




Capital Schedule February 2009



As of 12-28-08

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>1</u> Northern Lights Thaw 15NA,16AA,17AB,17AK 15AE,14NS	<u>2 Position Training</u> 6-7pm: Nike: Liberors, Lefts, Rights 7-8pm: Nike: Setters, Middles Air & Force: Liberors, 8-9pm: Air & Force: setters, rights, lefts, middles	<u>3 Practice</u> 5:30-7:30PM: 13NF,13AJ,13FE, 14FJ,14AC 7:15-9:15pm: 14ND,15AE,15FK,15FC 16FA,16FS	<u>4 Practice</u> 6:30-9pm: 18NM,18ND,17NE,17AB, 17AK,16ND,16AA,15NA 6pm- Setters	<u>5 Practice</u> 7-9pm: 14ND	<u>6 Practice</u> 6-8pm: 13NF,13AJ,13FE,14FJ	<u>7 Practice</u> 9am-12pm: 18NM,18ND,17NE,16ND
<u>8 Practice</u> 1-3pm: 13FE,13AS 3-5pm: 16FA,16FS,15FK,15FC, 15AE,15NA 5-7:30pm: 18NM,18ND,16ND,16AA 6:30-9pm: 17NE,17AB,17AK,14ND,14AC River City Open: 14FJ	<u>9 Position Training</u> 6-7pm: Nike: Liberors, Lefts, Rights 7-8pm: Nike: Setters, Middles Air & Force: Liberors, 8-9pm: Air & Force: setters, rights, lefts, middles	<u>10 Practice</u> 5:30-7:30PM: 13NF,13AJ,13FE 14FJ,14AC 7:15-9:15pm: 14ND,15AE,15FK,15FC 16FA,16FS	<u>11 Practice</u> 6:30-9pm: 18NM,18ND,17NE,17AB, 17AK,16ND,16AA,15NA 6pm- Setters	<u>12 Practice</u> 7-9pm: 14ND,13NF	<u>13</u> Leave For Omaha	14 Asics Pres Day Classic 18NM,18ND,17NE 16ND,15NA Sting Pres Day Ext. 17AB,17AK,16AA,15AE 14ND,14AC,13NF,13AJ 
<u>15</u> Asics Pres Day Classic 18NM,18ND,17NE 16ND,15NA Sting Pres Day Ext. 17AB,17AK,16AA,15AE 14ND,14AC,13NF,13AJ Block Party Invite 16FA,16FS,13FE Whitewater Open 15FK,15FS	<u>16</u> Asics Pres Day Classic 18NM,18ND,17NE 16ND,15NA Sting Pres Day Ext. 17AB,17AK,16AA,15AE 14ND,14AC,13NF,13AJ **NO Position Training**	<u>17 Practice</u> 5:30-7:30PM: 13FE,14FJ 7:15-9:15pm: 15FK,15FC,16FA,16FS	<u>18 Practice</u> 6:30-9pm: 18NM,18ND,17NE,17AB, 17AK,16ND,16AA,15NA 6pm- Setters	<u>19 Practice</u> 7-9pm: 14ND,13NF	<u>20 Practice</u> 6-8pm: 13AJ,13FE,14FJ	<u>21</u> 18 GLPL 18NM,18ND,17NE,16ND Molten Girls Fest. 17AB,17AK,13NF Riptide Open 15FK,15FC
<u>22 Practice</u> 5-7:30pm: 16AA,15NA,15AE,14ND 7-9pm: 13AS,13FE,14FJ 18 GLPL 18NM,18ND,17NE,16ND Molten Girls Fest. 17AB,17AK,13NF Riptide Open 16FA,16FS	<u>23 Position Training</u> 6-7pm: Nike: Liberors, Lefts, Rights 7-8pm: Nike: Setters, Middles Air & Force: Liberors, 8-9pm: Air & Force: setters, rights, lefts, middles	<u>24 Practice</u> 5:30-7:30PM: 13NF,13AJ,13FE, 14FJ,14AC 7:15-9:15pm: 14ND,15AE,15FK,15FC 16FA,16FS	<u>25 Practice</u> 6:30-9pm: 18NM,18ND,17NE,17AB, 17AK,16ND,16AA,15NA 6pm- Setters	<u>26 Practice</u> 7-9pm: 14ND	<u>27</u>	<u>28 Practice</u> 9am-12pm: 18NM,18ND, 17NE,16ND,15NA Capital Cup 13AS,13FE,14FJ,14AC