

Volleyball Schedule

August 2010—Tentative and subject to change

Sun	Mon-White	Tue-Black	Wed-Gray	Thu-Red	Fri-I.C. T-shirt	Sat
1	2	3	4	5	6	7
8	9	10	11 8:30—9:00 DS's 9-11 Conditioning 11-12 S/H 5-6:15 Weight training All 6:15-8:15 S/V (MS) 6:30 Freshmen Orientation	12 6:00-7:45 Conditioning 3:45-5:45 F/S 5:45-7:45 Var	13 3:45-5:45 F/S 5:45-7:45 Var	14 8-10 am Weight training-All
15	16 3:30-5 F/S 5-6:15 Weight training 6:15-8:15 Var (MS)	17 6:00-7:15 Conditioning 3:30-5:30 F/S 5:30-7:30 Var	18 3:30-5 F/S 5-6:15 Weight training 6:15-8:15 Var (MS)	19 6:00-7:15 Conditioning 3:30-5:30 F/S 5:30-7:30 Var	20 Meet the Timberwolves at 7:00 p.m. Middle School	21 8-10 am Weight training-All
22	23 3:30-5 F/S 5-6:15 Weight training 6:15-8:15 Var (MS)	24 6:00-7:15 Conditioning 3:30-5:30 F/S 5:30-7:30 Var	25 Team Pictures LTC Coaches Meeting	26 Game	27 3:30—5:30 F 6-9 S 5:00-7:00 Var	28 8-10 am Weight training-All
29	30 3:30-5:30 F/S 5:30-7:30 Var	31 Game	Freshmen need to attend morning practice from 8:30-12:00 All morning practices at SES Gym Weight training is at middle school		DS=Defensive Specialists S/H = Setters & Hitters	

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September 2010—Tentative and subject to change

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<i>1</i> 3:30-5:30 F/S 5:30-7:30 Var	<i>2</i> Game	<i>3</i> 3:30-5:30 F/S 5:30-7:30 Var	<i>4</i> 8-10 am Weight training-All
<i>5</i>	<i>6</i> 3:30-5:30 F/S 5:30-7:30 Var	<i>7</i> Game	<i>8</i> 3:30-5:30 F/S 5:30-7:30 Var	<i>9</i> Game	<i>10</i> 3:30-5:30 F/S 5:30-7:30 Var	<i>11</i> 8-10 am Weight training-All Possible Soph. Tournament
<i>12</i>	<i>13</i> Soph Tournament 3:30-5:30 F 5:00-7:00 Var	<i>14</i> Game	<i>15</i> 3:30-5 F/S 5-6:15 Weight training 6:15-8:15 Var (MS)	<i>16</i> 3:30-5:30 F/S 5:30-7:30 Var	<i>17</i> 3:30-5:30 F/S 5:30-7:30 Var	<i>18</i> Var-Tournament 8-10 am Weight training-F/S
<i>19</i>	<i>20</i> 3:30-5:30 F/S 5:30-7:30 Var	<i>21</i> Game	<i>22</i> 3:30-5:30 F/S 5:30-7:30 Var	<i>23</i> Game	<i>24</i> Game	<i>25</i>
<i>26</i>	<i>27</i> 3:30-5:30 F/S 5:30-7:30 Var	<i>28</i> Game	<i>29</i> 3:30-5:30 F/S 5:30-7:30 Var	<i>30</i> Game		

Volleyball Schedule

October 2010—Tentative and subject to change

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<i>1</i> 3:30-5:30 F/S 5:30-7:30 Var	<i>2</i> 8-10 am Weight training-All
<i>3</i>	<i>4</i> 3:30-5:00 F/S 5-6:15 Weight training	<i>5</i> Varsity Tournament F/S Watch	<i>6</i> 3:30-5:00 F/S 5-6:15 Weight training	<i>7</i> Varsity Tournament F/S Watch	<i>8</i> 3:30-5:30 F/S	<i>9</i> Fr-Tournament 8-10 am Weight training-V/S
<i>10</i>	<i>11</i> 3:30-5:30 F/S 5:30-7:30 Var	<i>12</i> Game	<i>13</i> 3:30-5:30 F/S 5:30-7:30 Var	<i>14</i> Game	<i>15</i> 3:30-5:30 F/S 5:30-7:30 Var	<i>16</i> Var-Tournament 8-10 am Weight training-F/S
<i>17</i>	<i>18</i> 3:30-5:30 F/S 5:30-7:30 Var	<i>19</i> Game	<i>20</i> 3:30-5:30 F/S 5:30-7:30 Var	<i>21</i> Game	<i>22</i> Var-Tournament 3:30-5:30 S	<i>23</i> Var-Tournament Soph-Tournament
<i>24</i>	<i>25</i> 3:30-5:00 Var 5-6:00 Weight training	<i>26</i> 3:30-5:30 Var	<i>27</i> Regionals	<i>28</i>	<i>29</i>	<i>30</i>
<i>31</i>						