

Strength & Conditioning

Session 1 8-10am

Session 2 10:30-12:30pm

CHS Indoor Facility

Titan Volleyball

Summer - 2008



June	9 June Monday	10 Tuesday 9th Camp - CHS	11 Wednesday 9th Camp - CHS	12 Thursday 9th Camp - CHS	13 Friday 9th Camp - CHS
	Strength & Conditioning				
	16 Monday	17 Tuesday	18 Wednesday	19 Thursday	20 Friday
July	Strength & Conditioning				
	23 Monday	24 Tuesday Summer League	25 Wednesday	26 Thursday Summer League	27 Friday
	Strength & Conditioning				
	30 Monday	1 July Tuesday Summer League	2 Wednesday	3 Thursday Summer League	4 Friday
	Strength & Conditioning				
	7 Monday	8 Tuesday	9 Wednesday	10 Thursday	11 Friday
Strength & Conditioning					
14 Monday	15 Tuesday Summer League	16 Wednesday	17 Thursday Summer League	18 Friday	
Strength & Conditioning					
21 Monday	22 Tuesday Summer League	23 Wednesday	24 Thursday Summer League	25 Friday	
Strength & Conditioning					
28 Monday	29 Tuesday	30 Wednesday	31 Thursday 6:30-9pm	1 August Friday	
CHS - Volleyball Camp					