

All practices are at LAC North

**NO LIMITS for 15's Green & 16's are (Wednesday's at 5:30pm – 6:30pm)
November 11, 18, December 2,9, 16 and January 6, 13, 20, 27 and February 3.**

**NO LIMITS for 15's Blue & 17's (Thursday's at 5:30pm – 6:30pm)
November 12, 19, December 3,10, 17, January 7, 14, 21, 28 and February 4.**

November 2009						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 TRYOUT's 16's & 17's LAC 1:30 – 4pm add'l tryout for U15's Blue	2	3	4	5	6	7 Parent/Player meeting 8 – 10AM Uniform Try on & spirit pack order form handout.
8	9 Full court 7:15 –9:15pm 15'sBlue & 17's	10 Full court 6:30 –8:30pm 15'sGreen & 16's	11 Full court 7:15 –9:15pm 15'sBlue & 17's	12 Full court 6:30 –8:30pm 15'sGreen & 16's	13	14 Full court 8 – 10AM All Club
15	16 Full court 7:15 –9:15pm 15'sBlue & 17's	17 Full court 6:30 –8:30pm 15'sGreen & 16's	18 Full court 7:15 –9:15pm 15'sBlue & 17's	19 Full court 6:30 –8:30pm 15'sGreen & 16's	20	21 Full court 8 – 10AM All Club Fundraisers start!
22	23 Full court 7:15 –9:15pm 15'sBlue & 17's	24 Full court 6:30 –8:30pm 15'sGreen & 16's	25	26 Happy Thanksgiving!	27	28
29	30					
December 2009						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Full court 6:30 –8:30pm 15'sGreen & 16's	2 Full court 7:15 –9:15pm 15'sBlue & 17's	3 Full court 6:30 –8:30pm 15'sGreen & 16's	4	5 Full court 8 – 10AM All Club Fundraisers End!
6	7 Full court 7:15 –9:15pm 15'sBlue & 17's	8 Full court 6:30 –8:30pm 15'sGreen & 16's	9 Full court 7:15 –9:15pm 15'sBlue & 17's	10 Full court 6:30 –8:30pm 15'sGreen & 16's	11	12 Full court 8 – 10AM All Club Distribution of Fundraiser products.
13	14 Full court 7:15 –9:15pm 15'sBlue & 17's	15 Full court 6:30 –8:30pm 15'sGreen & 16's	16 Full court 7:15 –9:15pm 15'sBlue & 17's	17 Full court 6:30 –8:30pm 15'sGreen & 16's	18	19 Full court 8 – 10AM All Club
20	21	22	23	24	25 Merry Christmas!	26
27	28	29	30	31		

January 2010						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Happy New Year! Go Lefthand!	2
3*JR Friendship All Club	4 Full court 7:15 –9:15pm 15'sBlue & 17's	5 Full court 6:30 –8:30pm 15'sGreen & 16's	6 Full court 7:15 –9:15pm 15'sBlue & 17's	7 Full court 6:30 –8:30pm 15'sGreen & 16's	8	9
10 *Power 1 Odds (17/15/13)	11 Full court 7:15 –9:15pm 15'sBlue & 17's	12 Full court 6:30 –8:30pm 15'sGreen & 16's	13 Full court 7:15 –9:15pm 15'sBlue & 17's	14 Full court 6:30 –8:30pm 15'sGreen & 16's	15	16
17	18 Full court 7:15 –9:15pm 15'sBlue & 17's	19 Full court 6:30 –8:30pm 15'sGreen & 16's	20 Full court 7:15 –9:15pm 15'sBlue & 17's	21 Full court 6:30 –8:30pm 15'sGreen & 16's	22	23
24*Power 1 Evens (18/16/14/12)	25 Full court 7:15 –9:15pm 15'sBlue & 17's	26 Full court 6:30 –8:30pm 15'sGreen & 16's	27 Full court 7:15 –9:15pm 15'sBlue & 17's	28 Full court 6:30 –8:30pm 15'sGreen & 16's	29	30@
31 *Power 2 Odd (17/15/13)						
February 2010						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Full court 7:15 –9:15pm 15'sBlue & 17's	2 Full court 6:30 –8:30pm 15'sGreen & 16's	3 Full court 7:15 –9:15pm 15'sBlue & 17's	4 Full court 6:30 –8:30pm 15'sGreen & 16's	5	6
7 Superbowl *Power 2 Evens (18/16/14/12)	8 Full court 7:15 –9:15pm 15'sBlue & 17's	9 Full court 6:30 –8:30pm 15'sGreen & 16's	10 Full court 7:15 –9:15pm 16's & 17's	11 Full court 6:30 –8:30pm 15'sGreen & 16's	12	13 Greeley Showdown
14 Greeley Showdown	15Presidents Day Greeley Showdown	16 NO Practice	17 Full court 7:15 –9:15pm 15'sBlue & 17's	18 Full court 6:30 –8:30pm 15'sGreen & 16's	19	20
21 *Power 3 Odds (17/15/13)	22 Full court 7:15 –9:15pm 15'sBlue & 17's	23 Full court 6:30 –8:30pm 15'sGreen & 16's	24 Full court 7:15 –9:15pm 15'sBlue & 17's	25 Full court 6:30 –8:30pm 15'sGreen & 16's	26	27*Colorado Crossroads (12C, 13C, 14C, 14O, 15C, 16C)
28*Colorado Crossroads (12C, 13C, 14C, 14O, 15C, 16C)						

