

Date	Time	Skill	Phases
Nov 25th, 2014	4:30-6:15	Tryout #1	Pre Season: Low Intensity - High Reps
Nov 28th, 2014	4:30-6:15	Tryout #2	
Nov 29th, 2014	12:30-2:30	Tryout #3	
Dec 1st, 2014	4:30-6:15	Serving	
Dec 3rd, 2014	4:30-6:15	Serving	
Dec 7th, 2014	10:00-12:00	Passing	
Dec 8th, 2014	4:30-6:15	Passing	
Dec 10th, 2014	4:30-6:15	Setting	
Dec 14th, 2014	10:00-12:00	Setting	
Dec 15th, 2014	4:30-6:15	Attacking	
Dec 17th, 2014	4:30-6:15	Attacking	
Dec 21st, 2014	10:00-12:00	Defense	
Dec 22nd, 2014	4:30-6:15	Defense	
Jan 4th, 2015	10:00-12:00	Ball Control/ Rotations	
Jan 5th, 2015	4:30-6:15	Rotations/ Tournament	
Jan 7th, 2015	4:30-6:15	Tournament	
Jan 11th, 2015	10:00-12:00	Passing	
Jan 12th, 2015	4:30-6:15	Passing	
Jan 14th, 2015	4:30-6:15	Serve/ SR	
Jan 18th, 2015	10:00-12:00	Serve/ SR	
Jan 19th, 2015	4:30-6:15	Game Play	
Jan 21st, 2015	4:30-6:15	Game Play	
Jan 24th, 2015	All Day	Rally Pointe Tournament	
Jan 26th, 2015	4:30-6:15	Passing	
Jan 28th, 2015	4:30-6:15	Passing	
Jan 30th, 2015	4:30-6:15	Passing	
Feb 2nd, 2015	4:30-6:15	Attacking	
Feb 4th, 2015	4:30-6:15	Attacking	
Feb 8th, 2015	-	No Practice	
Feb 9th, 2015	4:30-6:15	Setting/ Attacking	
Feb 11th, 2015	4:30-6:15	Setting/ Attacking	
Feb 15th, 2015	10:00-12:00	Defense	
Feb 16th, 2015	4:30-6:15	Defense	
Feb 18th, 2015	4:30-6:15	Defense	
Feb 22nd, 2015	TBA	Defense	Mid Season: Medium Reps to Medium-High intensity
Feb 23rd, 2015	4:30-6:15	Game Play	
Feb 25th, 2015	4:30-6:15	Game Play	
Feb 28th, 2015	All Day	AVA #1	
Mar 1st, 2015	All Day	AVA #1	
Mar 4th, 2015	4:30-6:15	Serving	
Mar 8th, 2015	TBA	Serving	
Mar 9th, 2015	4:30-6:15	Serving	
Mar 11th, 2015	4:30-6:15	Serve/ SR	
Mar 15th, 2015	TBA	Serve/ SR	
Mar 16th, 2015	4:30-6:15	Game Play	
Mar 18th, 2015	4:30-6:15	Game Play	
Mar 21st, 2015	All Day	AVA #2	
Mar 22nd, 2015	All Day	AVA #2	

Mar 25th, 2015	4:30-6:15	Out of System	Late Season: Low Reps to High intensity
Mar 29th, 2015	TBA	Out of System	
Mar 30th, 2015	4:30-6:15	Transition	
Apr 1st, 2015	4:30-6:15	Transition	
Apr 5th, 2015	-	No Practice	
Apr 6th, 2015	-	No Practice	
Apr 8th, 2015	4:30-6:15	Transition	
Apr 12th, 2015	TBA	Game Play	
Apr 13th, 2015	4:30-6:15	Game Play	
Apr 15th, 2015	4:30-6:15	Game Play	
Apr 18th, 2015	All Day	Provincials	End of Season: Medium Reps to Medium-High intensity
Apr 19th, 2015	All Day	Provincials	
Apr 22nd, 2015	4:30-6:15	Assistant Coaches Take over and Plan last part of season	
Apr 26th, 2015	TBA		
Apr 27th, 2015	4:30-6:15		
Apr 29th, 2015	4:30-6:15		
May 3rd, 2015	TBA		
May 4th, 2015	4:30-6:15		
May 6th, 2015	4:30-6:15		
May 10th, 2015	10:00-12:00		
May 11th, 2015	4:30-6:15		
May 13th, 2015	TBA		@ the Oval
May 14th, 2015	All Day	Nationals	
May 15th, 2015	All Day	Nationals	
May 16th, 2015	All Day	Nationals	