

2021

CALENDAR YEAR

JUNE

CALENDAR MONTH

SUNDAY

FIRST DAY OF WEEK

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	01	02	03	04	05
	Vault Practice 4-7PM	Vault Practice 4-7PM	Vault Practice 4-7PM	Vault Practice 4-7PM	OSHAA State Championships No Practice	OSHAA State Championships No Practice
06	07	08	09	10	11	12
	Vault Practice (Spring Wrap-up) 4-7PM	Vault Practice (Spring Wrap-up) 4-7PM	Vault Practice (Spring Wrap-up) 4-7PM	Vault Practice (Spring Wrap-up) 4-7PM		
13	14	15	16	17	18	19
Beginners Vault Practice Basics Pop-ups Drills Vault	Vault Practice (Straight Pole) Conditioning 4-630PM (Last 45 min weight focused) 6-830PM (Last 45 min weight focused)	Vault Practice (Straight Pole) 4-630PM 6-830PM	Vault Practice (3L Jumps) Conditioning 4-630PM (Last 45 min weight focused) 6-830PM (Last 45 min weight focused)	Vault Practice (3L Jumps) 4-630PM 6-830PM		QCVA Summer Series 1
20	21	22	23	24	25	26
Beginners Vault Practice Basics Pop-ups Drills Vault	Vault Practice (Short App.) Conditioning 4-630PM (Last 45 min weight focused) 6-830PM (Last 45 min weight focused)	Vault Practice (Short App.) 4-630PM 6-830PM	Vault Practice (Full App.) Conditioning 4-630PM (Last 45 min weight focused) 6-830PM (Last 45 min weight focused)	Vault Practice (Full App.) 4-630PM 6-830PM		QCVA Summer Series 2
27	28	29	30	01	02	03
Beginners Vault Practice Basics Pop-ups Drills Vault	Vault Practice (Full App.) Conditioning 4-630PM (Last 45 min weight focused) 6-830PM (Last 45 min weight focused)	Vault Practice (Full App.) 4-630PM 6-830PM	Vault Practice (Full App.) Conditioning 4-630PM (Last 45 min weight focused) 6-830PM (Last 45 min weight focused)	Vault Practice (Full App.) 4-630PM 6-830PM		QCVA Summer Series 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
04	05	06	07	08	09	10