March 2010						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1*Colorado Crossroads (12C, 13C, 14C, 14O, 15C, 16C)	2 NO Practice	3 Full court 7:15 –9:15pm 15'sBlue & 17's	4 Full court 6:30 –8:30pm 15'sGreen & 16's	5	6 *Colorado Crossroads (15O, 16O, 17C, 17O, 18C, 18O)
7 *Colorado Crossroads (15O, 16O, 17C, 17O, 18C, 18O)	8 Half court 7:15 –9:15pm 15's ONLY! *Colorado Crossroads (17C, 17O, 18C, 18O)	9 Full court 6:30 –8:30pm 15'sGreen & 16's	10 Full court 7:15 –9:15pm 15'sBlue & 17's	11 Full court 6:30 –8:30pm 15'sGreen & 16's	12	13
14 *Power 3 Evens (18/16/14/12)	15 Full court 7:15 –9:15pm 15'sBlue & 17's	16 Full court 6:30 –8:30pm 15'sGreen & 16's	17 Full court 7:15 –9:15pm 15'sBlue & 17's	18 Full court 6:30 –8:30pm 15'sGreen & 16's	19	20
21*Power 4 Odds (17/15/13)	22 Full court 7:15 –9:15pm 15'sBlue & 17's	23 Full court 6:30 –8:30pm 15'sGreen & 16's	24 Full court 7:15 –9:15pm 15'sBlue & 17's	25 Full court 6:30 –8:30pm 15'sGreen & 16's	26	27
28 *Power 4 Evens (18/16/14/12)	29 Full court 7:15 –9:15pm 15'sBlue & 17's	30 Full court 6:30 –8:30pm 15'sGreen & 16's	31 Full court 7:15 –9:15pm 15'sBlue & 17's			

April 2010						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Full court 6:30 –8:30pm 15'sGreen & 16's	2	3
4	5 Full court 7:15 –9:15pm 15'sBlue & 17's	6 Full court 6:30 –8:30pm 15'sGreen & 16's	7 Full court 7:15 –9:15pm 15'sBlue & 17's	8 Full court 6:30 –8:30pm 15'sGreen & 16's	9	10
11 *Power 5 Odd (17/15/13)	12 Full court 7:15 –9:15pm 15'sBlue & 17's	13 Full court 6:30 –8:30pm 15'sGreen & 16's	14 Full court 7:15 –9:15pm 15'sBlue & 17's	15 Full court 6:30 –8:30pm 16's only 15's leave to MN.	16 *Northern Lights (15)	17 *Northern Lights (15)
18 Power 5 Even (18/16/14/12) *Northern Lights (15)	19 Full court 7:15 –9:15pm 15'sBlue & 17's	20 Full court 6:30 –8:30pm 15'sGreen & 16's	21 Full court 7:15 –9:15pm 15'sBlue & 17's	22 Full court 6:30 –8:30pm 15'sGreen Only	23 Northern Lights (12, 13, 16-18)	24 Northern Lights (12, 13, 16-18)
25 Northern Lights (12, 13, 16-18) *Regionals Odd (17/15/13)	26	27 Half court 6:30 –8:30pm 16's ONLY!	28	29 Half court 6:30 –8:30pm 16's ONLY!	30	

May 2010						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 *Regionals Even (18/16/14/12)	3	4	5	6	7	8 Club Party! Location and time to be announced.
9 Mother's Day!	10	11	12	13	14	15
16 *JNQ (All Ages) *RMR Send Off	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

All practices are at Longmont Athletic Club North we encourage carpooling. If any player needs a ride home, we will get her there.

Longmont Athletic Club

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

This year all players are required to participate in NO LIMITS fitness at LAC. Chad has designed our NO LIMITS program with the volleyball player in mind. This will set your player up with a lifetime of knowledge for better fitness and how to achieve it. This is only the first 10 weeks of club. Then it is up to your player to keep up what she has learned. We are very excited about this addition to our program!

Lefthand Volleyball Club 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. 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 or passport after making the team.

See you at the Net!