

# BROWNSBORO JUNIOR HIGH & HIGH SCHOOL GIRLS SUMMER WORKOUTS

## WEEK 1: JUNE 2-5

JH = INCOMING 7TH & 8TH GRADERS

HS = INCOMING 9TH-12TH GRADERS

|     |       |                         |                               |                         |
|-----|-------|-------------------------|-------------------------------|-------------------------|
| 6/2 | MON   | 8-8:50 AM               | 9-9:35 AM                     | 9:40-10:30 AM           |
| 6/3 | TUES  |                         |                               |                         |
| 6/4 | WED   | VBALL @ BJH- ALL GRADES | WEIGHT ROOM @ BHS- ALL GRADES | BBALL @ BJH- ALL GRADES |
| 6/5 | THURS |                         |                               |                         |

## WEEK 2: JUNE 9-12

JH = INCOMING 7TH & 8TH GRADERS

HS = INCOMING 9TH-12TH GRADERS

|      |       |                                  |                               |                                  |
|------|-------|----------------------------------|-------------------------------|----------------------------------|
| 6/9  | MON   | 8-8:50 AM                        | 9-9:35 AM                     | 9:40-10:30 AM                    |
| 6/10 | TUES  |                                  |                               |                                  |
| 6/11 | WED   | HS VBALL @ BJH<br>JH BBALL @ BHS | WEIGHT ROOM @ BHS- ALL GRADES | JH VBALL @ BJH<br>HS BBALL @ BHS |
| 6/12 | THURS |                                  |                               |                                  |

## WEEK 3: JUNE 16-19

JH = INCOMING 7TH & 8TH GRADERS

HS = INCOMING 9TH-12TH GRADERS

**NO VOLLEYBALL THIS WEEK- WE WILL BE HOSTING LITTLES CAMP @ BHS**

|      |       |                |                               |                |
|------|-------|----------------|-------------------------------|----------------|
| 6/16 | MON   | 8-8:50 AM      | 9-9:35 AM                     | 9:40-10:30 AM  |
| 6/17 | TUES  |                |                               |                |
| 6/18 | WED   | JH BBALL @ BJH | WEIGHT ROOM @ BHS- ALL GRADES | HS BBALL @ BJH |
| 6/19 | THURS |                |                               |                |

## WEEK 4: JUNE 23-26

JH = INCOMING 7TH & 8TH GRADERS

HS = INCOMING 9TH-12TH GRADERS

|      |       |                                  |                               |                                  |
|------|-------|----------------------------------|-------------------------------|----------------------------------|
| 6/23 | MON   | 8-8:50 AM                        | 9-9:35 AM                     | 9:40-10:30 AM                    |
| 6/24 | TUES  |                                  |                               |                                  |
| 6/25 | WED   | HS VBALL @ BJH<br>JH BBALL @ BHS | WEIGHT ROOM @ BHS- ALL GRADES | JH VBALL @ BJH<br>HS BBALL @ BHS |
| 6/26 | THURS |                                  |                               |                                  |

## WEEK 5: JUNE 30-JULY 4

**GYMS ARE CLOSED FOR WAXING-NO WORKOUTS THIS WEEK**

## WEEK 6: JULY 7-10

JH = INCOMING 7TH & 8TH GRADERS

HS = INCOMING 9TH-12TH GRADERS

|      |       |                                  |                               |                                  |
|------|-------|----------------------------------|-------------------------------|----------------------------------|
| 7/7  | MON   | 8-8:50 AM                        | 9-9:35 AM                     | 9:40-10:30 AM                    |
| 7/8  | TUES  |                                  |                               |                                  |
| 7/9  | WED   | HS VBALL @ BHS<br>JH BBALL @ BJH | WEIGHT ROOM @ BHS- ALL GRADES | JH VBALL @ BHS<br>HS BBALL @ BJH |
| 7/10 | THURS |                                  |                               |                                  |

## WEEK 7: JULY 14-17

JH = INCOMING 7TH & 8TH GRADERS

HS = INCOMING 9TH-12TH GRADERS

|      |       |                                  |                               |                                  |
|------|-------|----------------------------------|-------------------------------|----------------------------------|
| 7/14 | MON   | 8-8:50 AM                        | 9-9:35 AM                     | 9:40-10:30 AM                    |
| 7/15 | TUES  |                                  |                               |                                  |
| 7/16 | WED   | HS VBALL @ BHS<br>JH BBALL @ BJH | WEIGHT ROOM @ BHS- ALL GRADES | JH VBALL @ BHS<br>HS BBALL @ BJH |
| 7/17 | THURS |                                  |                               |                                  |