV 5:30 V 6:30 Volleyball vs. Creekview MS Night	Practice 7:30 a.m.	Practice 7:30 a.m.	Practice 8 a.m. V 5:30 F/JV 6:30 Volleyball vs. Reedy	V practice/recovery 9-10:30 a.m.
21	Practice 7:30 a.m.	Practice 8 a.m.  F/JV 5:30 V 6:30  Volleyball @ Turner  Leave at 3:30	Practice 7:30 a.m.	Practice 7:30 a.m.  Team Dinner (per team)	Practice 8 a.m. V 5:30 F/JV 6:30 Volleyball vs Wakeland	V practice/recovery 9-10:30 a.m.
28	29 Practice 7:30 a.m.	Practice 8 a.m.  F/JV 5:30 V 6:30  Volleyball @ The  Colony  Leave at 4:00				