

Cedar Falls Summer and Fall Volleyball Calendar

May 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28 Elem Camp 4:45-8pm	29 Elem Camp 4:45-8pm	30 Elem Camp 4:45-8pm	31 Elem Camp 4:45-8pm	

June 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 HS Camp 6-8:30pm	3 HS Camp 6-8:30pm JH Camp 4-5:30pm	4 HS Camp 6-8:30pm JH Camp 4-5:30pm	5 JH Camp 4-5:30pm	6 JH Camp 4-5:30pm	7 Weight room Pre-Testing	8
9	10 OpenGym7:30-9:30am@Holmes	11 Strength Training	12 OpenGym7:30-9:30am@Holmes	13 Strength Training	14 Strength Training	15
16	17 OpenGym7:30-9:30am	18 Strength Training	19 OpenGym7:30-9:30am	20 Strength Training	21 Strength Training	22
23	24 OpenGym7:30-9:30am	25 Strength Training	26 OpenGym7:30-9:30am	27 Strength Training	28 Strength Training	29
30						

July 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 OpenGym7:30-9:30am	2 Strength Training	3 OpenGym7:30-9:30am	4 NO STRENGTH TRAINING	5 Strength Training	6
7	8 OpenGym7:30-9:30am	9 Strength Training	10 OpenGym7:30-9:30am	11 Strength Training	12 Strength Training	13 UNI TEAM CAMP
14	15 OpenGym7:30-9:30am	16 Strength Training	17 OpenGym7:30-9:30am	18 Strength Training	19 Strength Training	20
21	22 OpenGym7:30-9:30am	23 Strength Training	24 OpenGym7:30-9:30am	25 Strength Training	26 Strength Training	27
28	29 Home team camp/scrimmage	30 Strength Training	31			

August 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Strength Training	2 Strength Training	3
4	5 HS Camp 6-8:30pm	6 HS Camp 6-8:30pm Strength Training	7 HS Camp 6-8:30pm	8 Strength Training	9 Strength Training	10
11	12 SkillWorkout 7:30-9am Practice 5:30-8pm	13 SkillWorkout 7:30-9am Practice 5:30-8pm	14 SkillWorkout 7:30-9am Practice 5:30-8pm	15 SkillWorkout 7:30-9am Practice 5:30-8pm	16 Practice 5:30-8pm	17
18 Varsity Scrimmage@Prairie	19 SkillWorkout 7:30-9am Practice 6-8:30pm	20 Fall sports kickoff SkillWorkout 7:30-9am Practice and pics	21 SkillWorkout 7:30-9am JH Camp 4-6pm Practice 6-8:30pm	22 CPU scrim @5 JH Camp 4-6pm Practice 6-8:30pm	23 JH Camp 4-6pm Open practice and parent meeting 5:30- 7:30pm	24
25	26 4:15 CF Soph Tourney JV/V Practice 8-9pm	27 10/JV/V@Linn-Mar	28 Practice 3:30-5:45pm	29 Practice 3:30-5:45pm	30 Practice 6-7:15am	31 V Tourney @Centennial

September 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Labor Day Practice 7-8:30pm	3 10/JV/V vs. Waterloo East	4 Practice 3:30-5:45pm	5 Practice 3:30-5:45pm	6 Practice 6-7:15am	7 JV tourney @Osage
8	9 Practice 3:30-5:45pm	10 10/JV/V vs. Western Dubuque	11 Practice 3:30-5:45pm	12 Practice 3:30-5:45pm	13 Practice 6-7:15am Bus leave for Omaha@5pm	14 V tourney @MillardNo 10 tourney@Prairie
15	16 Practice 3:30-5:45pm	17 10/JV/V @CR Prairie	18 Practice 3:30-5:45pm	19 Practice 3:30-5:45pm	20 Practice 6-7:15am	21 V tourney @WatWest
22	23 Practice 3:30-5:00pm 10/JV quad@DNH	24 10/JV/V @IC High	25 Practice 3:30-5:45pm	26 Practice 3:30-5:45pm	27 Practice 6-7:15am	28 V tourney@UNI
29	30 Practice 3:30-5:00pm JV Quad @CF					

October 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10/JV/V vs. CR Xavier	2 Practice 3:30-5:45pm	3 Practice 3:30-5:00pm JV Quad @CF	4 Practice 6-7:15am	5
6	7 Practice 3:30-5:45pm	8 10/JV/V vs. CR Washington	9 Practice 3:30-5:45pm	10 Practice 3:30-5:45pm	11 Practice 6-7:15am	12 V tourney @CPU 10 tourney@CRK
13	14 Practice TBD	15 10/JV/V @Dubuque Senior	16 Practice 3:30-5:45pm	17 Practice 3:30-5:45pm	18 Practice 6-7:15am	19 MVC tourney @CRW
20	21 Practice 3:30-5:30pm	22 Practice 3:30-5:30pm	23 Practice 3:30-5:30pm Regional Volleyball	24 Practice 3:30-5:30pm	25 Practice 6-7:15am	26
27	28 Practice 3:30-5:30pm	29 Regional Volleyball	30 Practice 3:30-5:30pm	31 Practice 3:30-5:30pm		

November 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Practice 6-7:15am	2
3 Practice 7:00-8:30pm	4 Regional VB-Final	5 Practice 3:30-5:30pm	6 Practice 3:30-5:30pm	7 Practice 3:30-5:30pm	8 Practice 6-7:15am	9
10	11 Practice 3:30-5:00pm	12 State VB-1 st round	13 Practice 3:30-4:45pm	14 State VB-Semis	15 State VB-Finals	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

