

July WOVB

2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
MHSAA DEAD WEEK! NO SPORTS ACTIVITIES MAY TAKE PLACE - ENJOY YOUR HOLIDAY 😊						
9	10	11	12	13	14	15
	9-10:30am: Open Gym @ North 10:30-12pm: Lifting		9-10:30am: Open Gym @ North 10:30-12pm: Lifting *JV GVSU TEAM CAMP ALL DAY	9-10am: Outdoor workout – location will be announced *JV GVSU TEAM CAMP ALL DAY	*VARSITY GVSU TEAM CAMP	*VARSITY GVSU TEAM CAMP
16	17	18	19	20	21	22
	9-10:30am: Open Gym @ North 10:30-12pm: Lifting		9-10:30am: Open Gym @ North 10:30-12pm: Lifting	9-10am: Outdoor workout – location will be announced	Varsity Pre-season Tourney @ GH (9am-2pm)	
17th-20th CALVIN TEAM CAMP: Fresh – 4-7pm JV/Var – 7-10pm @ Calvin						
23	24	25	26	27	28	29
	9-10:30am: Open Gym @ North 10:30-12pm: Lifting		9-10:30am: Open Gym @ North 10:30-12pm: Lifting	9-10am: Outdoor workout – location will be announced		
30	31					
	9-10:30am: Open Gym @ North 10:30-12pm: Lifting					