

Sports Performance Boys Program

September

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1	2	3	4	5
6	7	8	9 SPVB Boys HS Tryouts	10	11 Parent/Player Meeting 7:00pm	12
13	14 Boys Conditioning B18-B16-B15 5:00-6:30pm Setters 6:30-7:30pm	15	16 Boys Conditioning B18-B16-B15 5:00-6:30pm OH/RS 6:30-7:30pm	17	18 Boys Conditioning B18-B16-B15 5:00-6:30pm MH/DS 6:30-7:30pm	19
20	21 Boys Conditioning B18-B16-B15 5:00-6:30pm Setters 6:30-7:30pm	22	23 Boys Conditioning B18-B16-B15 5:00-6:30pm OH/RS 6:30-7:30pm	24	25 Boys Conditioning B18-B16-B15 5:00-6:30pm MH/DS 6:30-7:30pm	26
27	28 Boys Conditioning B18-B16-B15 5:00-6:30pm Setters 6:30-7:30pm	29	30 Boys Conditioning B18-B16-B15 5:00-6:30pm OH/RS 6:30-7:30pm			

2009

Sports Performance Boys Program

October

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				1 B16-B15 5:00-7:30pm B16-B15 Lift 7:30pm B18 7:30-10:00pm	2 B18-B16-B15 5:00-8:00pm	3
4 B18 3:00-6:00pm B18 Lift 6:00pm B16-B15 6:00-9:00pm	5 B16-B15 4:30-7:30pm B16-B15 Lift 7:30pm	6	7 B18 4:30-7:30pm B18 Lift 7:30pm	8 B16-B15 5:00-7:30pm B16-B15 Lift 7:30pm B18 7:30-10:00pm	9 No Practice	10
11	12 B16-B15 4:30-7:30pm B16-B15 Lift 7:30pm	13	14 B18 4:30-7:30pm B18 Lift 7:30pm	15 B16-B15 5:00-7:30pm B16-B15 Lift 7:30pm B18 7:30-10:00pm	16 B18-B16-B15 5:00-8:00pm	17
18 B18 3:00-6:00pm B18 Lift 6:00pm B16-B15 6:00-9:00pm	19 B16-B15 4:30-7:30pm B16-B15 Lift 7:30pm	20	21 B18 4:30-7:30pm B18 Lift 7:30pm	22 B16-B15 5:00-7:30pm B16-B15 Lift 7:30pm B18 7:30-10:00pm	23 B18-B16-B15 5:00-8:00pm	24 GLC Play Date B18-B16-B15
25 B18 3:00-6:00pm B18 Lift 6:00pm B16-B15 6:00-9:00pm	26 B16-B15 4:30-7:30pm B16-B15 Lift 7:30pm	27	28 B18 4:30-7:30pm B18 Lift 7:30pm	29 B16-B15 5:00-7:30pm B16-B15 Lift 7:30pm B18 7:30-10:00pm	30 B18-B16-B15 5:00-8:00pm	31

2009

Sports Performance Boys Program

November

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1 B18 3:00-6:00pm B18 Lift 6:00pm B16-B15 6:00-9:00pm	2 B16-B15 4:30-7:30pm B16-B15 Lift 7:30pm	3	4 B18 4:30-7:30pm B18 Lift 7:30pm	5 B16-B15 5:00-7:30pm B16-B15 Lift 7:30pm B18 7:30-10:00pm	6 B18-B16-B15 5:00-8:00pm	7 PPS Tourney B16-B15
8 PPS Tourney B16-B15 B18 3:00-6:00pm B18 Lift 6:00pm	9 B16-B15 4:30-7:30pm B16-B15 Lift 7:30pm	10	11 B18 4:30-7:30pm B18 Lift 7:30pm	12 B16-B15 5:00-7:30pm B16-B15 Lift 7:30pm B18 7:30-10:00pm	13 B18-B16-B15 5:00-8:00pm	14 PPS Tourney B18 GLC Tourney B16-B15
15 PPS Tourney B18 B16-B15 3:00-6:00pm	16 B16-B15 4:30-7:30pm B16-B15 Lift 7:30pm	17	18 B18 4:30-7:30pm B18 Lift 7:30pm	19 B16-B15 5:00-7:30pm B16-B15 Lift 7:30pm B18 7:30-10:00pm	20 B18-B16-B15 5:00-8:00pm	21 GLC Tourney B18 PPS Tourney B16-B15
22 PPS Tourney B16-B15 B18 3:00-6:00pm B18 Lift 6:00pm	23 B16-B15 4:30-7:30pm B16-B15 Lift 7:30pm B18 7:30-9:45pm	24	25 No Practice	26 No Practice	27 No Practice	28
29 B18 3:00-6:00pm B18 Lift 6:00pm B16-B15 6:00-9:00pm	30					

