

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 EAST BAY TEAM CAMP JV CHS TOURNAMENT	1 9am - WR 10am - VAR SMG	2 9am - WR 10am - VAR SMG	3 9am - WR 10am - VAR SMG	4 NO PRACTICE 4th July Holiday	5	6
7 NO PRACTICE 4th July	8 9am - WR 10am - workouts	9 VAR FLIGHT 2 DC 9am - WR 10am - workouts	10 WASHINGTON DC TRIP	11	12	13
14 WASHINGTON DC TRIP	15 4pm OPEN GYM	16 4pm OPEN GYM	17 4pm OPEN GYM	18	19	20
21	22 4pm OPEN GYM	23 4pm OPEN GYM	24 4pm OPEN GYM	25	26	27
28	29 4pm OPEN GYM	30 4pm OPEN GYM	31 4pm OPEN GYM	1 DEAD WEEKS	2	3