

# June 2019

May '19							July '19								
S	M	T	W	T	F	S	S	M	T	W	T	F	S		
				1	2	3	4			1	2	3	4	5	6
5	6	7	8	9	10	11	7	8	9	10	11	12	13		
12	13	14	15	16	17	18	14	15	16	17	18	19	20		
19	20	21	22	23	24	25	21	22	23	24	25	26	27		
26	27	28	29	30	31		28	29	30	31					



CALENDAR TEMPLATES by Vertex42.com

<https://www.vertex42.com/calendars/>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	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 SPIN 9:30-10:30 @ The Rev	28	29
30	1	Notes				

Calendar Templates by Vertex42  
<https://www.vertex42.com/calendars/>

## Step 1: Enter the Year and Start Month

Year

Start Month

## Step 2: Choose the Start Day

Start Day of Week

## Step 3: Customize the Theme Colors / Fonts

Go to Page Layout > Themes to choose different colors and fonts.

## Step 4: Print to Paper or PDF

Print the entire workbook, or print only the selected worksheets.

# July 2019

June '19							August '19							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
						1						1	2	3
2	3	4	5	6	7	8	4	5	6	7	8	9	10	
9	10	11	12	13	14	15	11	12	13	14	15	16	17	
16	17	18	19	20	21	22	18	19	20	21	22	23	24	
23	24	25	26	27	28	29	25	26	27	28	29	30	31	
						30								

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 Open Gym 4-6 @ Koda	2 Team Lift 9:30-10:30 East	3 Open Gym 4-6 @ Koda	4 Happy 4th of July No Spin	5 NO TEAM LIFT	6
7	8 Open Gym 4-6 @ Koda	9 Team Lift 9:30-10:30 East	10 Open Gym 4-6 @ Koda	11 SPIN 9:30-10:30 @ The Rev	12 Team Lift 9:30-10:30 East	13
14	15 Open Gym 4-6 @ Koda	16 Team Lift 9:30-10:30 East	17 Open Gym 4-6 @ Koda	18 SPIN 9:30-10:30 @ The Rev	19 Team Lift 9:30-10:30 East	20
21	22 Open Gym 4-6 @ Koda	23 Team Lift 9:30-10:30 East	24 Open Gym 4-6 @ Koda	25 SPIN 9:30-10:30 @ The Rev	26 NO TEAM LIFT	27
28	29 Open Gym 4-6 @ Koda	30 Team Lift 9:30-10:30 East	31 Open Gym 4-6 @ Koda	1	2	3
4	5	Notes				

# August 2019

July '19							September '19						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6	1	2	3	4	5	6	7
7	8	9	10	11	12	13	8	9	10	11	12	13	14
14	15	16	17	18	19	20	15	16	17	18	19	20	21
21	22	23	24	25	26	27	22	23	24	25	26	27	28
28	29	30	31				29	30	31				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 SPIN 9:30-10:30 @ The Rev	2 Team Lift 9:30-10:30 East	3
4	5 NO OPEN GYM	6 Team Lift 9:30-10:30 East	7 NO OPEN GYM	8 SPIN 9:30-10:30 @ The Rev	9 Team Lift 9:30-10:30 East	10
11	12 Shen Camp 8:30-12:30 MS Gyms	13 Shen Camp 8:30-12:30	14 Shen Camp 8:30-12:30	15 Shen Camp 8:30-12:30	16 Shen Camp 8:30-12:30	17
18	19 Tryouts 8:30-12:30 Koda	20 Tryouts 8:30-12:30 Koda	21 Tryouts 8:30-12:30 Koda 1st Cuts	22 Tryouts 8:30-12:30 Koda	23 Tryouts 8:30-11:30 Koda Final Cuts	24
25	26 8:30-11:30 East New Gym Meet the Team Night 5:30-7:30 HS EAST Satellite Cafeteria	27 8:30-11:30 East New Gym	28 8:30-12:30 Scrimmage Play Day HS East	29 8:30-11:30 East New Gym JV leaves for Penfield	30 JV Penfield Tourney Varsity leaves for Penfield Varsity Victor Scrimmage	31 Varsity Penfield Tourney
1	2	Notes				

