

JUNE 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3 Last Day of School	4
5 Green = Elementary/ Middle School Camps Blue = Strength and Conditioning Red = Open Gym	6 Grades 3-6 Camp 4:30 – 6 pm Grades 7-8 Camp 6:30 – 8:30 pm	7 Grades 3-6 Camp 4:30 – 6 pm Grades 7-8 Camp 6:30 – 8:30 pm	8 Grades 3-6 Camp 4:30 – 6 pm Grades 7-8 Camp 6:30 – 8:30 pm	9 Grades 3-6 Camp 4:30 – 6 pm Grades 7-8 Camp 6:30 – 8:30 pm	10	11
12	13 Strength and Conditioning 9-10:30 am Open Gym 6 – 8 pm	14	15	16 Strength and Conditioning 9-10:30 am Open Gym 10:30 am – 12 pm	17	18
19	20 Strength and Conditioning 9-10:30 am	21 Open Gym 6 – 8 pm	22	23 Strength and Conditioning 9-10:30 am Open Gym 10:30 am – 12 pm	24	25
26	27 Strength and Conditioning 9-10:30 am Grades 3-6 Camp 3 – 4:30 pm Grades 7-8 Camp 5 – 7 pm	28 Grades 3-6 Camp 3 – 4:30 pm Grades 7-8 Camp 5 – 7 pm Open Gym 7 – 9 pm	29 Grades 3-6 Camp 3 – 4:30 pm Grades 7-8 Camp 5 – 7 pm	30 Strength and Conditioning 9-10:30 am Open Gym 10:30 am – 12 pm Grades 3-6 Camp 3 – 4:30 pm Grades 7-8 Camp 5 – 7 pm	1	2

JULY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
3	4 OFF	5 OFF	6 OFF	7 OFF	8 OFF	9
10	11 Strength and Conditioning 9-10:30 am	12 Open Gym 6 – 8 pm	13	14 Strength and Conditioning 9-10:30 am Open Gym 10:30 am – 12 pm	15	16
17	18 Strength and Conditioning 9-10:30 am Grades 3-6 Camp 3 – 4:30 pm Grades 7-8 Camp 5 – 7 pm	19 Grades 3-6 Camp 3 – 4:30 pm Grades 7-8 Camp 5 – 7 pm Open Gym 7 – 9 pm	20 Strength and Conditioning 9-10:30 am Grades 3-6 Camp 3 – 4:30 pm Grades 7-8 Camp 5 – 7 pm Open Gym 7 – 9 pm	21 NAVB Grass Tournament Grades 3-6 Camp 3 – 4:30 pm Grades 7-8 Camp 5 – 7 pm	22	23
24	25 Strength and Conditioning 9-10:30 am	26 Open Gym 6 – 8 pm	27	28 Strength and Conditioning 9-10:30 am Open Gym 10:30 am – 12 pm	29	30
31	1	2	3	4	5	6

AUGUST 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Strength and Conditioning 9-10:30 am	2 Just 4 Girls Camp Open Gym 6 – 8 pm	3 Strength and Conditioning 9-10:30 am Open Gym 10:30 am – 12 pm	4	5	6
7	8 Strength and Conditioning 9-10:30 am	9 Open Gym 6 – 8 pm	10	11 Strength and Conditioning 9-10:30 am Open Gym 10:30 am – 12 pm	12	13
14	15 Tryouts 9 th /10 th Grade 3 – 5 pm 11 th /12 th Grade 6 – 8 pm	16 Tryouts Middles: 4 – 5 pm Setters: 4 – 6 pm Outsides: 5 – 6 pm DS's: 5 – 7 pm	17 Tryouts 4 – 6 pm 7:15 – 9 pm <i>Team Selections</i>	18 Pre-Season Practice 4 – 6 pm 7:15 – 9 pm <i>Parent Meeting</i> 6 pm	19 Pre-Season Practice 4 – 6 pm	20 Home Scrimmage 9 am (Varsity + JV) <i>Team Building Activity to Follow</i>
21	22 Practice 3 – 5 pm <i>Picture Day</i>	23 Practice 3:15 – 5:45 pm	24 Home Scrimmage 5 pm (Varsity + JV)	25 Practice 3:15 – 5:45 pm	26 Practice 3:15 – 5 pm	27 Practice 8 – 10 am
28	29 Home vs. Freeport	30 Practice 3:15 – 5:45 pm	31 Home vs. Norwin	1	2	3

SEPTEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 Practice 3:15 – 5:45 pm	2 Practice 3:15 – 5 pm	3 Practice 8 – 10 am
4	5 OFF (<i>Labor Day</i>)	6 @ Shaler <i>Pass and Serve</i> 3:30 – 4:15 pm	7 Practice 3:15 – 5:45 pm	8 Practice 3:15 – 5:45 pm	9 Practice 3:15 – 4 pm	10 Upper St. Clair Tournament (Varsity Only) Peters Township Tournament (JV Only)
11	12 Practice 3:15 – 5:45 pm	13 @ Pine Richland	14 Practice 3:15 – 5:45 pm	15 Home vs. North Hills	16 Practice 3:15 – 5 pm	17 Practice 8 – 10 am
18	19 Practice 3:15 – 5:45 pm	20 Home vs. North Catholic	21 Practice 3:15 – 5:45 pm	22 @ Butler	23 Practice 3:15 – 4 pm <i>Drive to Harrisburg</i> (Varsity Only)	24 Cumberland Valley Tournament (Varsity Only) Upper St. Clair Tournament (JV Only)
25	26 Practice 3:15 – 5:45 pm	27 Home vs. Seneca Valley	28 Practice 3:15 – 5:45 pm	29 @ Mt. Lebanon	30 OFF	1

OCTOBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1 OFF
2 OFF	3 Practice 3:15 – 5:45 pm	4 Home vs. Pine Richland	5 Practice 3:15 – 5:45 pm	6 @ North Hills	7 OFF (<i>Homecoming</i>)	8 OFF
9 Practice 6:30 – 8:30 pm	10 @ Oakland Catholic	11 Practice 3:15 – 5:45 pm	12 Practice 3:15 – 5:45 pm	13 Home vs. Butler	14 Practice 3:15 – 4 pm	15 Hempfield / State College Tri-Match (@ State College) (Varsity + JV)
16	17 Practice 3:15 – 5:45 pm	18 @ Seneca Valley	19 Practice 3:15 – 5:45 pm	20 Practice 3:15 – 5:45 pm	21 Practice 3:15 – 5 pm <i>Tournament Set-Up</i>	22 Home Tournament (Varsity + JV)
23	24 WPIAL Playoffs Begin	25	26	27	28	29
30	31	1	2	3	4	5

NOVEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
6	7	8	9	10	11 Veterans Day	12
13	14	15	16	17	18	19
20	21	22	23	24 Thanksgiving Day	25	26
27	28	29	30	1	2	3