

Coffman Volleyball

May 2019 (Eastern Time - New York)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	1	2	3	4
	3:45pm - Strength		3:45pm - Strength 4:45pm - Defense 5:45pm - Offense 6:45pm - Setting	3pm - Strength		
5	6	7	8	9	10	11
	3:45pm - Strength 4:45pm - Defensive 5:45pm - Attack/Sett 6:45pm - Defensive		3:45pm - Strength 4:45pm - Defense 5:45pm - Attack 6:45pm - Setter	3pm - Strength		
12	13	14	15	16	17	18
	3:45pm - Strength 4:45pm - Defensive 5:45pm - Setter/Hitt 6:45pm - Defensive	4:30pm - Defensive 5:30pm - Attack 6:30pm - Setting	3:45pm - Strength	3pm - Strength		
19	20	21	22	23	24	25
	3:45pm - Strength 4:45pm - Defensive 5:45pm - Setter/Hitt 6:45pm - Defensive		3:45pm - Strength 4:45pm - Defense 5:45pm - Attack 6:45pm - Setting	3pm - Strength	7am - Last day of	
26	27	28	29	30	31	1
	7am - Strength	8am - Strength		8am - Strength		