

July 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i> <i>off</i>	<i>2</i>	<i>3</i> <i>off</i>	<i>4</i>	<i>5</i>	<i>6</i>
<i>7</i>	<i>8</i> <i>Open Gym</i> <i>4-6</i>	<i>9</i>	<i>10</i> <i>Open Gym</i> <i>4-6</i>	<i>11</i>	<i>12</i>	<i>13</i>
<i>14</i>	<i>15</i> <i>Open Gym</i> <i>4-6</i>	<i>16</i>	<i>17</i> <i>Open Gym</i>	<i>18</i>	<i>19</i>	<i>20</i>
<i>21</i>	<i>22</i> <i>Open Gym</i> <i>4-6</i>	<i>23</i>	<i>24</i> <i>Open Gym</i> <i>4-6</i>	<i>25</i>	<i>26</i>	<i>27</i>
<i>28</i>	<i>29</i> <i>Open Gym</i> <i>4-6</i>	<i>30</i>	<i>31</i> <i>Open Gym</i> <i>4-6</i>			

August 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 <i>Open Gym</i> 4-6	6	7 <i>Open Gym</i> 4-6	8	9	10
11	12 <i>Camp</i>	13 <i>Camp</i>	14 <i>Camp</i>	15 <i>Camp</i>	16 <i>Camp</i>	17
18	19 <i>Tryouts-WHITE GYM</i> 8:30-11:30	20 8:30-12:30	21 8:30-12:30 First Cuts	22 8:30-12:30	23 8:30-11:30 Final Cuts	24 <i>off</i>
25	26 <i>Frosh- WHITE</i> <i>V/JV- HS EAST NEW</i> 8:30-11:30 <i>Parent Picnic 5:30-7</i> <i>Koda Cafeteria</i>	27 Frosh Scrimmage vs. Burnt Hills- 9:00 <i>V/JV trimatch scrim-</i> <i>mage vs. Johnstown</i> & Niskayuna 9:00am	28 8:30-11:30	29 8:30-11:30 JV leaves for Pen- field	30 <i>Frosh 8:30-11:30</i> JV-Penfield Tourney <i>V-leaves for Penfield</i>	31 Varisty Penfield Tournament

September 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Labor Day 9-11	3 Ballston Spa @ Shen	4 1st Day of School V 3-5 JV/Frosh 4-6	5 No School 9-11	6 Shen @ Burnt Hills GET SOME!!!	7 Varsity Minisink Tournament Frosh/JV- 9-11
8	9 All levels White Gym 3:45- 5:30 Volley Futures 5:30- 7:00	10 Shen @ Saratoga	11 V 3-5 JV/Frosh 4-6	12 Bethlehem @ Shen	13 V 3-5 JV/Frosh 4-6	14 JV Burnt Hills Tournament Frosh/Varsity OFF
15 All levels Hannah's Hope 5K Run???	16 All levels White Gym 3:45- 5:30 Volley Futures 5:30- 7:00	17 Shen @ Colonie	18 V 3-5 JV/Frosh 4-6	19 Columbia @ Shen	20 Shen @ Mohonasen	21 V 9-11 White GYM Doubles Tourney :) Frosh/JV OFF Color Me Rad 5K
22	23 All levels White Gym 3:45- 5:30 Volley Futures 5:30- 7:00	24 Niskayuna @ Shen	25 V 3-5 JV/Frosh 4-6	26 Shen @ Shaker	27 V 3-5 JV/Frosh 4-6	28 Varisty Baldwinsville Tournament Frosh/JV 9-11
29	30 Shen @ Averill Park					

October 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 V 3-5 JV/Frosh 4-6	2 Guilderland @ Shen	3 V 3-5 JV/Frosh 4-6	4 Shen @ Ballston Spa	5 Shen V & JV Home Tournament Frosh works
6	7 All levels White Gym 3:45– 5:30 Volley Futures 5:30– 7:00	8 Burnt Hills @ Shen Coaches vs. Cancer	9 V 3-5 JV/Frosh 4-6	10 Saratoga @ Shen	11 V 3-5 JV/Frosh 4-6	12 V/JV 9-11 Mixed level tourney :) Frosh off
13	14 All levels 9-11	15 Shen @ Niskayuna	16 V 3-5 JV/Frosh 4-6	17 Shaker @ Shen Senior Night	18 V 3-5 JV 4-6 Frosh Burnt Hills Tournament	19 PSAT's off
20	21 JV practices TBA V post season Practices, scrim- mages, & matches	22	23	24	25	26 JV Minisink Tournament ACT's V off
27	28	29	30	31		

November 2013

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