

**Powers Catholic Volleyball Conditioning/Tryout Schedule  
Summer 2015**

| Sunday            | Monday                            | Tuesday                           | Wednesday                      | Thursday                               | Friday | Saturday            |
|-------------------|-----------------------------------|-----------------------------------|--------------------------------|--|--------|---------------------|
| <b>JULY</b><br>5) | 6)<br>Conditioning<br>9am - 11am  | 7)<br>Conditioning<br>9am - 11am  | 8)                             | 9)<br>Conditioning<br>5:30pm – 7:30pm  | 10)    | 11)                 |
| 12)               | 13)<br>Conditioning<br>9am - 11am | 14)<br>Conditioning<br>9am - 11am | 15)                            | 16)<br>Conditioning<br>5:30pm – 7:30pm | 17)    | 18)                 |
| 19)               | 20)<br>Conditioning<br>9am - 11am | 21)<br>Conditioning<br>9am - 11am | 22)                            | 23)<br>Conditioning<br>5:30pm – 7:30pm | 24)    | 25)                 |
| 26)               | 27)<br>Conditioning<br>9am - 11am | 28)<br>Conditioning<br>9am - 11am | 29)                            | 30)                                    | 31)    | <b>AUGUST</b><br>1) |
| 2)                | 3)                                | 4)                                | 5)                             | 6)                                     | 7)     | 8)                  |
| 9)                | 10)                               | 11)                               | 12)<br>Tryouts<br>5pm – 7:30pm | 13)<br>Tryouts<br>5pm-8pm              | 14)    | 15)                 |