

INTERESTED IN PLAYING CPHS GIRLS VOLLEYBALL THIS FALL?
COME TO SUMMER WORKOUTS!!

SUMMER WORKOUTS ARE HERE

**MONDAYS
@CENTRAL PARK
5PM-6PM**

**WEDNESDAYS
@COMO PARK HIGH
5PM-7PM**

FOLLOW US ON INSTAGRAM @COMOPARKVB TO STAY UP TO DATE ON EVERYTHING

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----------------------|-------------------------------------|--------|-----------------------------|---------------------------------|---------------------------------|--------|
| JUN 11 | JUN 12 | JUN 13 | JUN 14 | JUN 15 | JUN 16 | JUN 17 |
| | | | Last Day of School | CPHS Volleyball Camp 9am-5pm | CPHS Volleyball Camp 9am-5pm | |
| JUN 18 | JUN 19 | JUN 20 | JUN 21 | JUN 22 | JUN 23 | JUN 24 |
| NO WORKOUTS THIS WEEK | | | | | | |
| JUN 25 | JUN 26 | JUN 27 | JUN 28 | JUN 29 | JUN 30 | JUL 1 |
| | Beach Volleyball Workout 5pm-6pm | | Como Gym Workout 5pm-7pm | | | |
| JUL 2 | JUL 3 | JUL 4 | JUL 5 | JUL 6 | JUL 7 | JUL 8 |
| NO WORKOUTS THIS WEEK | | | | | | |
| JUL 9 | JUL 10 | JUL 11 | JUL 12 | JUL 13 | JUL 14 | JUL 15 |
| | Beach Volleyball Workout 5pm-6pm | | Como Gym Workout 5pm-7pm | | | |
| JUL 16 | JUL 17 | JUL 18 | JUL 19 | JUL 20 | JUL 21 | JUL 22 |
| | Beach Volleyball Workout 5pm-6pm | | Como Gym Workout 5pm-7pm | | | |

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-------------|-------------------------------------|--------|-----------------------------|----------|--------|-----------|
| JUL 23 | JUL 24 | JUL 25 | JUL 26 | JUL 27 | JUL 28 | JUL 29 |
| | Beach Volleyball Workout 5pm-6pm | | Como Gym Workout 5pm-7pm | | | |
| JUL 30 | JUL 31 | AUG 1 | AUG 2 | AUG 3 | AUG 4 | AUG 5 |
| | Beach Volleyball Workout 5pm-6pm | | Como Gym Workout 5pm-7pm | | | |
| AUG 6 | AUG 7 | AUG 8 | AUG 9 | AUG 10 | AUG 11 | AUG 12 |
| | Beach Volleyball Workout 5pm-6pm | | Como Gym Workout 5pm-7pm | | | |
| AUG 13 | AUG 14 | AUG 15 | AUG 16 | AUG 17 | AUG 18 | AUG 19 |
| TRYOUT WEEK | | | | | | Scrimmage |
| AUG 20 | AUG 21 | AUG 22 | AUG 23 | AUG 24 | AUG 25 | AUG 26 |
| | | | | Game Day | | |
| AUG 27 | AUG 28 | AUG 29 | AUG 30 | AUG 31 | | |
| | Game Day | | | Game Day | | |

HOW TO CONTACT THE TEAM:

- #1 - DM US ON INSTAGRAM WITH INTEREST IN WORKOUTS, PLAYING THIS FALL, OR ANYTHING ABOUT THE TEAM
- #2 - WE WILL THEN SET YOU UP TO JOIN OUR GROUP CHAT WHERE YOU CAN CONTINUE TO ASK QUESTIONS
- #3 - COME TO WORKOUTS TO GET TO KNOW OTHER PLAYERS!