

July 2021

Jack Britt Volleyball



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4 DEAD PERIOD NO WORKOUTS	5 DEAD PERIOD NO WORKOUTS	6 DEAD PERIOD NO WORKOUTS	7 DEAD PERIOD NO WORKOUTS	8 DEAD PERIOD NO WORKOUTS	9 DEAD PERIOD NO WORKOUTS	10 DEAD PERIOD NO WORKOUTS
11 DEAD PERIOD NO WORKOUTS	12 Workouts 8am-10am	13 Workouts 8am-10am	14 Workouts 8am-10am	15 Workouts 8am-10am	16 Workouts 8am-10am	17 Workouts 8am-10am
18 DEAD PERIOD NO WORKOUTS	19 DEAD PERIOD NO WORKOUTS	20 DEAD PERIOD NO WORKOUTS	21 DEAD PERIOD NO WORKOUTS	22 DEAD PERIOD NO WORKOUTS	23 DEAD PERIOD NO WORKOUTS	24 DEAD PERIOD NO WORKOUTS
25 DEAD PERIOD NO WORKOUTS	26 Workouts 8am-10am	27 Workouts 8am-10am	28 Workouts 8am-10am	29 Workouts 8am-10am	30 Workouts 8am-10am	31 Workouts 8am-10am
1	2 TRYOUT DATE					

<p>MANY SUMMER CAMPS ARE AVAILABLE - Choose a college you are interested in and attend their volleyball camp!</p>	<p>Final forms MUST be completed in order to workout.</p>	<p>Weeks are labeled per Summer Practice Packet</p> <p>Track your Progress!</p>	<p>Dead Periods July 5th-11th July 18th-25th</p>	<p>All athletes MUST have a CURRENT physical on Final Forms to participate in JBHS Volleyball</p>
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JACK BRITT VOLLEYBALL
 Head Coach – Jessica Grooms
 Athletic Director – Michael Lindsay
 Principal – Scott Pope

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