2009

Sports Performance Boys Program

December

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
M- Mizuno R- Runbird W- Wave T- Tornado		1 B18, B16M/B16R 4:00-7:00pm (Lift 7:00pm) B16W, B15 7:00-9:30pm (Lift 6:00pm)	2 B18-B16-B15 7:30-9:45pm Setters 6:30-7:30pm	3 B18-B16-B15 7:30-9:45pm (B18, B16M/B16R Lift 6:30pm)	4	5 GLC Tourney B16-B15 PPS Tourney B18
6 PPS Tourney B18	7	8 B18, B16M/B16R 4:00-7:00pm (Lift 7:00pm) B16W, B15 7:00-9:30pm (Lift 6:00pm)	9 B18-B16-B15 7:30-9:45pm Setters 6:30-7:30pm 18M/18R California	10 B18-B16-B15 7:30-9:45pm (B18, B16M/B16R Lift 6:30pm) 18M/18R California	11 18M/18R California	12 18M/18R CALI GLC Tourney B18/16M PPS Tourney B16-B15
13 18M/18R CALI GLC Tourney B18/16M PPS Tourney B16-B15	14	15 B18, B16M/B16R 4:00-7:00pm (Lift 7:00pm) B16W, B15 7:00-9:30pm (Lift 6:00pm)	16 B18-B16-B15 7:30-9:45pm Setters 6:30-7:30pm	17 B18-B16-B15 7:30-9:45pm (B18, B16M/B16R Lift 6:30pm)	18	19 Break
20 Break	21 Break	22 Break	23 Break	24 Break	25 Break	26 Break
27 Break 18M Practice	28 Break 18M Practice	29 Break 18M Practice	30 Break 18M Practice	31 Break 18M Practice		

2009

Sports Performance Boys Program

January

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	*Fundraising Dates are TBA				1 Break	2 Break
3 Break	4	5 B18, B16M/B16R 4:00-7:00pm (Lift 7:00pm) B16W, B15 7:00-9:30pm (Lift 6:00pm)	6 B18-B16-B15 7:30-9:45pm Setters 6:30-7:30pm	7 B18-B16-B15 7:30-9:45pm (B18, B16M/B16R Lift 6:30pm)	8	9
10	11	12 B18, B16M/B16R 4:00-7:00pm (Lift 7:00pm) B16W, B15 7:00-9:30pm (Lift 6:00pm)	13 B18-B16-B15 7:30-9:45pm Setters 6:30-7:30pm	14 B18-B16-B15 7:30-9:45pm (B18, B16M/B16R Lift 6:30pm)	15 18M, 16M - Can AM (NY) 18R/18W/18T – Gateway (MO)	16 18M, 16M - Can AM (NY) 18R/18W/18T – Gateway (MO)
17 18M, 16M - Can AM (NY) 18R/18W/18T – Gateway (MO) Circus Series 16R, 16W, 15R	18	19 B18, B16M/B16R 4:00-7:00pm (Lift 7:00pm) B16W, B15 7:00-9:30pm (Lift 6:00pm)	20 B18-B16-B15 7:30-9:45pm Setters 6:30-7:30pm	21 B18-B16-B15 7:30-9:45pm (B18, B16M/B16R Lift 6:30pm)	22	23 PPS Tourney 18R, 18W, 18T
24 PPS Tourney 18R, 18W, 18T	25	26 B18, B16M/B16R 4:00-7:00pm (Lift 7:00pm) B16W, B15 7:00-9:30pm (Lift 6:00pm)	27 B18-B16-B15 7:30-9:45pm Setters 6:30-7:30pm	28 B18-B16-B15 7:30-9:45pm (B18, B16M/B16R Lift 6:30pm)	29	30 Adversity/Balboa Bay Invite 18M, 16M, 15M
31 Adversity/Balboa Bay Invite - 18M, 16M, 15M NVC Invite - 16R, 16W, 15R						

2010

Sports Performance Boys Program

February

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
M- Mizuno R- Runbird W- Wave T- Tornado	1	2 B18, B16M/B16R 4:00-7:00pm (Lift 7:00pm) B16W, B15 7:00-9:30pm (Lift 6:00pm)	3 B18-B16-B15 7:30-9:45pm Setters 6:30-7:30pm	4 B18-B16-B15 7:30-9:45pm (B18, B16M/B16R Lift 6:30pm)	5 TBA on team departures	6 Wisconsin Boys Festival, WI All Teams
7 Wisconsin Boys Festival, WI All Teams	8	9 B18, B16M/B16R 4:00-7:00pm (Lift 7:00pm) B16W, B15 7:00-9:30pm (Lift 6:00pm)	10 B18-B16-B15 7:30-9:45pm Setters 6:30-7:30pm	11 B18-B16-B15 7:30-9:45pm (B18, B16M/B16R Lift 6:30pm)	12	13 Great Lakes Festival, IL All Teams
14 Great Lakes Festival, IL All Teams	15 See everyone back in June and good luck with your high school season!	16	17	18	19	20
21	22	23	24 Teams who have qualified or entered for USA Nationals Player/Coach Meeting 6pm at GLC	25	26	27
28						

2010