



ARC Volleyball Summer Schedule – June/July

Any of this is subject to change!! Join Remind-text @arcvoll22 to 81010

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------------------------------------|---------------------------------------------------|-----------------------------------------------------------------|-----------------------------------------------------------------|-----------------------------------------------|--------------------------------|--------------------------------|
| 5 JUNE GHSA "DEAD WEEK" MAY 30- JUNE 5 | 6 Conditioning on your own | 7 Conditioning and practice/ARC Gym 5:30-7:30 | 8 Conditioning and practice/ARC Gym 5:30-7:30 | 9 Conditioning on your own | 10 Conditioning on your own | 11 Conditioning on your own |
| 12 ↑ GET PHYSICALS AND PAPERWORK DONE BY JUNE 6!! | 13 | 14 Conditioning and practice/ARC Gym 5:30-7:30 EMORY CAMP | 15 Conditioning and practice/ARC Gym 5:30-7:30 EMORY CAMP | 16 Conditioning on your own EMORY CAMP | 17 Conditioning on your own | 18 Conditioning on your own |
| 19 | 20 | 21 Conditioning and practice/ARC Gym 5:30-7:30 | 22 Conditioning and practice/ARC Gym 5:30-7:30 | 23 Conditioning on your own | 24 Conditioning on your own | 25 Conditioning on your own |
| 26 | 27 | 28 Conditioning and practice/ARC Gym 5:30-7:30 | 29 Conditioning and practice/ARC Gym 5:30-7:30 | 30 Conditioning on your own | 1 Conditioning on your own | 2 Conditioning on your own |
| 3/10 JULY GHSA "DEAD WEEK" JULY 4- JULY 10 | 11 Conditioning and practice/ARC Gym Times TBA | 12 Grovetown Summer Jam Times/Location TBA | 13 Grovetown Summer Jam Times/Location TBA | 14 Grovetown Summer Jam Times/Location TBA | 15 Conditioning on your own | 16 Conditioning on your own |

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|----|---------------------------------------------------|---------------------------------------------------------|---------------------------------------------------------|-----------|-----------|--------------------------------|
| 17 | 18 ARC GYM IS BEING USE ALL WEEK SO..... | 19 Conditioning and practice/ARC Gym 5:30-7:30 | 20 Conditioning and practice/ARC Gym 5:30-7:30 | 21 SEE | 22 YOU | 23 AUGUST 1 ST ! |
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Varsity and JV rosters will be established by the end of the summer. The rosters may change during the season.

Below is the schedule for the first two weeks of August. At this point all practices will be mandatory. Times may be altered, and practices will be split between JV and varsity on some of these days and during the season. JV will practice first.

Please note the **Parent Meeting** to be held after morning practices on Saturday August 6 at noon.

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| AUGUST | 1 Practice 4:00-7:00 | 2 Practice 4:00-7:00 | 3 Practice 4:00-7:00 <i>Open House may alter these times.</i> | 4 Practice 4:00-7:00 | 5 Practice 4:00-7:00 | 6 Practice 9:00-12:00 Parent Meeting at 12:00 |
| 7 | 8 1st Day of School Practice 3:30-6:30 | 9 Scrimmage vs. the Augusta Eagles @ St. Mark's Church 5:30 (JV/V) | 10 Practice 3:30-6:30 | 11 Match @ DFA JV 5:00 V 6:00 | 12 | 13 |