

Summer Open Gyms

All athletes entering 9th, 10th, 11th, or 12th grade at SHS in August 2022 can attend open gyms. Please be on time for all open gym dates. ***As a reminder, attendance at open gyms is NOT mandatory, and does not guarantee a spot on any team.*** In saying that, we highly encourage all players to attend as regularly as possible.

Please bring:

- Water
- Kneepads
- Volleyball shoes or appropriate gym shoes
- A small snack
- Any medically necessary items, such as EPI pens, inhalers, etc. (please let a coach know where these items are in the event they need to be used)

Open Gym Dates/Times

- | | |
|----------------------|---|
| ★ Wednesday, July 6: | 12:00 - 2:30 pm |
| ★ Friday, July 8: | 12:00 - 2:30pm |
| ★ Monday, July 18: | 8:00am - 11:00am (Will lift from 10-11) |
| ★ Tuesday, July 19: | 9:00am - 11:00am |
| ★ Monday July 25: | 8:00am - 11:00am (Will lift from 10-11) |
| ★ Tuesday July 26: | 9:00am - 11:00am |
| ★ Wednesday July 27: | 8:00am - 11:00am (Will lift from 10-11) |
| ★ Thursday July 28: | 9:00am - 11:00am |
| ★ Friday July 29: | 9:00am - 11:00am |