

## CAPITAL VOLLEYBALL ACADEMY / 2007 DECEMBER PRACTICE SCHEDULE

DECEMBER		GROUP A		GROUP B		GROUP C		GROUP D		GROUP E	
		18 ELITE	17 ELITE	18 NAVY	17 NAVY	16 ELITE	15 ELITE	16 BLUE	16 NAVY	15 NAVY	14 ELITE
SATURDAY	1	10:00-1PM	10:00-1PM	10:00-1PM	10:00-1PM	8-11AM	8-11AM				8-11AM
SUNDAY	2	5-7:30PM	5-7:30PM	6:30-9pm	6:30-9pm	5-7:30PM	5-7:30PM	5-7:30PM	5-7:30PM	5-7:30PM	5-7:30PM
MONDAY	3	<i>Setters PT = 7-8pm</i>		<i>Middles PT = 7-8pm</i>		<i>Outsides PT = 8-9pm</i>		<i>Liberos PT = 8-9pm</i>		Weight Training 30 min before or after	
TUESDAY	4										
WEDNESDAY	5	6:30-9PM	6:30-9PM	6-8PM (K)	6-8PM (K)	6:30-9PM	6:30-9PM	6:30-9PM	6:30-9PM	6:30-9PM	6:30-9PM
FRIDAY	7										
SATURDAY	8	<b>Badger Region Ref. Clinic 9am - 12pm / All teams @ ISEA</b>									
SUNDAY	9	5-7:30PM	5-7:30PM	6:30-9pm	6:30-9pm	5-7:30PM	5-7:30PM	5-7:30PM	5-7:30PM	5-7:30PM	5-7:30PM
MONDAY	10	<i>Setters PT = 7-8pm</i>		<i>Middles PT = 7-8pm</i>		<i>Outsides PT = 8-9pm</i>		<i>Liberos PT = 8-9pm</i>		Weight Training 30 min before or after	
TUESDAY	11										
WEDNESDAY	12	6:30-9PM	6:30-9PM	6:30-9PM	6:30-9PM	6:30-9PM	6:30-9PM	6:30-9PM	6:30-9PM	6-8PM (K)	6-8PM (K)
FRIDAY	14										
SATURDAY	15	10:00-1PM	10:00-1PM			8-11AM	8-11AM				8-11AM
SUNDAY	16	5-7:30PM	5-7:30PM	6:30-9pm	6:30-9pm	5-7:30PM	5-7:30PM	5-7:30PM	5-7:30PM	5-7:30PM	5-7:30PM
MONDAY	17	<i>Setters PT = 7-8pm</i>		<i>Middles PT = 7-8pm</i>		<i>Outsides PT = 8-9pm</i>		<i>Liberos PT = 8-9pm</i>		Weight Training 30 min before or after	
TUESDAY	18										
WEDNESDAY	19	6-8PM (K)	6-8PM (K)	6:30-9PM	6:30-9PM	6-8PM (K)	6-8PM (K)	6-8PM (K)	6-8PM (K)	6:30-9PM	6:30-9PM
FRIDAY	21										
THURSDAY	27	9-12pm	9-12pm	9-12pm	9-12pm	9-12pm	9-12pm	9-12pm	9-12pm	9-12pm	9-12pm
FRIDAY	28	9-12pm	9-12pm	9-12pm	9-12pm	9-12pm	9-12pm	9-12pm	9-12pm	9-12pm	9-12pm
SATURDAY	29										
SUNDAY	30	6:30-9pm	6:30-9pm	6:30-9pm	6:30-9pm	6:30-9pm	6:30-9pm	6:30-9pm	6:30-9pm	6:30-9pm	6:30-9pm
DECEMBER		18 ELITE	17 ELITE	18 RED	17 NAVY	16 ELITE	15 ELITE	16 BLUE	16 NAVY	15 NAVY	14 ELITE
		GROUP A		GROUP B		GROUP C		GROUP D		GROUP E	

