

# June 2023

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

# July 2023

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

# August 2023

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

# September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> @TOC Tournament (Varsity Only) <i>Tampa, FL</i>  <i>JV OFF</i>	<b>2</b> @TOC Tournament (Varsity Only) <i>Tampa, FL</i>  <i>JV OFF</i>
<b>3</b> <i>Flight to Pittsburgh</i> <i>(Varsity Only)</i>	<b>4</b> Labor Day OFF	<b>5</b> Home vs. Shaler <i>Pass and Serve</i> <i>after school</i>	<b>6</b> Practice 3:15 – 5:45 pm	<b>7</b> Practice 3:15 – 5:45 pm	<b>8</b> JV Practice 3:15 – 4:30 pm  <i>Varsity OFF</i>	<b>9</b> @Peter's Township Tournament (JV)  <i>Varsity OFF</i>
10	<b>11</b> Practice 3:15 – 5:45 pm	<b>12</b> Home vs. Pine Richland	<b>13</b> Practice 3:15 – 5:45 pm	<b>14</b> @ North Hills	<b>15</b> Avon Lake Tournament (Varsity Only) <i>Cleveland, OH</i>  <i>JV OFF</i>	<b>16</b> Avon Lake Tournament (Varsity Only) <i>Cleveland, OH</i>  <i>JV OFF</i>
17	<b>18</b> Practice 3:15 – 5:45 pm	<b>19</b> @ North Catholic	<b>20</b> Home vs. Butler	<b>21</b> Practice 3:15 – 5:45 pm	<b>22</b> Practice 2:30 – 3:15 pm  <i>Depart for</i> <i>Cumberland Valley (V)</i>	<b>23</b> @ Cumberland Valley Tournament (Varsity)  @ Upper St. Clair Tournament (JV)
24	<b>25</b> Practice 3:15 – 5:45 pm	<b>26</b> @ Seneca Valley	<b>27</b> Practice 3:15 – 5:45 pm	<b>28</b> Home vs. Mt. Lebanon	<b>29</b> OFF	<b>30</b> Homecoming OFF

# October 2023

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

# November 2023

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