

CAPITAL VOLLEYBALL ACADEMY / 2008 JANUARY PRACTICE SCHEDULE

CAPITAL VOLLEYBALL ACADEMY / 2008 JANUARY PRACTICE SCHEDULE											
JANUARY		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
WEDNESDAY	2	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	4										
SATURDAY	5	10:00-1PM	18 GLPL (Aurora,IL)			18 GLPL (Aurora,IL)	8-11AM				8-11AM
SUNDAY	6	5-7:30PM		6:30-9pm	6:30-9pm		Jrs 16 Kickoff (Kenosha,WI)	5-7:30PM	5-7:30PM	5-7:30PM	5-7:30PM
MONDAY	7	Setters PT = 7-8pm		Middles PT = 7-8pm		Outsides PT = 8-9pm		Liberos PT = 8-9pm		Weight Training 30 min before or after	
TUESDAY	8										
WEDNESDAY	9	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	11										
SATURDAY	12	10:00-1PM	M1 Tourney (Rochester,MN)	Penguin 18 Open (Waukesha,WI)	Sting 17 Open (Big Bend,WI)	M1 Tourney (Rochester,MN)	8-11AM	Whitewater 16 (Univ. Whitewater)	Whitewater 16 (Univ. Whitewater)	Whitewater 16 (Univ. Whitewater)	8-11AM
SUNDAY	13	Sting 18 Open (Big Bend,WI)		6:30-9pm	6:30-9pm		5-7:30PM	5-7:30PM	5-7:30PM	5-7:30PM	5-7:30PM
MONDAY	14	Setters PT = 7-8pm		Middles PT = 7-8pm		Outsides PT = 8-9pm		Liberos PT = 8-9pm		Weight Training 30 min before or after	
TUESDAY	15										
WEDNESDAY	16	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	18										
SATURDAY	19		10:00-1PM			10:00-1PM	16 GLPL (Aurora,IL)	8-11AM	8-11AM	8-11AM	16 GLPL (Aurora,IL)
SUNDAY	20	Badger Tour 18	5-7:30PM	Badger Tour 18	Badger Tour 18	5-7:30PM		Badger Tour 16	Badger Tour 16	Badger Tour 15	
MONDAY	21	Setters PT = 7-8pm		Middles PT = 7-8pm		Outsides PT = 8-9pm		Liberos PT = 8-9pm		Weight Training 30 min before or after	
TUESDAY	22										
WEDNESDAY	23	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	25										
SATURDAY	26		18 GLPL (Aurora,IL)			18 GLPL (Aurora,IL)					
SUNDAY	27	5-7:30PM		6:30-9pm	6:30-9pm		5-7:30PM	5-7:30PM	5-7:30PM	5-7:30PM	5-7:30PM
MONDAY	28	Setters PT = 7-8pm		Middles PT = 7-8pm		Outsides PT = 8-9pm		Liberos PT = 8-9pm		Weight Training 30 min before or after	
TUESDAY	29										
WEDNESDAY	30	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
JANUARY		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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JANUARY		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
WEDNESDAY	2	6-8PM (K)	6-8PM (K)	6-8PM (K)	6-8PM (K)	5-7:30PM	5-7:30PM				
FRIDAY	4							6-8pm (K)	6-8pm (K)	6-8pm (K)	6-8pm (K)
SATURDAY	5										
SUNDAY	6	7-9PM	7-9PM	7-9PM	7-9PM	7-9PM	7-9PM				
MONDAY	7	Setters PT = 7-8pm		Middles PT = 7-8pm		Outsides PT = 8-9pm		Liberos PT = 8-9pm		Weight Training 30 min before or after	
TUESDAY	8							6-8pm	6-8pm	6-8pm	6-8pm
WEDNESDAY	9	6-8PM (K)	6-8PM (K)	5-7:30PM	5-7:30PM	6-8PM (K)	6-8PM (K)				
FRIDAY	11							6-8pm (K)	6-8pm (K)	6-8pm (K)	6-8pm (K)
SATURDAY	12					Peng. Ice 14 Open (Waukesha,WI)		Sting 13 Open (Big bend,WI)	Peng. Ice 13 Open (Waukesha,WI)	Peng. Ice 13 Open (Waukesha,WI)	Peng. Ice 13 Open (Waukesha,WI)
SUNDAY	13	Peng. Ice 16 Open (Waukesha,WI)	Peng. Ice 16 Open (Waukesha,WI)	7-9PM	7-9PM	7-9PM	7-9PM				
MONDAY	14	Setters PT = 7-8pm		Middles PT = 7-8pm		Outsides PT = 8-9pm		Liberos PT = 8-9pm		Weight Training 30 min before or after	
TUESDAY	15							6-8pm	6-8pm	6-8pm	6-8pm
WEDNESDAY	16	6:30-9PM	6:30-9PM	6:30-9PM	6:30-9PM	5-7:30PM	5-7:30PM				
FRIDAY	18							6-8pm (K)	6-8pm (K)	6-8pm (K)	6-8pm (K)
SATURDAY	19										
SUNDAY	20	Badger Tour 16	Badger Tour 16	Badger Tour 15	Badger Tour 15	Badger Tour 14	Badger Tour 14	Badger Tour 13	Badger Tour 13	Badger Tour 12	Badger Tour 12
MONDAY	21	Setters PT = 7-8pm		Middles PT = 7-8pm		Outsides PT = 8-9pm		Liberos PT = 8-9pm		Weight Training 30 min before or after	
TUESDAY	22							6-8pm	6-8pm	6-8pm	6-8pm
WEDNESDAY	23	6-8PM (K)	6-8PM (K)	5-7:30PM	5-7:30PM	6-8PM (K)	6-8PM (K)				
FRIDAY	25							6-8pm (K)	6-8pm (K)	6-8pm (K)	6-8pm (K)
SATURDAY	26										
SUNDAY	27	7-9PM	7-9PM	Whitewater 14 (Univ. Whitewater)	Whitewater 14 (Univ. Whitewater)	7-9PM	Whitewater 14 (Univ. Whitewater)				
MONDAY	28	Setters PT = 7-8pm		Middles PT = 7-8pm		Outsides PT = 8-9pm		Liberos PT = 8-9pm		Weight Training 30 min before or after	
TUESDAY	29							6-8pm	6-8pm	6-8pm	6-8pm
WEDNESDAY	30	6:30-9PM	6:30-9PM	6:30-9PM	6:30-9PM	5-7:30PM	5-7:30PM				
JANUARY		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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