




All practices are at LAC North LeftHand VB October 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 Info meeting at Longmont Rec. 9:30 to 11:30am
5	6 Info meeting at Longmont Rec. 6 to 8pm	7	8	9	10	11 Info meeting at Longmont Rec. 9:30 to 11:30am
12	13 Info meeting at Longmont Rec. 6 to 8pm	14	15	16	17	18 Tryout's 14's 3-5:30pm Longmont Rec.
19	20	21	22	23	24 Time Change →	25 Open Gym 4-7pm Longmont Athletic Club Open to all.
26	27	28	29	30	31 	

LeftHand VB November 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 1 st Tryout's 15, 16 & 17's 9-Noon Longmont Rec.	3	4	5	6	7	8
9 2 nd Tryout's 15, 16 & 17's 9-Noon Longmont Rec	10	11	12 Full court 7:15 – 9:15pm 14's & 15's	13 Full court 6-9 16' & 17's	14 Full court 6:30-8:30 14's & 15's	15 Full court 8-11 ALL club
16	17	18 Full court 6-9 16' & 17's	19 Full court 7:15 – 9:15pm 14's & 15's	20 Full court 6-9 16' & 17's	21 Full court 6:30-8:30 14's & 15's	22 Outside practice
23	24	25 ALL Club Full court	26	27 	28	29
30						

LeftHand VB December 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Full court 6-9 16' & 17's	3 Full court 7:15 – 9:15pm 14's & 15's	4 Full court 6-9 16' & 17's	5 Full court 6:30- 8:30 14's & 15's	6 Full court 8-11 ALL club
7	8	9 Full court 6-9 16' & 17's	10 Full court 7:15 – 9:15pm 14's & 15's	11 Full court 6-9 16' & 17's	12 Full court 6:30- 8:30 14's & 15's	13 Full court 8-11 ALL club
14	15	16 Full court 6-9 16' & 17's	17 Full court 7:15 – 9:15pm 14's & 15's	18 Full court 6-9 16' & 17's	19 Full court 6:30- 8:30 14's & 15's	20 Seeding Meeting 10am
21	22	23	24	25 	26	27
28	29	30 Full court 6-9 ALL club	31 			

LeftHand VB January 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Happy New Year Have a winning 2009!	2	3 Full court 12- 2:30pm ALL club ADDED
4 JR Friendship (All Ages)	5	6 Full court 6-9 16' & 17's	7 Full court 7:15 – 9:15pm 14's & 15's	8 Full court 6-9 16' & 17's	9 Full court 6:30- 8:30 14's & 15's	10
11 JR Power #1 (18/16/14/12)	12	13 Full court 6-9 16' & 17's	14 Full court 7:15 – 9:15pm 14's & 15's	15 Full court 6-9 16' & 17's	16 Full court 6:30- 8:30 14's & 15's	17
18	19	20 Full court 6-9 16' & 17's	21 Full court 7:15 – 9:15pm 14's & 15's	22 Full court 6-9 16' & 17's	23 Full court 6:30- 8:30 14's & 15's	24
25 JR Power #1 (17/15/13)	26	27 Full court 6-9 16' & 17's	28 Full court 7:15 – 9:15pm 14's & 15's	29 Full court 6-9 16' & 17's	30 Full court 6:30- 8:30 14's & 15's	31

LeftHand VB February 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 JR Power #2 (18/16/14/12) Super Bowl	2	3 Full court 6-9 16' & 17's	4 Full court 7:15 – 9:15pm 14's & 15's	5 Full court 6-9 16' & 17's	6 Full court 6:30- 8:30 14's & 15's	7
8 JR Power #2 (17/15/13)	9	10 Full court 6-9 16' & 17's	11 Full court 7:15 – 9:15pm 14's & 15's	12 Full court 6-9 16' & 17's	13 Full court 6:30- 8:30 14's & 15's	14 RMR Showdown 17's / Albuquerque, NM 15's/16's
15 RMR Showdown 17's / Albuquerque, NM 15's/16's	16 RMR Showdown Pres. Day	17 Full court 6-9 16' & 17's	18 Full court 7:15 – 9:15pm 14's & 15's	19 Full court 6-9 16' & 17's	20 Full court 6:30- 8:30 14's & 15's	21
22 JR Power #3 (18/16/14/12)	23	24 Full court 6-9 16' & 17's	25 Full court 7:15 – 9:15pm 14's & 15's	26 Full court 6-9 16' & 17's	27 Full court 6:30- 8:30 14's & 15's	28

LeftHand VB March 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 JR Power #3 (17/15/13)	2	3 Full court 6-9 16' & 17's	4 Full court 7:15 – 9:15pm 14's & 15's	5 Full court 6-9 16' & 17's	6 Full court 6:30- 8:30 14's & 15's	7
8 JR Power #4 (All Ages)	9	10 Full court 6-9 16' & 17's	11 Full court 7:15 – 9:15pm 14's & 15's	12 Full court 6-9 16' & 17's	13 No Practice Denver	14 CO Crossroads (14, 15, 16)
15 CO Crossroads (14, 15, 16)	16 CO Crossroads (14, 15, 16)	17 Full court 6-9 16' & 17's	18 Full court 7:15 – 9:15pm 14's & 15's	19 Full court 6-9 16' No Practice 17's Denver	20 Full court 6:30- 8:30 TBA CO Crossroads (17's)	21 CO Crossroads (17's)
22 CO Crossroads (17's)	23	24 Full court 6-9 16' & 17's	25 Full court 7:15 – 9:15pm 14's & 15's	26 Full court 6-9 16' & 17's	27 Full court 6:30- 8:30 14's & 15's	28
29 JR Power #5 (18/16/14/12)	30	31 Full court 6-9 16' & 17's				

LeftHand VB April 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Full court 7:15 – 9:15pm 14's & 15's	2 Full court 6-9 16' & 17's	3 Full court 6:30- 8:30 14's & 15's Kansas, MO 16's	4 Kansas, MO 16's
5 JR Power #5 (17/15/13) Kansas, MO 16's	6	7 Full court 6-9 16' & 17's	8 Full court 7:15 – 9:15pm 14's & 15's	9 Full court 6-9 16' & 17's	10 Full court 6:30- 8:30 14's & 15's	11
12	13	14 Full court 6-9 16' & 17's	15 Full court 7:15 – 9:15pm 14's & 15's	16 Full court 6-9 16' & 17's	17 Full court 6:30- 8:30 14's & 15's Northern Lights MN 17's	18 Northern Lights MN 17's
19 JR Regionals (18/16/14/12) Northern Lights MN 17's	20	21 Full court 6-9 16' & 17's	22 Full court 7:15 – 9:15pm 14's & 15's	23 Full court 6-9 16' & 17's	24 Full court 6:30- 8:30 14's & 15's	25
26 JR Regionals (17/15/13)	27	28	29	30		

All practices are at Longmont Athletic Club North

[Longmont Athletic Club](#)

www.longmontathleticclub.com
10 Mountain View Ave
Longmont, CO 80501
(303) 772-4700

LeftHand Volleyball reserves to the right to make changes to the schedule as needed.

All players must pre-register at the RMR website. Please bring a copy of your membership card with a school id or drivers license. Your child only needs to sign up once. www.rmrvolleyball.org go to sign up on line now. LeftHand VBC will need a copy of your child's birth certificate after making the team.

See you at the Net!