



2022 Spring and Summer Volleyball Training

Middle and High School Athletes



Updates: Head Coach Alison Duncan aduncan@cps.k12.in.us

Twitter: @cp_volleyball

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Location: CPHS Main Gym/Weight Room

April Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
4	5 3-4pm Lifting All Groups	6	7 3-4pm Lifting All Groups	8 Defensive Open Gym 3-4:30pm
11	12 3-4pm Lifting All Groups	13	14 3-4pm Lifting All Groups	15 Setters/Hitters Open Gym 3-4:30pm
18	19 3-4pm Lifting All Groups	20	21 3-4pm Lifting All Groups	22 Defensive Open Gym 3-4:30pm
25	26 3-4pm Lifting All Groups	27	28 3-4pm Lifting All Groups	29 Setters/Hitters Open Gym 3-4:30pm

May Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 3-4pm Lifting All Groups	4	5 3-4pm Lifting All Groups	6 Defensive Open Gym 3-4:30pm
9	10 3-4pm Lifting All Groups	11	12 3-4pm Lifting All Groups	13 Setters/Hitters Open Gym 3-4:30pm
16	17 3-4pm Lifting All Groups	18	19 3-4pm Lifting All Groups	20 END TILL SUMMER

June

Week of June 6th-9th (CPHS Weight Room)

Monday	Tuesday	Wednesday	Thursday
All Groups Lifting 10-11am	All Groups Lifting 10-11am	All Groups Lifting 10-11am	All Groups Lifting 10-11am

Week of June 13th-June 16th (CPHS Weight Room)

Monday	Tuesday	Wednesday	Thursday
All Groups Lifting 10-11am	All Groups Lifting 10-11am	All Groups Lifting 10-11am	All Groups Lifting 10-11am

Week of June 20th (CPHS Main Gym and Weight Room)

Monday	Tuesday	Wednesday	Thursday
Setter/Hitter Open Gym 8:30-10:00	Defensive Open Gym 8:30-10:00am	Setter/Hitter Open Gym 8:30-10:00	Defensive Open Gym 8:30-10:00am
All Groups Lifting 10-11am	All Groups Lifting 10-11am	All Groups Lifting 10-11am	All Groups Lifting 10-11am

Week of June 27th (CPHS Main Gym and Weight Room)

Monday	Tuesday	Wednesday	Thursday
Setter/Hitter Open Gym 8:30-10:00	Defensive Open Gym 8:30-10:00am	Setter/Hitter Open Gym 8:30-10:00	Defensive Open Gym 8:30-10:00am
All Groups Lifting 10-11am	All Groups Lifting 10-11am	All Groups Lifting 10-11am	All Groups Lifting 10-11am

JULY

Week of July 11th (CPHS Main Gym) (K-8 2021/2022 school year)

Monday	Tuesday	Wednesday	Thursday	Friday
CPHS VOLLEYBALL CAMP Session 1: 8:30-10:30 Session 2: 11:00-1:00	CPHS VOLLEYBALL CAMP Session 1: 8:30-10:30 Session 2: 11:00-1:00	CPHS VOLLEYBALL CAMP Session 1: 8:30-10:30 Session 2: 11:00-1:00	CPHS VOLLEYBALL CAMP Session 1: 8:30-10:30 Session 2: 11:00-1:00	CPHS VOLLEYBALL CAMP Session 1: 8:30-10:30 Session 2: 11:00-1:00

Week of July 18th (CPHS Main Gym and Weight Room)

Monday	Tuesday	Wednesday	Thursday
Setter/Hitter Open Gym 8:30-10:00 All Groups Lifting 10-11am	Defensive Open Gym 8:30-10:00am All Groups Lifting 10-11am	DUNES OPERATION CENTER SUMMER TOURNAMENT All Levels (9-12)	DUNES OPERATION CENTER SUMMER TOURNAMENT All Levels (9-12)

Week of July 25th (CPHS Main Gym and Weight Room)

Monday	Tuesday	Wednesday	Thursday
Setter/Hitter Open Gym 8:30-10:00 All Groups Lifting 10-11am	Defensive Open Gym 8:30-10:00am All Groups Lifting 10-11am	Setter/Hitter Open Gym 8:30-10:00 All Groups Lifting 10-11am	Defensive Open Gym 8:30-10:00am All Groups Lifting 10-11am

End of Middle School Programming (middle school tryouts are normally mid August)

AUGUST

High School TRYOUTS AUGUST 1 and 2

Sunday	Monday August 1	Tuesday August 2	Wednesday August 3	Thursday August 4	Friday August 5	Saturday August 6
FALL SPORTS PARENT MEETING 6PM AUDITORI UM	Tryouts 9-Noon	Tryouts and Cuts 9-Noon 1-3pm Team Practice	9:30-11am Positionals 11-Noon Lifting Lunch Break 1-3 Team Practice Player Pack Ordering	9:30-11am Positionals 11-Noon Lifting Lunch Break 1-3 Team Practice Jersey Handout 6pm Parent Meeting in LGI	7:30 am Team Pictures 9-11 Team Practice 11-Noon lifting	9-11am Team Practice

August 8-13th

Monday August 8	Tuesday August 9	Wednesday August 10	Thursday August 11	Friday August 12	Saturday August 13
3-6 PM Practice	3-6pm Practice	First Day of School 3:30-5:30pm	Varsity Scrimmage Away JV/Frosh Practice 3:30-5:30	Varsity Tournament Set Up JV/Frosh Practice 3:30-5:00	Varsity Home Tournament Junior Varsity/9th Grade Teams Work