

# Lone Peak Volleyball Practice and Game Calendar September 2009

A-DAY PRACTICES WILL INCLUDE WEIGHTS  
VT=VELOCITY TRAINING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31 Bday Practice 2:00-4:30 Soph 2-4 VT 6-7	1 Aday Lehi Dig Pink Match	2 Bday Practice 2:30-5:30 Soph 3-5	3 Aday Snow Canyon Duel of Champions	4 Bday Practice 2:30-5:30 Soph 3-5	5
6	7 No School Labor Day	8 Aday VT 6-7	9 Bday Practice 2:30-5:30 Soph 3-5	10 Aday PG	11 Bday ASICS RMCC 3 PM-10PM (SOPH WORKS)	12 ASICS RMCC 8 AM-8PM (SOPH WORKS)
13	14 Aday Practice 2:00-4:30 Soph 2-4 VT 6-7	15 Bday @ ALTA	16 Aday Practice JV/V 1:15-4:30 Soph 3-5	17 Bday JORDAN	18 Aday Practice JV/V 1:15-3:00 KNIGHTS OF THE ROUND TABLE SOPH/ JV TOURNAMENT (FRESH-SENIORS WORK)	19 KNIGHTS OF THE ROUND TABLE SOPH AND JV TOURNAMENT  (FRESH-SENIORS WORK)
20	21 Bday Practice 2:30-4:30 Soph 2-4	22 Aday @ BRIGHTON	23 Bday Practice 2:30-5:30 Soph 3-5	24 Aday HILLCREST	25 Bday Practice 2:30-5:30 Soph 3-5	26
27	28 Aday Practice 2:00-4:30 Soph 2:30-4 VT 6-7	29 @AF	30 Leave for Chicago Meet SLC Airport 7:00 AM Flight leaves @8:50	1 BYE	2 Nike Challenge	3 Nike Challenge Leave 6:10 PM Arrive SLC 8:40 South- West