

DHS VOLLEYBALL MAY 2026

05/26

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES
					1	2	Please remember to bring your filled out Off-Season Conditioning Form. Give to a DHS Volleyball Coach. You will not be able to participate without it. Bring water, volleyball gear, snack These workouts are optional. The DHS Volleyball staff offer these options to help prepare athletes for tryouts on August 1st and 3rd. Any questions please email: douglastigersvolleyball@gmail.com
3	4	5	6	7	8	9	
10	11	12	13 Parent Meeting 5:30pm DHS Rm # 413	14	15	16	
17	18 OPEN GYM 3:00-5:00pm	19	20 OPEN GYM 3:00-5:00PM	21	22	23	
24	25 OPEN GYM 3:00-5:00PM	26	27 OPEN GYM 3:00-5:00PM	28	29	30 Big Cat Grass Volleyball Tourney Lampe Park 7:00am	
31							

DHS VOLLEYBALL JUNE 2026

06/26

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES
	1. OPEN GYM 4:30-6:30PM	2	3. OPEN GYM 4:30-6:30PM	4	5	6	Please remember to bring your filled out Off-Season Conditioning Form. Give to a DHS Volleyball Coach. You will not be able to participate without it. Bring water, volleyball gear, snack These workouts are optional. The DHS Volleyball staff offer these options to help prepare athletes for tryouts on August 1st and 3rd. Any questions please email: douglastigersvolleyball@gmail.com
7	8 OPEN GYM 4:30-6:30	9	10 OPEN GYM 4:30-6:30	11	12	13	
14	15 OPEN GYM 4:30-6:30	16	17 OPEN GYM 4:30-6:30	18	19	20	
21	22. OPEN GYM 4:30-6:30	23	24 OPEN GYM 4:30-6:30	25	26	27	
28	29 OPEN GYM 4:30-6:30	30					