

Flatirons Volleyball Club 2016-2017 Standard Practice Schedule

	Eldorado 6:00-8:00 pm	Dawson 6:00-8:00 pm	Dawson 7:30-9:30 pm
Monday	xx	13N	15E
	xx	14E	16E
	xx	17E	18E
Tuesday	14R	12R	15N
	15R	13R	16N
	16R	14N	17N
Wednesday	xx	13N	15E
	xx	14E	16E
	xx	17E	18E
Thursday	12R	14R	15N
	13R	15R	16N
	14N	16R	17N

2016 Saturdays at Eldorado 2016				
	8-10 am	10-12 pm	12-2 pm	2-4 pm
Saturday	18E & 17N	16R & 15E	14R & 13N	TBA
	17E & 16E	15N & 14E	13R	
	16N	15R & 14N	12R	
2017 Saturday's at Eldorado: weekends of 12.14.16.18's Power Tournaments				
	8-10 am	10-12 pm	12-2 pm	2-4 pm
Saturday	18E	14E	12R	TBA
	16N	14N	14R	
	17E & 16E	16R	15E	
2017 Saturday's at Eldorado: weekends of 13.15.17's Power Tournaments				
	8-10 am	10-12 pm	12-2 pm	2-4 pm
Saturday	18E	15E	13R	TBA
	17E & 16E	15N	15R	
	17N	13N	16N or 14E	

Volleyball specific physical conditioning will take place during the additional 30 minutes on weeknights at Eldorado.

The 30 minute overlap time at Dawson will be used for position training, group training, conditioning or scrimmage.

Because we rent gym space from local schools, there will be blackout dates when we won't be practicing due to school events.

When gym space is not available,

1. Teams will combine in a shared practice or
2. Practice will be moved to another location or
3. Practice will be rescheduled or
4. Practice will be cancelled.

The website calendar will show the most current updates

Practices are open to coaches and players only