

# July 2023

## Jack Britt Volleyball



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 DEAD PERIOD NO WORKOUTS	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	11 Workouts 7am-9am	12 Workouts 7am-9am	13 Workouts 7am-9am	14 Workouts 7am-9am	15
16	17 DEAD PERIOD NO WORKOUTS	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	25 Workouts 7am-9am	26 Workouts 7am-9am	27 Workouts 7am-9am	28 Workouts 7am-9am	29
30	31 Tryouts 7am-9am	1 Tryouts 7am-9am	2 Tryouts 7am-9am	3 Tryouts 7am-9am	4 Tryouts 7am-9am	5
6	7 Workouts 7am-9am	8 Workouts 7am-9am	9 Workouts 7am-9am	10 Workouts 7am-9am	11 Workouts 7am-9am	12 DEAD PERIOD NO WORKOUTS

MANY SUMMER CAMPS ARE AVAILABLE - Choose a college you are interested in and attend their volleyball camp!

**Final forms MUST be completed in order to workout.**

**Dead Periods**  
July 3<sup>rd</sup>-9<sup>th</sup>  
July 17<sup>th</sup>-23<sup>rd</sup>

**All athletes MUST have a CURRENT physical on Final Forms to participate in JBHS Volleyball**