# September 2019

August '19							October '19						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3			1	2	3	4	5
4	5	6	7	8	9	10	6	7	8	9	10	11	12
11	12	13	14	15	16	17	13	14	15	16	17	18	19
18	19	20	21	22	23	24	20	21	22	23	24	25	26
25	26	27	28	29	30	31	27	28	29	30	31		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b> Labor Day practice 9-11	<b>3</b> Troy @ Shen	<b>4</b> 1st Day of School V- 3:00-5:00 Cardio 5:00-5:30 JV- cardo 3:00-3:30 4:00-6:00	<b>5</b> Albany @ Shen	<b>6</b> V- 3:00-5:00 JV- 4:00-6:00	<b>7</b> V- Hendrick Hudson Tourney JV- Broadalbin Perth Tourney
<b>8</b>	<b>9</b> V- 3:00-5:15 JV- 3:30-5:15 Volley Futures 5:30-7:00	<b>10</b> Shaker @ Shen	<b>11</b> Cardio 5:00-5:30 JV- cardo 3:00-3:30 4:00-6:00	<b>12</b> Burnt Hills @ Shen	<b>13</b> V- 3:00-5:00 JV- 4:00-6:00	<b>14</b> JV Burnt Hills Tourney V- off
<b>15</b>	<b>16</b> V- 3:00-5:15 JV- 3:30-5:15 Volley Futures 5:30-7:00	<b>17</b> Shen @ Colonie	<b>18</b> V- 3:00-5:00 Cardio 5:00-5:30 JV- cardo 3:00-3:30 4:00-6:00	<b>19</b> Averill Park @ Shen	<b>20</b> V- Victor Scrimmage JV- 4:00-6:00	<b>21</b> V- Victor Tourney JV- off
<b>22</b>	<b>23</b> V- 3:00-5:15 JV- 3:30-5:15 Volley Futures 5:30-7:00	<b>24</b> V- 3:00-5:00 JV- 4:00-6:00	<b>25</b> V- 3:00-5:00 Cardio 5:00-5:30 JV- cardo 3:00-3:30 4:00-6:00	<b>26</b> Bethlehem @ Shen	<b>27</b> V- 3:00-6:00 JV- 3:00-6:00 Set up for Home Tourney	<b>28</b> V- Baldwinsville Tourney JV- Home Tourney
<b>29</b>	<b>30</b> V- 3:00-5:15 JV- 3:30-5:15 Volley Futures 5:30-7:00	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	Notes				

# October 2019

September '19

S	M	T	W	T	F	S
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					

November '19

S	M	T	W	T	F	S
						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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1 V- 3:00-5:00 JV- 4:00-6:00	2 V- 3:00-5:00 Cardio 5:00-5:30 JV- cardo 3:00-3:30 4:00-6:00	3 Shen @ Nisky	4 V- 3:00-5:00 JV- 4:00-6:00	5 JV- Baldwinsville Tourney V- off SAT's
6	7 V- 3:00-5:00 JV- 4:00-6:00	8 V- 3:00-5:00 Cardio 5:00-5:30 JV- cardo 3:00-3:30 4:00-6:00	9 no school V/JV: 9:00-11:00	10 Shen @ Guilderland	11 V- leave for NJ JV- 3-4:30	12 V- Garden State Classic JV- Victor Tourney
13 V- Garden State Classic	14 no school V/JV: 9:00-11:00	15 Saratoga @ Shen Senior Night Reception Following Match	16 V- 3:00-5:00 Cardio 5:00-5:30 JV- cardo 3:00-3:30 4:00-6:00	17 Shen @ Schenectady	18 V-/JV- 3:00-6:00 set up for tourney	19 V- Shen Home Tourney JV- works home tourney
20	21 V- 3:00-5:00 JV- 4:00-6:00	22 V- 3:00-5:00 JV- 4:00-6:00	23 V- 3:00-5:00 Cardio 5:00-5:30 JV- cardo 3:00-3:30 4:00-6:00	24 Shen @ Columbia	25 V- 3:00-5:00 JV- 4:00-6:00	26 V/JV: 9:00-11:00  ACT's
27	28 Shen @ Ballston Spa	29 V- 3:00-5:00	30 V- 3:00-5:00 Cardio 5:00-5:30 JV- cardo 3:00-3:30 4:00-6:00	31 V- 3:00-5:00	1	2
3	4	Notes				

# November 2019

October '19							December '19						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5	1	2	3	4	5	6	7
6	7	8	9	10	11	12	8	9	10	11	12	13	14
13	14	15	16	17	18	19	15	16	17	18	19	20	21
20	21	22	23	24	25	26	22	23	24	25	26	27	28
27	28	29	30	31			29	30	31				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
						SAT's
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
1	2	Notes				