

OCHS Lady Knights Volleyball Training Week Schedule

AUGUST 2010

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Monday	Tuesday	Wednesday	Thursday	Friday
16 -8am-9:30am Conditioning -2pm-5pm Practice	17 -8am-9:30am Conditioning -2pm-5pm Practice	18 -8am-9:30am Conditioning -2pm-5pm Practice	19 -8am-9:30am Conditioning -2pm-5pm Practice	20 -8am-9:30am Conditioning -2pm-5pm Practice
23 -8am-9:30am Conditioning -2pm-5pm Practice	24 -8am-9:30am Conditioning -2pm-5pm Practice	25 -8am-9:30am Conditioning -2pm-5pm Practice	26 -8am-9:30am Conditioning -2pm-5pm Practice	27 -Team Pics: TBA -Practice 11-1pm -Volleyball Sleepover 4:30pm-9am (Sat.)

**J
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Monday	Tuesday	Wednesday	Thursday	Friday
16 -9am-12pm Practice	17 -9am-12pm Practice	18 -9am-12pm Practice	19 -9am-12pm Practice	20 -9am-12pm Practice
23 -9am-12pm Practice	24 -9am-12pm Practice	25 -9am-12pm Practice	26 -9am-12pm Practice	27 -Team Pics: TBA -Practice 12-2pm -Volleyball Sleepover 4:30pm-9am (Sat.)

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Monday	Tuesday	Wednesday	Thursday	Friday
16 -9am-11am Practice	17 -9am-11am Practice	18 -9am-11am Practice	19 -9am-11am Practice	20 -9am-11am Practice
23 -9am-11am Practice	24 -9am-11am Practice	25 -9am-11am Practice	26 -9am-11am Practice	27 -Team Pics: TBA -Practice 1-3pm -Volleyball Sleepover 4:30pm-9am (Sat.)