

Sunday, Jan 31		Monday, Feb 1		Tuesday, Feb 2		Wednesday, Feb 3		Thursday, Feb 4		Friday, Feb 5		Saturday, Feb 6	
Time	Teams	Time	Teams	Time	Teams	Time	Teams	Time	Teams	Time	Teams	Time	Teams
		5:30	Strength Training (See Schedule)	4:30	15 Black 15 White 15 Blue 15 Orange	4:30	14 Black 14 White 14 Blue 14 Orange	4:30	15 Black 15 White 15 Blue 15 Orange	4:30	14 White 14 Blue 14 Orange 13 White		
		6:30	Position Training (See Schedule)	7:00	18 Black 18 White 18 Blue 17 Black 17 White 17 Blue	7:00	16 Black 16 White 16 Blue 16 Orange	7:00	18 Black 18 White 18 Blue 17 Black 17 White 17 Blue	7:00	16 Black 16 White 16 Blue 16 Orange 14 Black		
Sunday, Feb 7		Monday, Feb 8		Tuesday, Feb 9		Wednesday, Feb 10		Thursday, Feb 11		Friday, Feb 12		Saturday, Feb 13	
Time	Teams	Time	Teams	Time	Teams	Time	Teams	Time	Teams	Time	Teams	Time	Teams
		5:30	Strength Training (See Schedule)	4:30	15 Black 15 White 15 Blue 15 Orange	4:30	14 Black 14 White 14 Blue 14 Orange	4:30	15 Black 15 White 15 Blue 15 Orange	4:30	14 White 14 Blue 14 Orange 13 White		
		6:30	Position Training (See Schedule)	7:00	18 Black 18 White 18 Blue 17 Black 17 White 17 Blue	7:00	16 Black 16 White 16 Blue 16 Orange	7:00	18 Black 18 White 18 Blue 17 Black 17 White 17 Blue	7:00	16 Black 16 White 16 Blue 16 Orange 14 Black		
Sunday, Feb 14		Monday, Feb 15		Tuesday, Feb 16		Wednesday, Feb 17		Thursday, Feb 18		Friday, Feb 19		Saturday, Feb 20	
Time	Teams	Time	Teams	Time	Teams	Time	Teams	Time	Teams	Time	Teams	Time	Teams
			NO PRACTICE President's Day Tournaments	4:30	15 Black 15 White 15 Blue 15 Orange 13 Black	4:30	14 Black 14 White 14 Blue 14 Orange 13 White 13 Blue	4:30	15 Black 15 White 15 Blue 15 Orange 13 Black	4:30	14 White 14 Blue 14 Orange 13 White 13 Blue		
				7:00	18 Black 18 White 18 Blue 17 Black 17 Blue	7:00	16 Black 16 White 16 Blue 16 Orange 17 White	7:00	18 Black 18 White 18 Blue 17 Black 17 White 17 Blue	7:00	16 Black 16 White 16 Blue 16 Orange 14 Black		
Sunday, Feb 21		Monday, Feb 22		Tuesday, Feb 23		Wednesday, Feb 24		Thursday, Feb 25		Friday, Feb 26		Saturday, Feb 27	
Time	Teams	Time	Teams	Time	Teams	Time	Teams	Time	Teams	Time	Teams	Time	Teams
		5:30	Strength Training (See Schedule)	4:30	15 Black 15 White 15 Blue 15 Orange	4:30	14 Black 14 White 14 Blue 14 Orange	4:30	15 Black 15 White 15 Blue 15 Orange	4:30	14 White 14 Blue 14 Orange 13 White		
		6:30	Position Training (See Schedule)	7:00	18 Black 18 White 18 Blue 17 Black 17 Blue	7:00	16 Black 16 White 16 Blue 16 Orange 17 White	7:00	18 Black 18 White 18 Blue 17 Black 17 White 17 Blue	7:00	16 Black 16 White 16 Blue 16 Orange 14 Black		
Sunday, Feb 28		Monday, Mar 1		Tuesday, Mar 2		Wednesday, Mar 3		Thursday, Mar 4		Friday, Mar 5		Saturday, Mar 6	
Time	Teams	Time	Teams	Time	Teams	Time	Teams	Time	Teams	Time	Teams	Time	Teams
		5:30	Strength Training (See Schedule)	4:30	15 Black 15 White 15 Blue 15 Orange	4:30	14 Black 14 White 14 Blue 14 Orange	4:30	15 Black 15 White 15 Blue 15 Orange	4:30	14 White 14 Blue 14 Orange 13 White		
		6:30	Position Training (See Schedule)	7:00	18 Black 18 White 18 Blue 17 Black 17 Blue	7:00	16 Black 16 White 16 Blue 16 Orange 17 White	7:00	18 Black 18 White 18 Blue 17 Black 17 White 17 Blue	7:00	NO PRACTICE 16s Showcase Wisconsin Dells		

Monday Practice Schedule

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

Position Training on Mondays for 15s-18s ONLY

Wednesday Strength Training Schedule

Time	Teams
6:00	16 Black 16 White 16 Blue 16 Orange
7:00	14 Black 14 White 14 Blue 14 Orange 13 White 13 Blue

Thursday Strength Training Schedule

Time	Teams
6:00	18 Black 18 White 18 Blue 17 Black 17 White 17 Blue
7:00	15 Black 15 White 15 Blue 15 Orange 13 Black