




Capital Schedule January 2009



As of 12-28-08

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 18 GLPL 18NM,18ND,17NE,16ND
4 Practice 5-7pm: 16FA,16FS,15FK,15FC,15AE,15NA 7-9pm: 14AC,14FJ,17AB,17AK,14ND 18 GLPL 18NM,18ND,17NE,16ND	5 Position Training 6-7pm: Nike: Liberos, Lefts, Rights 7-8pm: Nike: Setters, Middles Air & Force: Liberos, 8-9pm: Air & Force: setters, rights, lefts, middles	6 Practice 5:30-7:30PM: 13NF,13AJ,13FE,14FJ,14AC 7:15-9:15pm: 14ND,15AE,15FK,15FC 16FA,16FS	7 Practice 6:30-9pm: 18NM,18ND,17NE,17AB,17AK,16ND,16AA,15NA 6pm- Setters	8 Practice 7-9pm: 14ND,13NF	9 Practice 6-8pm: 13AJ,13FE	10 Practice 9am-12pm TBA: 18NM,18ND,17NE,16ND,15NA Sting Open: 13NF Whitewater Open: 15FK, 15FC
11 Practice 5-7pm: 14ND,14AC,14FJ Capital Cup 18s: 18NM,18ND,17NE,17AB,17AK,16ND Capital Cup 16s: 16AA,16FA,16FS,15NA,15AE, Whitewater Open: 13AJ,13FE	12 Position Training 6-7pm: Nike: Liberos, Lefts, Rights 7-8pm: Nike: Setters, Middles Air & Force: Liberos, 8-9pm: Air & Force: setters, rights, lefts, middles	13 Practice 5:30-7:30PM: 13NF,13AJ,13FE,14FJ,14AC 7:15-9:15pm: 14ND,15AE,15FK,15FC 16FA,16FS	14 Practice 6:30-9pm: 18NM,18ND,17NE,17AB,17AK,16ND,16AA,15NA 6pm- Setters	15 Practice 7-9pm: 14ND	16 Practice 6-8pm: 13NF,13AJ,13FE	17 Practice 9am-12pm: 18NM,18ND,17NE,16ND,15NA
18 Practice 3-5pm: 16FA,16FS,15FK,15FC,15AE,15NA 5-7:30pm:18NM,18ND,16ND,16AA 6:30-9pm: 17NE,17AB,17AK, 14FJ (7-9) Juniors Kickoff: 14ND,14AC	19 Position Training 6-7pm: Nike: Liberos, Lefts, Rights 7-8pm: Nike: Setters, Middles Air & Force: Liberos, 8-9pm: Air & Force: setters, rights, lefts, middles	20 Practice 5:30-7:30PM: 13NF,13AJ,13FE,14FJ,14AC 7:15-9:15pm: 14ND,15AE,15FK,15FC 16FA,16FS	21 Practice 6:30-9pm: 18NM,18ND,17NE,17AB,17AK,16ND,16AA,15NA 6pm- Setters	22 Practice 7-9pm: 14ND	23 Practice 6-8pm: 13NF,13AJ,13FE	24 18 GLPL 18NM,18ND,17NE,16ND Capital Cup 15AE,15FK,15FC,14ND
25 Practice 5:30-7:30pm: 16AA,15NA,15AE 18 GLPL 18NM,18ND,17NE,16ND Madison Open 17AB,17AK Capital Cup 16s 16FA,16FS,15NA,15AE Whitewater Open 13NF,14AC	26 Position Training 6-7pm: Nike: Liberos, Lefts, Rights 7-8pm: Nike: Setters, Middles Air & Force: Liberos, 8-9pm: Air & Force: setters, rights, lefts, middles	27 Practice 5:30-7:30PM: 13NF,13AJ,13FE,14FJ,14AC 7:15-9:15pm: 14ND,15AE,15FK,15FC 16FA,16FS	28 Practice 6:30-9pm: 18NM,18ND,17NE,17AB,17AK,16ND,16AA,15NA 6pm- Setters	29 Practice 7-9pm: 14ND	30 Practice 6-8pm: 13NF,13AJ,13FE,14FJ Northern Lights Thaw 15NA,16AA,17AB,17AK 15AE,14ND *Leave in AM	31 Northern Lights Thaw 15NA,16AA,17AB,17AK 15AE,14ND Midwest Penguins Invite 13AJ,13FE