

January

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 No School	6 Lift 8:15 a.m. Positionals 9:15 a.m.	7 Speed & Agility 8:45 a.m. Positionals 9:30 a.m.	8 Lift 8:15 a.m. Positionals 9:15 a.m.	9 <i>Charactre Ed- Growth Mindset and Goal Setting</i>	10 January Classic (Flyers & TAV)
11	12 Recovery 8:45 a.m. 2 courts @ 9:30am (freshman & setters)	13 Lift 8:15 a.m. Positionals 9:15 a.m. 1 court @ 9:15am	14 Speed Work 8:45 a.m. Positionals 9:30 a.m. 2 courts @ 9am	15 Lift 8:15 a.m. Positionals 9:15 a.m. 2 courts @ 9:15am	16 <i>Family Competition- Pickleball pt 1</i>	17 Tour of Texas (Austin) Local TNT (Grapevine)
18	19 No School	20 Lift 8:15 a.m. Setters 9:15am	21 Speed Work 8:45 a.m. Freshman 9:30 a.m.	22 Lift 8:15 a.m. Returners 9:15 a.m.	23 <i>Character Ed-</i> GBBall vs HP	24 Rise Energy (Dallas)
25	26 Recovery Stations 8:45 a.m. Setters/Freshman Court Snow Day- No School	27 Lift 8:15 a.m. Positionals 9:15 a.m. Snow Day- No School	28 Speed Work 8:45 a.m. Returners 9:30 a.m. Snow Day- No School	29 Lift 8:15 a.m. Positionals 9:15 a.m. Snow Day- No School	30 <i>Family Competition- Pickleball pt 2</i>	31 NT Unity (Dallas?)

February

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
1	2 Recovery Stations 8:45 a.m. Freshman 9:30 a.m.	3 Lift 8:15 a.m. Study Hall 9:15 a.m. (No Court) Rachel's Challenge in Aux Gym	4 Speed Work 8:45 a.m. Everyone 9:30 a.m.	5 Lift 8:15 a.m. Returners 9:15 a.m.	6	7
8	9 Recovery Stations 8:45 a.m. Setters/Freshman Court	10 Lift 8:15 a.m. Positionals 9:15 a.m.	11 Speed Work 8:45 a.m. Returners 9:15 a.m. <i>Booster Board Meeting</i>	12 Lift 8:15 a.m. Positionals 9:15 a.m.	13 No School	14
15	16 No School	17 Lift 8:15 a.m. Positionals 9:15 a.m.	18 Speed Work 8:45 a.m. Returners 9:15 a.m.	19 Lift 8:15 a.m. Positionals 9:15 a.m. Pulse vs Ingite?	20	21
22	23 Recovery Stations 8:45 a.m. Setters/Freshman Court	24 Lift 8:15 a.m. Positionals 9:15 a.m. <i>Telpas Testing (Main Gym)</i>	25 Speed Work 8:45 a.m. Returners 9:15 a.m. <i>Telpas Testing (Main Gym)</i>	26 Lift 8:15 a.m. Positionals 9:15 a.m.	27	28 Sunshine Classic (Florida)

March2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
1	2 Recovery Stations 8:45 a.m. Setters/Freshman Court	3 Lift 8:15 a.m. Positionals 9:15 a.m.	4 Late Arrival	5 Lift 8:15 a.m. Positionals 9:15 a.m.	6	7
8	9 Recovery Stations 8:45 a.m. Setters/Freshman Court	10 Lift 8:15 a.m. Positionals 9:15 a.m.	11 Speed Work 8:45 a.m. Returners 9:15 a.m.	12 Lift 8:15 a.m. Positionals 9:15 a.m.	13 Pulse vs Fury?	14 Philly Tournament
15	16 Spring Break	17 Spring Break	18 Spring Break	19 Spring Break	20 Spring Break	21
22	23 Recovery Stations 8:45 a.m. Setters/Freshman Court	24 Lift 8:15 a.m. Positionals 9:15 a.m.	25 Speed Work 8:45 a.m. Returners 9:15 a.m.	269 Lift 8:15 a.m.	27	28
29	30	31				

April

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Lift 8:15 a.m. Positionals 9:15 a.m.	1 Speed Work 8:45 a.m. Returners 9:15 a.m.	2 Lift 8:15 a.m. Positionals 9:15 a.m. (Hill)	3 No School	4
5	6 Bad-Weather Make-Up Day	7 Late Arrival	8 Fowler Talk FitnessGram & Mile	9 Lift 8:15 a.m. Positionals 9:15 a.m.	10	11
12	13 Recovery Stations 8:45 a.m. Freshman Court	14 Lift 8:15 a.m. Positionals 9:15 a.m.	15 Speed Work 8:45 a.m. Returners 9:15 a.m.	16 Lift 8:15 a.m. Positionals 9:15 a.m.	17	18
19	20 Recovery Stations 8:45 a.m. Freshman Court	21 Lift 8:15 a.m. Positionals 9:15 a.m.	22 Late Arrival	23 Lift 8:15 a.m. Positionals 9:15 a.m.	24	25
26	27 Recovery Stations 8:45 a.m. <i>Book Study Part 4 Presentation</i>	28 Lift 8:15 a.m. Positionals 9:15 a.m.	29 Speed Work 8:45 a.m. Returners 9:15 a.m.	30 Bad-Weather Make-Up Day		

