	JANUARY FEBRUARY MARCH		MAY	JUNE	JULY	+ 		OVEMBER	
Week Starting - Mon	16 23 30 6 13 20 27 6 13 20	27 3 10 17 24 1 8	15 22 <mark>29</mark>	 	3 10 17 24	1 7 14 <mark>21</mark> 28 4			
Training week			1 2 3			1 2 3 4 5 6	6 7 8 9 10 11 12 13 14 15	16 17 1	8
School	S S P P P P P P P P P P P P P P P P P P		W W W k 1 2 3	C C a m	I N T A D V a m C C	T r w w w w w k k k k		t a t a t e e	S t a t California State CIF
				p m p	ра	s			Finals
	k k				m			F	F Dec. 1-2
		Spring: Max of 15 school							
Training	BREAK	days beg. 5/15	Spring Practice	SUMMER - NO ORGA Strength & Agilty Sum			Competitive Season.		
	Club \$	eason							
Training phase	Beach (optional, depending	on club commitment)	Spring	Strength-Agility p	lus Beach	Pre-Season Pre-League	e Play Coastal League SD CIF	State	CIF
Technical/Tactical	Spring Practice	Beach		Summer		Team Practice		R F	R F
	Evaluation: Which underclassmen	1 x per week in January		Two (morn/aftern	ioon) Strength-	3 weeks before first	20 points: 1 for matches,	0	o i
	will be invited to Varsity Tryouts?	2 x per week: Feb-May 7	'	Agility classes av	ailable.	match.	2 for tournaments (We play 3.)	u	u n
	Leadership: New captains* begin	Competition runs March		Players often wo	rk Beginning		Practice Time: limited to 18	n i	n a
	their new roles	though 1st week of May		& Intermediate C	amps.		hours per week (no more	d (d I
	Position Focus			Beach play.		VB 101 - all topics	double days).		s
	Setters: Set middle on 2 pass/dig					Defense Systems		of c	of
	Mids: Available on 2 pass/dig + shots					Offense systems			
	Pins: Use block					Individual technical		16	4
	DS/Lib: Angling platform					Team bonding			
	Servers: Velocity increase							_	
	Priority # 1: Culture (ETA)				Tryouts: No set time. Make decisions when they are clear.				
	Effort, Teamness, Attitude !								
	* Team votes for captains at season's conclusion.								

Spring term ends 5/31/17

Fall term commences 8/21/17

The Bishop's School Yearly Plan--2017

The outgoing seniors vote as well.