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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 VIRGINIA VOLLEYBALL CLUB	 VIRGINIA VOLLEYBALL CLUB	 VIRGINIA VOLLEYBALL CLUB	 VIRGINIA VOLLEYBALL CLUB	 VIRGINIA VOLLEYBALL CLUB	1 Phone a Friend (teammate) Pick up the phone and call or video-call a teammate or clubmate. NO TEXTING!!!	2  VIRGINIA VOLLEYBALL CLUB
3  VIRGINIA VOLLEYBALL CLUB	4 Dayton Defense (volleyball) Watch this video on defensive technique from Dayton and take notes: https://tinyurl.com/daytondefense	5 Block-Buster (fitness) Take a jog, run, bike, rollerblade, rollerskate, skateboard or big wheel around the block a couple times.	6 Wall Passing (volleyball) Complete these passing drills: https://tinyurl.com/wallpassing	7 Cactus Lift (fitness) Follow this link for a workout from Club Cactus: https://tinyurl.com/cactuslift	8 Arts and Crafts (teammate) Make, create or bake a thoughtful gift for your "Big / Little".	9  VIRGINIA VOLLEYBALL CLUB
10  VIRGINIA VOLLEYBALL CLUB	11 Front Range Setting (volleyball) Complete these setter drills from Front Range VBC: https://tinyurl.com/fronrangeset	12 Rope-a-Dope (fitness) Complete this jump rope workout: https://tinyurl.com/ropedope	13 Setter Challenge (volleyball) Complete these setter drills: https://tinyurl.com/setterchallenge	14 Austin Lift (fitness) Follow this link for a workout from Austin Jrs: https://tinyurl.com/austinlift	15 First Impressions (teammate) Write a note to one of your teammates about the first time you met. This can be a letter, email, text, song or poem. Get creative!	16  VIRGINIA VOLLEYBALL CLUB
17  VIRGINIA VOLLEYBALL CLUB	18 Seven Touch (volleyball) Complete these ball control drills: https://tinyurl.com/seventouch	19 Jump and Pump (fitness) Complete this plyometric workout: https://tinyurl.com/jumpandpump	20 Reading School (volleyball) Watch this video, watch your game video and take notes: https://tinyurl.com/readingschool	21 A5 Lift (fitness) Follow this link for a workout from A5: https://tinyurl.com/a5lift	22 We Are Thankful (teammate) Find a way to say thank you to somebody on your team for being an awesome teammate.	23  VIRGINIA VOLLEYBALL CLUB
24  VIRGINIA VOLLEYBALL CLUB	25 Pick Your Poison (volleyball) Complete five of these drills for six minutes each: https://tinyurl.com/pickpoison	26 Shoulder Care (fitness) Complete this proactive shoulder therapy routine: https://tinyurl.com/shouldercare	27 You Got Served (volleyball) Complete these serving drills: https://tinyurl.com/yougotserve	28 A2 Lift (fitness) Follow this link for a workout from A2: https://tinyurl.com/a2lift	29 Accountabilibuddy (teammate) Perform a workout with a teammate via video conference or in person (social distance).	30  VIRGINIA VOLLEYBALL CLUB
31  VIRGINIA VOLLEYBALL CLUB	 VIRGINIA VOLLEYBALL CLUB	 VIRGINIA VOLLEYBALL CLUB	 VIRGINIA VOLLEYBALL CLUB	 VIRGINIA VOLLEYBALL CLUB	 VIRGINIA VOLLEYBALL CLUB	 VIRGINIA VOLLEYBALL CLUB