May

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 No School	2
3 Recovery Stations 8:45 a.m. Freshman Court AP Testing	4 Lift 8:15 a.m. Positionals 9:15 a.m. AP Testing NHS meeting (8:30am)	5 Speed Work 8:45 a.m. Returners 9:15 a.m. AP Testing	6 Lift 8:15 a.m. Positionals 9:15 a.m. AP Testing *MANDATORY SPRING PLAYER & PARENT MEETING 6:00 p.m.	7 AP Testing	8	9
10 Recovery Stations 8:45 a.m. Freshman Court AP Testing	11 Lift 8:15 a.m. Positionals 9:15 a.m. Gear Turn-in AP Testing	12 Speed Work 8:45 a.m. Returners 9:15 a.m. Impact Testing (incoming juniors) AP Testing	13 Lift 8:15 a.m. Positionals 9:15 a.m. End of Year Celebration/ Breakfast AP Testing	14	15	16
17 TBD Celebration of Learning	18 TBD Mass Physicals @ LSHS	19 TBD	20 TBD	21	22 Last Day of School	23
24 Memorial Day	25 OFF	26 OFF	27 OFF	28 OFF	29 OFF	30

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June

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 PC Starts PC 9-10:30 a.m. CAMP: 3rd-8th 11am-1pm Incoming Freshmen 1-3pm	3 PC 9-10:30 a.m. CAMP: 3rd-8th 11am-1pm Incoming Freshmen 1-3pm	4 PC 9-10:30 a.m. CAMP: 3rd-8th 11am-1pm Incoming Freshmen 1-3pm	5 PC 9-10:30 a.m. CAMP: 3rd-8th 11am-1pm Incoming Freshmen 1-3pm	6 OFF	7
8 Skills 1: Freshman Skills 2: Returners	9 Skills 2 7:30-8:30 a.m. PC 9-10:30 a.m.	10 PC 9-10:30 a.m. Skills 1 11 a.m.-noon	11 Skills 2 7:30-8:30 a.m. PC 9-10:30 a.m.	12 PC 9-10:30 a.m. Skills 1 11 a.m.-noon	13 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.m.-noon	18 Skills 2 7:30-8:30 a.m. PC 9-10:30 a.m.	19 PC 9-10:30 a.m. Skills 1 11 a.m.-noon	20 OFF	21
22	23 Skills 2 7:30-8:30 a.m. PC 9-10:30 a.m.	24 PC 9-10:30 a.m. Skills 1 11 a.m.-noon	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.m.-noon	27 OFF	28
29 OFF	30					

July

2065

					9th 8-10 am 10-12th 10 am - noon ALL 2-5 pm Round 1 Conversations	All 9-noon Round 2 Conversations
3 <i>*Practice Times Tentative due to Teacher PD schedule (plan for 2 a days all week)</i>	4 Program-wide Pictures 9am-noon Practice 2:30-5 p.m. All Booster Meeting @ 6pm	5 Practice 2:30-5 p.m.	6 Practice 6-8 a.m. (aux only) Practice 3-5 p.m. Mandatory Parent & Player Meeting 6 pm	7 Practice 6-8 a.m. Practice 3-5 p.m.	8 Practice 11 a.m. - 1pm <u>F/JV Scrimmage</u> vs. Heath/Wylie East 5 p.m. @ LSHS <u>V @ FHS</u> (V leave 3:45pm)	9 <u>V/JV Scrimmage</u> at Keller and <u>F at Colleyville</u> 9 a.m. (JV/V leave @ 7:30am, F leave @ 7:45am)
10 Home Visits	11 Practice 7:30 a.m.	12 Practice 8 a.m. F/JV 5:30 V 6:30 vs. McKinney	13 Practice 7:30 a.m. First Day of School	14 Practice 7:30 a.m. <i>Uptempo Fundraiser 4:30 p.m.</i>	15 F/JV Practice 8 a.m. <u>V Garland Tournament</u> Leave at 8 a.m.	16 <u>V Garland Tournament</u>
17	18 Practice 7:30 a.m.	19 Practice 8 a.m. F/JV 5:30 V 6:30 @ Melissa Leave at 3:15	20 Practice 7:30 a.m.	21 Practice 7:30 a.m.	22 F/JV Practice 8 a.m. <u>V Allen Tournament</u>	23 <u>V Allen Tournament</u>
24	25 Practice 7:30 a.m.	26 Practice 8 a.m. F/JV 5:30 V 6:30 @ Celina Leave at 4:00	27 Practice 7:30 a.m.	28 Practice 7:30 a.m.	29 Practice 8 a.m. <u>V 5:30 F/JV 6:30 vs. Prosper</u>	30

