

*These trainings are optional, individual development, for all our Peppers and Spiker players

Spikers Positional Training schedule

If your team practices on Tuesdays, then please follow the Tues time frames.
 If your team practices on Mondays, then please follow the Mon time frames.
 These trainings are meant for the individuals to focus on their areas of growth, while they are there to stay focused, improve, and work hard.

Team	Date	Start	End	Location
Tues prac Spikers -Serving Mastery	04/04/2018	6:30 PM	7:30 PM	Independence Elm
Mon prac Spikers - Serving Mastery	04/04/2018	6:30 PM	7:30 PM	Independence Elm
Tues prac Spikers -Defensive Positioning	04/04/2018	7:30 PM	20:30	Independence Elm
Mon prac Spikers - Defensive Positioning	04/04/2018	7:30 PM	8:30 PM	Independence Elm
Tues prac Spikers -Defensive Positioning	04/11/2018	5:30 PM	6:00 PM	Heritage Elm
Tues prac Spikers -Serving Mastery	04/11/2018	6:00 PM	6:30 PM	Heritage Elm
Tues prac Spikers - Offense: Hit-Set	04/11/2018	6:30 PM	7:00 PM	Heritage Elm
Mon prac Spikers - Defensive Positioning	04/11/2018	7:00 PM	7:30 PM	Heritage Elm
Mon prac Spikers - Serving Mastery	04/11/2018	7:30 PM	8:00 PM	Heritage Elm
Mon prac Spikers- Offense: Hit-Set	04/11/2018	8:00 PM	8:30 PM	Heritage Elm
Open for Team	04/12/2018	5:30 PM	19:00	Hopewell Elementary
Open for Team	04/12/2018	7:00 PM	20:30	Hopewell Elementary
Tues prac Spikers - Offense: Hit-Set	04/18/2018	5:30 PM	18:00	Heritage Elm
Tues prac Spikers -Defensive Positioning	04/18/2018	6:00 PM	18:30	Heritage Elm
Tues prac Spikers -Serving Mastery	04/18/2018	6:30 PM	7:00 PM	Heritage Elm
Mon prac Spikers- Offense: Hit-Set	04/18/2018	7:00 PM	7:30 PM	Heritage Elm
Mon prac Spikers - Defensive Positioning	04/18/2018	7:30 PM	8:00 PM	Heritage Elm
Mon prac Spikers - Serving Mastery	04/18/2018	8:00 PM	8:30 PM	Heritage Elm
Open for Team	04/19/2018	5:30 PM	7:00 PM	Hopewell Elementary
Open for Team	04/19/2018	7:00 PM	8:30 PM	Hopewell Elementary
Mon prac Spikers - Serving Mastery	04/25/2018	5:30 PM	6:00 PM	Heritage Elm
Mon prac Spikers- Offense: Hit-Set	04/25/2018	6:00 PM	6:30 PM	Heritage Elm
Mon prac Spikers - Defensive Positioning	04/25/2018	6:30 PM	7:00 PM	Heritage Elm
Tues prac Spikers -Serving Mastery	04/25/2018	7:00 PM	7:30 PM	Heritage Elm
Tues prac Spikers - Offense: Hit-Set	04/25/2018	7:30 PM	8:00 PM	Heritage Elm
Tues prac Spikers -Defensive Positioning	04/25/2018	8:00 PM	8:30 PM	Heritage Elm

Open for Team	04/26/2018	5:30 PM	7:00 PM	Hopewell Elementary
Open for Team	04/26/2018	7:00 PM	8:30 PM	Hopewell Elementary
Tues prac Spikers - Offense: Hit-Set	05/02/2018	5:30 PM	6:00 PM	Heritage Elm
Tues prac Spikers -Defensive Positioning	05/02/2018	6:00 PM	6:30 PM	Heritage Elm
Tues prac Spikers -Serving Mastery	05/02/2018	6:30 PM	7:00 PM	Heritage Elm
Mon prac Spikers - Defensive Positioning	05/02/2018	7:00 PM	7:30 PM	Heritage Elm
Mon prac Spikers- Offense: Hit-Set	05/02/2018	7:30 PM	8:00 PM	Heritage Elm
Mon prac Spikers - Serving Mastery	05/02/2018	8:00 PM	8:30 PM	Heritage Elm
Open forTeam	05/03/2018	5:30 PM	6:00 PM	Hopewell Elementary
Open for Team	05/03/2018	7:00 PM	8:30 PM	Hopewell Elementary
Mon prac Spikers - Defensive Positioning	05/09/2018	5:30 PM	6:00 PM	Heritage Elm
Mon prac Spikers- Offense: Hit-Set	05/09/2018	6:00 PM	6:30 PM	Heritage Elm
Mon prac Spikers - Serving Mastery	05/09/2018	6:30 PM	7:00 PM	Heritage Elm
Tues prac Spikers -Defensive Positioning	05/09/2018	7:00 PM	7:30 PM	Heritage Elm
Tues prac Spikers - Offense: Hit-Set	05/09/2018	7:30 PM	8:00 PM	Heritage Elm
Tues prac Spikers -Serving Mastery	05/09/2018	8:00 PM	8:30 PM	Heritage Elm
Open for Team	5/10/2018	5:30 PM	6:00 PM	Hopewell Elementary
Open for Team	5/10/2018	7:00 PM	8:30 PM	Hopewell Elementary