



Capital Schedule December 2008

As of 12-1-08

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 30th	1 Parent Meeting 7:30pm @ ISEA Gym	2	3	4	5	6
7 Orientation Practice 5-7:30pm All Teams	8	9	10	11	12 Practice 6-8pm: 13NF,13AS,13FE	13 Midnight Madness Practice: 7-9:30pm 18NM,18ND,17NE,17AB,17AK 16ND,16AA,15NA,15AE LOCK-IN: 9:30-7am NCAA Regional Finals
14 Midnight Madness Practice: 7-9:00am 18NM,18ND,16ND,16AA,15NA 17NE,17AB,17AK,15AE 5-7pm: 14FJ,13NF,13AS,13FE 7-9pm: 14AC,14ND,16FA,16FS 15FK,15FC	15 Position Training 6-7pm: Nike: Liberos, Lefts, Rights 7-8pm: Nike: Setters, Middles Air & Force: Liberos, Middles 8-9pm: Air & Force: setters, rights, lefts	16 Practice 5:30-7:30PM: 13NF,13AS,13FE, 14FJ,14AC 7:15-9:15pm: 14ND,15AE,15FK,15FC 16FA,16FS	17 Practice 6:30-9pm: 18NM,18ND,17NE,17AB, 17AK,16ND,16AA,15NA	18 Practice 7-9pm: 14ND NCAA Final 4	19 Practice 6-8pm: 13NF,13AS,13FE	20 Practice 9am-12pm: 18NM,18ND,17NE,16ND,15NA NCAA Volleyball Championship
21 Practice 1-3pm: 14AC,14FJ,14ND 3-5pm: 16FA,16FS,15FK,15FC,15AE,15NA 5-7:30pm:18NM,18ND,16ND,16AA 6:30-9pm:17NE,17AB,17AK,14NS	22 Position Training 6-7pm: Nike: Liberos, Lefts, Rights 7-8pm: Nike: Setters, Middles Air & Force: Liberos, Middles 8-9pm: Air & Force: setters, rights, lefts	23 Practice 5:30-7:30PM: 13NF,13AS,13FE, 14FJ,14AC 7:15-9:15pm: 14ND,15AE,15FK,15FC 16FA,16FS	24 	25 MERRY CHRISTMAS Capital Families 	26	27
28 Practice 3-5pm: 15AE,15NA,16FA,16FS, 14ND,13NF,15FK,15FC 5-7:30pm:18NM,18ND,16ND,16AA 6:30-9pm: 17NE,17AB,17AK,14FJ,14AC	29 Practice 9-11am & 12-2pm 18NM,18ND,17NE 16ND,15NA	30 Practice 9-11am & 12-2pm 18NM,18ND,17NE,17AB 17AK,16ND,16AA 4-6pm: 15NA,15AE,16FA 16FS,15FJ,15FC 6-8pm: 14ND,14AC,13NF,14FJ	31 NAVY-RED SCRIMMAGE 9am-12pm 18NM,18ND,17NE,17AB, 17AK,16ND,16AA 15NA,15AE,14NS			TEAM KEY Ex: 18NM is 18 Nike Mark