September

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6

	NO SCHOOL V Practice 1-3 p.m.	NO SCHOOL - Teacher PD. F/JV 5:30 V 6:30 @ Colleyville Heritage Leave at 3:30	Practice 7:30 a.m.	Practice 7:30 a.m.	Practice 8 a.m.	V practice/recovery 8:30-10 a.m. JV Dual @ PC Garland Freshman Tournament <i>MS Tournament</i>
7	8 Practice 7:30 a.m.	9 Practice 8 a.m. F/JV 5:30 V 6:30 Volleyball vs. Newman Smith	10 Practice 7:30 a.m. Last day of UpTempo Fundraising!	11 Practice 7:30 a.m. <i>Team Dinner (per team)</i>	12 Practice 8 a.m. V 5:30 F/JV 6:30 Volleyball @ Highland Park V Leave at 3:15 F/JV leave 3:45	13 FISD Freshman & JV Tournament V practice/recovery 8:00-9:00am.
14	15 Practice 7:30 a.m.	16 Boals Boosterthon 7:25-7:50 Practice 8 a.m. F/JV 5:30 V 6:30 Volleyball vs. Creekview MS Night	17 Practice 7:30 a.m.	18 Practice 7:30 a.m.	19 Practice 8 a.m. V 5:30 F/JV 6:30 Volleyball vs. Reedy	20 V practice/recovery 9-10:30 a.m.
21	22 Practice 7:30 a.m.	23 Practice 8 a.m. F/JV 5:30 V 6:30 Volleyball @ Turner Leave at 3:30	24 Practice 7:30 a.m.	25 Practice 7:30 a.m. <i>Team Dinner (per team)</i>	26 Practice 8 a.m. V 5:30 F/JV 6:30 Volleyball vs Wakeland	27 V practice/recovery 9-10:30 a.m.
28	29 Practice 7:30 a.m.	30 Practice 8 a.m. F/JV 5:30 V 6:30 Volleyball @ The Colony Leave at 4:00				

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<h1>October</h1>	<h1>2026</h1>
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 PSAT (10th & 11th grade) No Practice	2 Practice 7:30 a.m.	3 Practice 8 a.m. V 5:30 F/JV 6:30 Volleyball @ Newman Smith Leave at 3:45	4
5	6 Practice 7:30 a.m.	7 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.	10 NO SCHOOL V Walkthrough 2:45 p.m. V 5:30 F/JV 6:30 Volleyball @ Creekview Leave at 3:30	11
12	13 NO SCHOOL V Practice 8-10am	14 NO SCHOOL V Practice time 8-10am F/JV 5:30 V 6:30 Volleyball @ Reedy Leave at 4:00	15 Practice 7:30 a.m.	16 Practice 7:30 a.m.	17 Practice 8 a.m. V 5:30 F/JV 6:30 Volleyball vs. Turner Senior Night	18
19	20 Practice 7:30 a.m. <i>Team Dinner (per team)</i>	21 Practice 8 a.m. F/JV 5:30 V 6:30 Volleyball @ Wakeland Leave at 4:00	22 Practice 7:30 a.m. <i>Start of Basketball Season</i> Trent vs Stafford @ LSHS	23 Practice 7:30 a.m. Halloween Practice	24 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.	28 V Practice 8 a.m. WARMUP GAME TBD District Certification	29 V Practice 7:30 a.m.	30 V Practice 7:30 a.m. Bi-District	31 V Practice 8 a.m. Bi-District	

November

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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						1 V practice 9-10:30am Bi-District <i>MS District Tournament</i>
2	3 Area	4 Individual Meetings Area	5 Individual Meetings	6 Individual Meetings Regional Semifinals	7 Individual Meetings Regional Semifinals	8 Regional Semifinals
9	10 Individual Meetings Regional Finals	11 Individual Meetings Regional Finals	12 Individual Meetings	13 Individual Meetings	14 Individual Meetings	15 State Semifinals
16	17 Individual Meetings	18 Individual Meetings <i>Gear Distribution</i>	19	20 STATE CHAMPIONSHIPS 1A-2A	21 STATE CHAMPIONSHIPS 3A-4A	22 STATE CHAMPIONSHIPS 5A-6A
23	24 <i>Thanksgiving Break</i>	25 <i>Thanksgiving Break</i>	26 <i>Thanksgiving Break</i>	27 <i>Thanksgiving Day</i>	28 <i>Thanksgiving Break</i>	29

December 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Stretch 8:45 a.m.	2 Lift 8:45 a.m.	3 Speed Work 8:45 a.m.	4 Lift 8:45 a.m.	5	6
7 Volleyball Banquet	8 Stretch 8:45 a.m. RangerCon (incoming freshman) 7-8pm	9 Lift 8:45 a.m.	10 Speed Work 8:45 a.m.	11 Lift 8:45 a.m.	12	13
14	15 Stretch 8:45 a.m.	16 Lift 8:45 a.m.	17 Speed Work 8:45 a.m.	18 Winter Break Program Breakfast	19	20
21	22 Winter Break	23 Winter Break	24 Winter Break	25 Winter Break	26 Winter Break	27
28	29 Winter Break	30 Winter Break	31 Winter Break	Winter Break	Winter Break	