JUNE 2019

Nº	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
							1
22							
22							
	2	3	4	5	6	7	8
23							
	9	10	11	12	13	14	15
						11AM-2PM	
24				MEET 12:30PM		OPEN GYM	
						WORK OUT	
	16	17	18	19	20	21	22
	10	5-8PM	10	5-8PM	20	5-8PM	22
25		OPEN GYM		OPEN GYM		OPEN GYM	
		WORK OUT		WORK OUT		WORK OUT	
	23	24	25	26	27	28	29
		5-8PM		5-8PM		5-8PM	FREE CLINIC
26		OPEN GYM		OPEN GYM		OPEN GYM	YOUTH 9AM-11AM
		WORK OUT		WORK OUT		WORK OUT	HIGH SCHOOL
	00						9AM-11AM
	30						
27							

Head Coach: Nerisa Laban Cell: 503-933-9384 Email: lopakilaban@hotmail.com

JULY 2019

N°	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5	6
					Independence		
27		WORK OUTS		WORK OUTS	Day	WORK OUTS	
		OPEN GYM		OPEN GYM		OPEN GYM	
		2PM-5PM		2PM-5PM		2PM-5PM	
	7	8	9	10	11	12	13
28		WORK OUTS		WORK OUTS	HITTER/SETTER	WORK OUTS	
		OPEN GYM		OPEN GYM	CAMP \$10	OPEN GYM	
		2PM-5PM		2PM-5PM	11AM-1PM	2PM-5PM	
	14	15	16	17	18	19	20
		WORK OUTS	WORK OUTS	WORK OUTS	WORK OUTS		
29		2PM-5PM	2PM-5PM	2PM-5PM	2PM-5PM		
		YOUTH CAMP	YOUTH CAMP	YOUTH CAMP	YOUTH CAMP		
		6-8PM					
	21	22	23	24	25	26	27
30		OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	
		WORK OUTS	WORK OUTS	WORK OUTS	WORK OUTS	WORK OUTS	
		2PM-5PM	2PM-5PM	2PM-5PM	2PM-5PM	2PM-5PM	
	28	29	30	31			
		NO CONTACT	NO CONTACT	NO CONTACT			
31							
		NOTES:	PLAYERS:	CAMP:	SUBJECT		
		RETURN VARSITY	BRING SNACKS	\$40 PER	TO		
		PLAYERS HELP	BOTTLE WATERS	PLAYER	CHANGE		
		AT CAMP		6PM-8PM			

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AUGUST 2019

N°	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2	3
					NO CONTACT	NO CONTACT	NO CONTACT
31							
			_			_	
	4	5	6	7	8	9	10
			WORK OUTS (OPEN		WORK OUTS (OREN		
32	DIVERSITY &		WORK OUTS/OPEN GYM 2:30-4:30PM		WORK OUTS/OPEN GYM 2:30-4:30PM		
32	INCLUSION		YOUTH CAMP	YOUTH CAMP	YOUTH CAMP		
	TOURNEY						
			5PM-8PM	5PM-8PM	5PM-8PM		
	11	12	13	14	15	16	17
33			HIGH SCHOOL	HIGH SCHOOL	HIGH SCHOOL	HIGH SCHOOL	
33			CAMP 2PM-5PM	CAMP 2PM-5PM	CAMP 2PM-5PM	CAMP 2PM-5PM	
		CLEADANCE & FEE	CLEARANCE & FEE				
		PAID	PAID	PAID	PAID	PAID	
	18	19	20	21	22	23	24
						6PM	
34		TRY OUTS	TRY OUTS	TRY OUTS		ALL TEAMS	VARSITY
		2:30PM-5PM	2:30PM-5PM	2:30PM-5PM		HAWAIIAN LUAU	TRAVEL
				TEAMS PICKED		PARENT MEETING	
35	25	26	27	28	29	30	31
	VARSITY	FIRST DAY	PRACTICE	PRACTICE	PRACTICE		SOUTHRIDGE
	TRAVEL	PRACTICE	TIVICTICE	TIVICTICE	HUDSON BAY		TOURNEY
	11011	110101102			VARSITY TBD		VARSITY
		NOTES:	CAMP:	CAMP:	<u>IMPORTANT</u>		
			\$60 PER PLAYER	VARSITY	CLEARANCE &		
			YOUTH CAMP:		PAPERWORK DUE		
		JOIN CAMP	\$40 PER PLAYER	HELP	AUGUST 16 [™]		