

December 2009

Travel Teams

Club Fusion Practice Schedule

Sunday, Nov 29		Monday, Nov 30		Tuesday, Dec 1		Wednesday, Dec 2		Thursday, Dec 3		Friday, Dec 4		Saturday, Dec 5	
Time	Teams	Time	Teams	Time	Teams	Time	Teams	Time	Teams	Time	Teams	Time	Teams
		4:30 15s Travel 7:00 16s Travel <i>(changed due to conflict)</i>		4:30 14s/13s Travel 7:00 18s/17s Travel		4:30 15s Travel 7:00 16s Travel		4:30 14s/13s Travel 7:00 18s/17s Travel		NO PRACTICE		HOS Testing (Schedule TBD) All Travel Teams	
Sunday, Dec 6		Monday, Dec 7		Tuesday, Dec 8		Wednesday, Dec 9		Thursday, Dec 10		Friday, Dec 11		Saturday, Dec 12	
Time	Teams	Time	Teams	Time	Teams	Time	Teams	Time	Teams	Time	Teams	Time	Teams
NO PRACTICE		5:30 Strength Training (See Schedule) 6:30 Position Training (See Schedule)		4:30 14s/13s Travel 7:00 18s/17s Travel		4:30 15s Travel (Strength: 7-8pm) 7:00 16s Travel (Strength: 6-7pm)		4:30 14s/13s Travel (Strength: 7-8pm) 7:00 18s/17s Travel (Strength: 6-7pm)		4:30 15s Travel 7:00 16s Travel		11:00 15s Travel 1:00 14s Travel 3:00 16s Travel 5:00 18s Travel 7:00 17s Travel <i>(revised due to ACT)</i>	
Sunday, Dec 13		Monday, Dec 14		Tuesday, Dec 15		Wednesday, Dec 16		Thursday, Dec 17		Friday, Dec 18		Saturday, Dec 19	
Time	Teams	Time	Teams	Time	Teams	Time	Teams	Time	Teams	Time	Teams	Time	Teams
10:00 14s/13s Travel 12:00 16s/15s Travel 6:00 18s/17s Travel <i>(revised due to conflict)</i> Scrimmage Day		5:30 Strength Training (See Schedule) 6:30 Position Training (See Schedule)		4:30 14s/13s Travel 7:00 18s/17s Travel		4:30 15s Travel (Strength: 7-8pm) 7:00 16s Travel (Strength: 6-7pm)		4:30 14s/13s Travel (Strength: 7-8pm) 7:00 18s/17s Travel (Strength: 6-7pm)		4:30 15s Travel 7:00 16s Travel			
Sunday, Dec 20		Monday, Dec 21		Tuesday, Dec 22		Wednesday, Dec 23		Thursday, Dec 24		Friday, Dec 25		Saturday, Dec 26	
Time	Teams	Time	Teams	Time	Teams	Time	Teams	Time	Teams	Time	Teams	Time	Teams
9:00 17s Travel 11:00 14s Travel 1:00 18s Travel 3:00 13s Travel 5:00 15s Travel 7:00 16s Travel		Christmas Break >>>		Christmas Break >>>		Christmas Break >>>		Christmas Eve!		Merry Christmas!		Christmas Break >>>	
Sunday, Dec 27		Monday, Dec 28		Tuesday, Dec 29		Wednesday, Dec 30		Thursday, Dec 31		Friday, Jan 1		Saturday, Jan 2	
Time	Teams	Time	Teams	Time	Teams	Time	Teams	Time	Teams	Time	Teams	Time	Teams
Christmas Break >>>		5:30 Strength Training (See Schedule) 6:30 Position Training (See Schedule)		4:30 15 Black 15 White 15 Blue 15 Orange 14 White 13 Black 7:00 18 Black 18 White 18 Blue 17 Black 17 White 17 Blue		4:30 14 Blue 14 Orange 13 White 13 Blue 7:00 16 Black 16 White 16 Blue 16 Orange 14 Black		New Year's Eve!		Happy New Year!		Happy New Year!	

Practice Notes:

- Teams will be selected no later than Dec. 20th. Teams may be selected as early as Dec. 13th.
- Notice the Position & Strength Training held on Mondays. Please see separate schedule for your position.
- The practice schedule is subject to change. We will give notice if that occurs.

Monday Practice Schedule

	Strength	Position
5:30	DS/Libero	
6:30	Setter/Middle/Right	DS/Libero
7:30	Left Sides	Setter/Middle/Right
8:30		Setter/Left Sides