

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)	4:30	15 Black 15 White 15 Blue 15 Orange	4:30	14 Blue 14 Orange 13 White 13 Blue	New Year's Eve!		Happy New Year!		Happy New Year!	
		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 14 Black						
		Sunday, Jan 3		Monday, Jan 4		Tuesday, Jan 5							
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 13 Blue		
		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, Jan 10		Monday, Jan 11		Tuesday, Jan 12		Wednesday, Jan 13		Thursday, Jan 14			
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 13 Blue		
		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, Jan 17		Monday, Jan 18		Tuesday, Jan 19		Wednesday, Jan 20		Thursday, Jan 21			
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 13 Blue		
		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, Jan 24		Monday, Jan 25		Tuesday, Jan 26		Wednesday, Jan 27		Thursday, Jan 28			
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 13 Blue		
		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		

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