

# February

2019

## CVA Skill Sessions

Subtitle

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		
	3:30-4:30- 15-18 Serve/Serve Receive 4:30-5:30 13-18 Setters 8-9- 13-18 Offense	3:15-4:15- 15-18 Middle Hitters 4:15-5:15- 13-14 Offense 8-9- 13-18 Defense	3:30-4:30- 13-18 Setters 4:30-5:30- 15-18 Pin Hitters	3:15-4:15- 15-18s DSs 4:15-5:15- 10s-12s All skills 8-9- 13-18 Offense		

# March

2019

## CVA Skill Sessions

Subtitle

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 3:30-4:30- 15-18 Serve/Serve Receive 4:30-5:30 13-18 Setters 8-9- 13-18 Defense	5 3:15-4:15- 15-18 Middle Hitters 4:15-5:15- 13-14 Offense 8-9- 13-18 Offense	6 3:30-4:30- 13-18 Setters 4:30-5:30- 15-18 Pin Hitters	7 3:15-4:15- 15-18s DSs 4:15-5:15- 10s-12s All skills 8-9- 13-18 Defense	8	9
10	11 3:30-4:30- 15-18 Serve/Serve Receive 4:30-5:30 13-18 Setters 8-9- 13-18 Offense	12 3:15-4:15- 15-18 Middle Hitters 4:15-5:15- 13-14 Offense 8-9- 13-18 Defense	13 3:30-4:30- 13-18 Setters 4:30-5:30- 15-18 Pin Hitters	14 3:15-4:15- 15-18s DSs 4:15-5:15- 10s-12s All skills 8-9- 13-18 Offense	15	16
17	18 3:30-4:30- 15-18 Serve/Serve Receive 4:30-5:30 13-18 Setters 8-9- 13-18 Defense	19 3:15-4:15- 15-18 Middle Hitters 4:15-5:15- 13-14 Offense 8-9- 13-18 Offense	20 3:30-4:30- 13-18 Setters 4:30-5:30- 15-18 Pin Hitters	21 3:15-4:15- 15-18s DSs 4:15-5:15- 10s-12s All skills 8-9- 13-18 Defense	22	23
24	25 3:30-4:30- 15-18 Serve/Serve Receive 4:30-5:30 13-18 Setters 8-9- 13-18 Offense	26 3:15-4:15- 15-18 Middle Hitters 4:15-5:15- 13-14 Offense 8-9- 13-18 Defense	27 3:30-4:30- 13-18 Setters 4:30-5:30- 15-18 Pin Hitters	28 3:15-4:15- 15-18s DSs 4:15-5:15- 10s-12s All skills 8-9- 13-18 Offense	29	30
31						