### SETTER'S TRAINING

**Mondays 6-7pm** Elite Teams  
**Mondays 7-8pm** Jr. National & Select Trams  
**Wednesdays 6-7pm** Teams practicing at ISEA

### WEIGHT TRAINING / Elite & Jr. National Teams

**Saturdays 10:30-11am** Early Shift teams practicing at ISEA  
**Saturdays 10-10:30am** Late Shift teams practicing at ISEA  
**Sundays 7-7:30pm** Early Shift teams practicing at ISEA  
**Sundays 6:30-7pm** Late Shift teams practicing at ISEA  
**Wednesdays 6-6:30pm** Teams Practicing at ISEA

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CAPITAL VOLLEYBALL ACADEMY / 2007 DECEMBER PRACTICE SCHEDULE											
DECEMBER		GROUP F		GROUP G		GROUP H		GROUP I		GROUP J	
		16 RED	16 WHITE	15 RED	15 WHITE	14 NAVY	14 RED	13 NAVY	13 RED	12 NAVY	12 RED
SATURDAY	1										
SUNDAY	2	7-9PM	7-9PM	7-9PM	7-9PM	7-9PM	7-9PM				
MONDAY	3	Setters PT = 7-8pm		Middles PT = 7-8pm		Outsides PT = 8-9pm		Liberos PT = 8-9pm		Weight Training 30 min before or after	
TUESDAY	4							6-8pm	6-8pm	6-8pm	6-8pm
WEDNESDAY	5	6-8PM (K)	6-8PM (K)	6-8PM (K)	6-8PM (K)	5-7:30PM	5-7:30PM				
FRIDAY	7							6-8pm (K)	6-8pm (K)	6-8pm (K)	6-8pm (K)
SATURDAY	8	Badger Region Ref. Clinic 9am - 12pm / All teams @ ISEA									
SUNDAY	9	7-9PM	7-9PM	7-9PM	7-9PM	7-9PM	7-9PM				
MONDAY	10	Setters PT = 7-8pm		Middles PT = 7-8pm		Outsides PT = 8-9pm		Liberos PT = 8-9pm		Weight Training 30 min before or after	
TUESDAY	11							6-8pm	6-8pm	6-8pm	6-8pm
WEDNESDAY	12	6-8PM (K)	6-8PM (K)	5-7:30PM	5-7:30PM	6-8PM (K)	6-8PM (K)				
FRIDAY	14							6-8pm (K)	6-8pm (K)	6-8pm (K)	6-8pm (K)
SATURDAY	15										
SUNDAY	16	7-9PM	7-9PM	7-9PM	7-9PM	7-9PM	7-9PM				
MONDAY	17	Setters PT = 7-8pm		Middles PT = 7-8pm		Outsides PT = 8-9pm		Liberos PT = 8-9pm		Weight Training 30 min before or after	
TUESDAY	18							6-8pm	6-8pm	6-8pm	6-8pm
WEDNESDAY	19	6:30-9PM	6:30-9PM	6:30-9PM	6:30-9PM	5-7:30PM	5-7:30PM				
FRIDAY	21							6-8pm (K)	6-8pm (K)	6-8pm (K)	6-8pm (K)
THURSDAY	27					9-12pm					
FRIDAY	28					9-12pm					
SATURDAY	29										
SUNDAY	30					6:30-9pm					
DECEMBER		16 RED	16 WHITE	15 RED	15 WHITE	14 NAVY	14 RED	13 NAVY	13 RED	12 NAVY	12 RED
		GROUP F		GROUP G		GROUP H		GROUP I		GROUP J	

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**Saturdays 10-10:30am** Late Shift teams practicing at ISEA  
**Sundays 7-7:30pm** Early Shift teams practicing at ISEA  
**Sundays 6:30-7pm** Late Shift teams practicing at ISEA  
**Wednesdays 6-6:30pm** Teams Practicing at ISEA