

# July 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9 <i>Shaker League– Frosh &amp; JV</i>  <i>Open Gym</i>	10 <i>Healthy Hart Fitness Training</i>	11 <i>Shaker League– Varsity</i>  <i>Open Gym</i>	12 <i>Healthy Hart Fitness Training</i>	13	14
15	16 <i>Shaker League– Frosh &amp; JV</i>  <i>Open Gym</i>	17 <i>Healthy Hart Fitness Training</i>	18 <i>Shaker League– Varsity</i>  <i>Open Gym</i>	19 <i>Healthy Hart Fitness Training</i>	20	21
22	23 <i>Shaker League– Frosh &amp; JV</i> <i>Speed &amp; Agility Camp</i> <i>Open Gym</i>	24 <i>Healthy Hart Fitness Training</i> <i>Speed &amp; Agility Camp</i>	25 <i>Shaker League– Varsity</i> <i>Speed &amp; Agility Camp</i> <i>Open Gym</i>	26 <i>Healthy Hart Fitness Training</i> <i>Speed &amp; Agility Camp</i>	27	28
29	30 <i>Shaker League– Frosh &amp; JV</i>  <i>Open Gym</i>	31 <i>Healthy Hart Fitness Training</i>	<b>Open Gyms: 6:00-8:00 pm White Gym</b>	<b>Shaker League: 3:30-5:30 pm Shaker HS H Gym</b>	<b>Healthy Hart Fitness Training: 10:00-11:00 am Global Fitness, Malta</b>	<b>Speed and Agility Camp: 9:00 am-12:00 pm Shen HS Turf Field</b>

# August 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Open Gyms 6-8 pm</b> <b>White Gym</b> <b>Shaker League:</b> <b>:30-5:30pm</b> <b>Shaker HS, H Gym</b>	<b>Healthy Hart Fitness</b> <b>Training:</b> <b>10:00-11:00 am</b> <b>Global Fitness,</b> <b>Malta</b>	<b>Shen VB CAMP:</b> <b>AM: 8:30-12:30</b> <b>PM: 2:30-5:00</b> <b>Tryouts:</b> <b>WHITE GYM</b>	<i>1</i> <i>Shaker League–</i> <i>Varsity</i>  <i>Open Gym</i>	<i>2</i> <i>Healthy Hart Fitness</i> <i>Training</i>	<i>3</i>	<i>4</i>
5	<i>6</i>  <i>Open Gym</i>	<i>7</i>  <i>Healthy Hart Fitness</i> <i>Training</i>	<i>8</i>  <i>Open Gym</i>	<i>9</i>  <i>Healthy Hart Fitness</i> <i>Training</i>	<i>10</i>	<i>11</i>
12	<i>13</i>  <b>Shen VB CAMP</b>	<i>14</i>  <b>Shen VB CAMP</b>	<i>15</i>  <b>Shen VB CAMP</b>	<i>16</i>  <b>Shen VB CAMP</b>	<i>17</i>  <b>Shen VB CAMP</b>	<i>18</i>
19	<i>20</i> <b>TRYOUTS BEGIN!</b>  <b>8-11</b>	<i>21</i>  <b>8-10</b> <b>1-3</b>	<i>22</i>  <b>8-10 First Cuts</b> <b>1-3</b>	<i>23</i>  <b>8-10</b> <b>1-3</b>	<i>24</i>  <b>8-11</b> <b>Final Cuts</b>	<i>25</i>
26	<i>27 Frosh– 8-11</i> <i>White Gym</i> <i>V/JV– 8-11 HS East</i> <i>V/JV -1:00 Gold’s</i> <i>Gym ??</i>	<i>28 Tri-Level</i> <b>Scrimmage</b> <b>3-5 Koda Gym</b> <b>Parent Picnic</b> <b>5:30– Koda Cafe</b>	<i>29 Frosh– 8-11</i> <i>White Gym</i> <i>V/JV– 8-11 HS East</i> <i>V/JV -1:00 Gold’s</i> <i>Gym ??</i>	<i>30</i> <i>Frosh 9-11– Team</i> <i>Lunch</i> <i>JV– leave for Penfield</i> <i>V-9-11– Team Lunch</i>	<i>31</i> <i>Frosh– 9-11</i> <b>JV Penfield Tourney</b> <i>V– leave for Penfield</i>	

# September 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 <b>Varsity Penfield Tournament</b>
2	3 <i>Labor Day</i> <i>All levels practice</i> <i>9-11</i>	4 <b>Niskayuna @ Shen</b>	5 <i>1st Day of School!</i> <i>Practice</i>	6 <b>Saratoga @ Shen</b>	7 <i>Practice</i>	8 <b>Varsity Minisink Valley Tournament</b>
9	10 <i>Practice</i>  <i>Volley Futures 5:30-7</i>	11 <b>Shen @ Ballston Spa</b>	12 <i>Practice</i>	13 <b>Shen @ Guilderland</b>	14 <b>Colonie @ Shen</b>	15 <i>off</i>
16 <b>Hannah's Hope 5K Run</b> <b>All levels</b>	17 <i>Practice</i>  <i>Volley Futures 5:30-7</i>	18 <b>Shen @ Bethlehem</b>	19 <i>Practice</i>	20 <b>Mohonasen @ Shen</b>	21 <i>Practice</i>	22 <i>Practice</i>
23	24 <b>Shen @ Shaker</b>	25 <i>Practice</i>	26 <i>No School</i> <i>Practice</i>	27 <b>Burnt Hills @ Shen</b>	28 <i>Practice</i>	29 <b>Varsity Baldwinsville Tournament</b>
30						

# October 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i> <i>Practice</i>  <i>Volley Futures 5:30-7</i>	<b>2</b> <b>Columbia @ Shen</b>	<i>3</i> <i>Practice</i>	<b>4</b> <b>Shen @ Averill Park</b>	<i>5</i> <i>Practice</i>	<b>6</b> <b>Varsity/JV</b> <b>Shen's Columbus</b> <b>Day Conquest</b> <b>Tournament</b> <i>Frosh players work</i>
<i>7</i>	<b>8</b> <i>No School</i>  <i>Practice</i>	<b>9</b> <b>Shen @ Niskyauna</b>	<i>10</i> <i>Practice</i>	<b>11</b> <b>Shen @ Saratoga</b>	<i>12</i> <i>Practice</i>	<b>13</b> <b>JV Baldwinsville</b> <b>Tournament</b> <i>Varsity off</i>
<i>14</i>	<b>15</b> <i>Practice</i>  <i>Volley Futures 5:30-7</i>	<b>16</b> <b>Ballston Spa @ Shen</b>	<i>17</i> <i>Practice</i>	<b>18</b> <b>Shaker @ Shen</b> <b>Senior Night</b>	<i>19</i> <i>Practice</i>	<b>20</b> <i>PSAT's</i> <i>Varsity Practoce 3-5</i>
<i>21</i>	<b>22</b> <b>Shen @ Burnt Hills</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			

# November 2012

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	