

RANGER VOLLEYBALL – June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		May 28 Weightroom 9:30 – 11:00 @ Admin Building		May 30 Weightroom 9:30 – 11:00 @ Admin Building		1
2	3	4 Weightroom 9:30 – 11:00 @ Admin Building	5	6 Weightroom 9:30 – 11:00 @ Admin Building	7	8
9	10	11 Weightroom 9:30 – 11:00 @ Admin Building	12	13 Weightroom 9:30 – 11:00 @ Admin Building	14	15
16	17	18 Weightroom 9:30 – 11:00 @ Admin Building	19	20 Weightroom 9:30 – 11:00 @ Admin Building	21	22
23	24	25 Weightroom 9:30 – 11:00 @ Admin Building	26	27 Weightroom 9:30 – 11:00 @ Admin Building	28	29
30	<p style="text-align: center;">The custodians will be working in the hallway near the water fountain the week of June 24th. You will not have access to the water fountain...bring your own water bottle!</p>					



RANGER VOLLEYBALL – July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Enjoy your week off! Get your physical scheduled.	1	2	3	4	5	6
7	8	9 Weightroom 9:30 – 11:00 @ Admin Building	10	11 Weightroom 9:30 – 11:00 @ Admin Building	12	13
14 <i>Starting this week, you will have a lunch break for the double or triple sessions. You can bring your lunch with you.</i>	15	16 HS Camp 9:00 – 11:00 12:00 – 2:00	17 HS Camp 9:00 – 11:00 12:00 – 2:00	18 HS Camp 9:00 – 11:00 12:00 – 2:00	19	20
21	22 HS Camp 9:00 – 12:00 MS Camp 1:00 – 3:00 Youth Camp 3:00 – 5:30	23 HS Camp 9:00 – 12:00 MS Camp 1:00 – 3:00 Youth Camp 3:00 – 5:30	24 HS Camp 9:00 – 12:00 MS Camp 1:00 – 3:00 Youth Camp 3:00 – 5:30	25 HS Camp 9:00 – 12:00 MS Camp 1:00 – 3:00 Youth Camp 3:00 – 5:30	26 HS Practice/Camp 9:00 – 2:00 pm	27
28	29 HS Practice/Camp 3:00 – 6:00 pm	30 HS Practice/Camp 3:00 – 6:00 pm	31 HS Practice/Camp 3:00 – 6:00 pm			



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RANGER VOLLEYBALL – August 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Beginning August 1 st , all practices are mandatory!	You will not be allowed to practice on August 1st without an updated physical turned in or on file.			1 HS Practice 2:00 – 5:00 (9 th & 10 th) 3:00 – 6:00 pm (11 th & 12 th) MS Tryouts 6:00 – 8:00 pm @ the high school	2 HS Practice 2:00 – 5:00 (9 th & 10 th) 3:00 – 6:00 pm (11 th & 12 th) MS Tryouts 6:00 – 8:00 pm @ the high school	3 HS Practice 9:00 – 12:00 pm
4 The middle school teams will begin mandatory practices this week. Times to be determined.	5 HS Practice JV: 2:00 – 5:00 Varsity 3:00 – 6:00	6 Scrimmage at West Muskingum HS Stay night at Salt Fork Lodge (All day)	7 Return from Salt Fork Lodge (Will return late in the day)	8 Scrimmage @ Westerville North w/ Worth. Kilbourne also 5:00 – 8:00 pm (All teams)	9 HS Practice JV: 2:00 – 5:00 Varsity 3:00 – 6:00	10 HS Practice 9:00 – 12:00 pm
11	12 Scrimmage @ HT 5:00 – 8:00 pm Lancaster (All Teams)	13 HS Practice JV: 2:00 – 5:00 Varsity 3:00 – 6:00	14 First day of School! Practice 2:45 – 5:00	15 Practice 2:45 – 5:00	16 Practice 2:45 – 5:00	17 @ Central Crossing (All teams) 10:00 am
18	19 Franklin Heights (All teams) 5:30 pm	20 Practice 2:45 – 5:00	21 Practice 2:45 – 5:00	22 @ Bishop Ready (All teams) 5:30 pm	23 Practice 2:45 – 5:00	24 Licking Heights (All teams) 10:00 am
25	26 Practice 2:45 – 5:00	27 @ Circleville (All teams) 5:30 pm	28 Practice 2:45 – 5:00	29 Amanda Clearcreek (All teams) 5:30 pm	30 Practice 2:45 – 5:00	31 HS Practice 9:00 – 12:00 pm



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