

2023

June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29	30	31	01 Open Gym (MG) 3:45-6:00	02 Orange 1&2 GSB Showcase @ Deland HS Time TBD Cost: \$200 per team	03 Orange 1&2 GSB Showcase @ Deland HS Time TBD Cost: \$200 per team	04 Orange 1&2 GSB Showcase @ Deland HS Time TBD Cost: \$200 per team
05 Weights 7:00a-8:00a White 1&2 8:00a-10:00a	06 Weights 7:00a-8:00a Orange 1&2 8:00a-10:00a	07 Silver 1&2 7:00a-8:30a White 1&2 8:30a-10:00a	08 Weights 7:00a-8:00a Orange 1&2 8:00a-10:00a	09	10 Orange 1&2 Team Camp Showcase @ UCF Time TBD Cost: \$500 per team	11 Orange 1&2 Team Camp Showcase @ UCF Time TBD Cost: \$500 per team
12 Weights 7:00a-8:00a White 1&2 8:00a-10:00a White 1&2 v Palatka 6pm @ Matanzas	13 Weights 7:00a-8:00a Orange 1&2 8:00a-10:00a	14 Silver 1&2 2:00-4:00 White 1&2 12:00-2:00 Silver 1&2 v Matanzas 6pm @ Matanzas	15 Weights 7:00a-8:00a Orange 1&2 8:00a-10:00a	16 Orange 1&2 Team Camp @ BCU Time TBD Cost: \$300 per team	17 Orange 1&2 Team Camp @ BCU Time TBD Cost: \$300 per team	18 Orange 1&2 Team Camp @ BCU Time TBD Cost: \$300 per team
19 Silver 1&2 12:00-2:00 White 1&2 2:00-4:00 White 1&2 v Seabreeze 7pm @ Matanzas	20 Weights 7:00a-8:00a Orange 1&2 8:00a-10:00a	21 Silver 1&2 2:00-4:00 White 1&2 12:00-2:00 Silver 1&2 v New Smyrna 7pm @ Matanzas	22 Weights 7:00a-8:00a Orange 1&2 8:00a-10:00a	23	24	25
26 Conditioning 12:00-1:00 Orange 1&2 1:00-3:00 Orange 2 v Toco Creek 6pm @ Matanzas	27 Weights 7:00a-8:00a Orange 1&2 8:00a-10:00a	28 Conditioning 12:00-1:00 Orange 1&2 1:00-3:00 Orange 1 @ Matanzas Time TBD	29	30	01	02
03	04	Notes: If you have any question or concerns, please contact Coach Wilbert (wswilber@volusia.k12.fl.us)				

2023

July

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	28	29	30	01	02
03	04	05	06	07	08	09
	Independence Day					
10	11 Open Gym (MG) 9:00-11:00 Conditioning (WR) 11:00-12:00	12 Open Gym (MG) 11:00-1:00 Conditioning (WR) 1:00-2:00	13 Open Gym (MG) 9:00-11:00 Conditioning (WR) 11:00-12:00	14	15	16
17 Open Gym (MG) 9:00-11:00 Conditioning (WR) 11:00-12:00	18 Open Gym (MG) 9:00-11:00 Conditioning (WR) 11:00-12:00	19 Open Gym (MG) 9:00-11:00 Conditioning (WR) 11:00-12:00	20 Open Gym (MG) 9:00-11:00 Conditioning (WR) 11:00-12:00	21	22	23
24 Open Gym (MG) 9:00-11:00 Conditioning (WR) 11:00-12:00	25 Open Gym (MG) 9:00-11:00 Conditioning (WR) 11:00-12:00	26 Open Gym (MG) 9:00-11:00 Conditioning (WR) 11:00-12:00	27 Open Gym (MG) 9:00-11:00 Conditioning (WR) 11:00-12:00	28	29	30
31	01	Notes: MG = Main Gym WR = Weightroom If you have any question or concerns, please contact Coach Wilbert (wswilber@volusia.k12.fl.us)				