

2015 EPVA OPTIONAL SKILL SESSIONS AND POSITIONAL TRAINING

Date	Wednesday, January 14th	Friday, January 16th	Wednesday, January 21st	Friday, January 23rd
6:00-6:15		12's		12's
6:15-6:30		Serving/Hand Contact(s)		Setting(s)
6:30-6:45				
6:45-7:00		12's		12's
7:00-7:15		Passing/Defense(s)		Serving/Hand Contact(s)
7:15-7:30				
7:30-7:45		15's/16's/18's		15's/16's/18's
7:45-8:00				
8:00-8:15	13's/14's	Attacking(s)	13's/14's	Setting(s)
8:15-8:30	Serving/Hand Contact(s)		Setting(s)	
8:30-8:45		15's/16's/18's		15's/16's/18's
8:45-9:00	13's/14's		13's/14's	
9:00-9:15	Passing/Defense(s)	Passing/Defense(s)	Attacking(s)	Attacking(s)
9:15-9:30				
Date	Wednesday, January 28th	Wednesday, February 4th	Friday, February 6th	Wednesday, February 11th
6:00-6:15			12's	
6:15-6:30			Serving/Hand Contact(s)	
6:30-6:45				
6:45-7:00			12's	
7:00-7:15			Setting(s)	
7:15-7:30				
7:30-7:45			15's/16's/18's	
7:45-8:00				
8:00-8:15	13's/14's	13's/14's	Serving/Passing(s)	13's/14's
8:15-8:30	Passing/Defense(s)	Serving/Passing(s)		Attacking(s)
8:30-8:45			15's/16's/18's	
8:45-9:00	13's/14's	13's/14's		13's/14's
9:00-9:15	Attacking(s)	Setting(s)	Attacking(s)	Setting(s)
9:15-9:30				
Date	Friday, February 13th	Wednesday, March 4th	Friday, March 6th	Wednesday, March 11th
6:00-6:15	12's		12's	
6:15-6:30	Attacking(s)		Passing/Defense(s)	
6:30-6:45				
6:45-7:00	12's		12's	
7:00-7:15	Setting(s)		Serving(s)	
7:15-7:30				
7:30-7:45	15's/16's/18's		15's/16's/18's	
7:45-8:00				
8:00-8:15	Blocking/Attacking(s)	13's/14's	Setting(s)	13's/14's
8:15-8:30		Passing/Defense(s)		Attacking/Blocking(s)
8:30-8:45	15's/16's/18's		15's/16's/18's	
8:45-9:00		13's/14's		13's/14's
9:00-9:15	Passing/Defense(s)	Attacking(s)	Attacking/Blocking(s)	Passing/Defense(s)
9:15-9:30				
Date	Friday, March 13th	Wednesday, March 18th	Friday, March 20th	Wednesday, March 25th
6:00-6:15	12's			
6:15-6:30	Serving/Hand Contact(s)			
6:30-6:45				
6:45-7:00	12's			
7:00-7:15	Passing/Defense(s)			
7:15-7:30				
7:30-7:45	15's/16's/18's		15's/16's/18's	
7:45-8:00				
8:00-8:15	Attacking/Blocking(s)	13's/14's	Attacking(s)	13's/14's
8:15-8:30		Middles/Setters(p)		Outside Hitters/Def. Spec.(p)
8:30-8:45	15's/16's/18's		15's/16's/18's	
8:45-9:00		13's/14's		13's/14's
9:00-9:15	Serving/Passing(s)	Outside Hitters/Def. Spec.(p)	Passing/Defense(s)	Middles/Setters(p)
9:15-9:30				
Date	Wednesday, April 8th	Friday, April 10th	Wednesday, April 15th	Friday, April 17th
6:00-6:15	12's and under/13's/14's	15's/16's/18's	12's and under/13's/14's	15's/16's/18's
6:15-6:30	12's: Serving(s)		12's: Serving(s)	
6:30-6:45	13's/14's: Middles/Setters(p)	Attacking/Blocking(s)	13's/14's: Middles/Setters(p)	Setting(s)
6:45-7:00				
7:00-7:15	12's and under/13's/14's	15's/16's/18's	12's and under/13's/14's	15's/16's/18's
7:15-7:30	12's: Passing/Defense(s)		12's: Passing/Defense(s)	
7:30-7:45	13's/14's: Outsides/Def. Spec.(p)	Passing/Defense(s)	13's/14's: Outsides/Def. Spec.(p)	Attacking/Blocking(s)
7:45-8:00				
8:00-8:15				
8:15-8:30				
8:30-8:45				
8:45-9:00				
9:00-9:15				
9:15-9:30				

KEY:

	12's and under
	13's/14's
	15's/16's/18's
	12's and under AND 13's/14's

(s) denotes this will be a skill specific session
 (p) denotes this will be a position specific session

*** ALL players are welcome to attend any session within their age group, whether it's a skill session or positional session.
 We encourage all players to attend as many sessions as possible.