

Head Coach: Kristine Fink Assistant Coach: Joseph Flesko

TEAM TOURNAMENT SCHEDULE

| DATE | EVENT | LOCATION | |
|----------------|------------------------|----------------|--|
| January 23-25 | Crossroads | Denver, CO | |
| February 8 | Ice Breaker | Casper, WY | |
| February 27-28 | Champions Challenge | Logan, UT | |
| March 8 | Aloha Classic | Billings, MT | |
| March 21-22 | Cowboy Volleyfest | Casper, WY | |
| March 28 | Black Hills Grand Prix | Rapid City, SD | |
| April 11 | Gillette Grand Prix | Gillette, WY | |
| April 25 | Cloud Peak Grand Prix | Casper, WY | |
| May 2-3 | Big Sky Volleyfest | Billings, MT | |

OTHER IMPORTANT DATES

Team Pictures: January 4 @ EMIT 2:15-3:15 PM

Player/Parent Meeting: December 11 @ 6:00 PM

 $\textbf{No Practice:} \ Spring \ Break \ (March 16-20)$

Monday, February 16: President's Day

RECRUITING & FILM - HUDL

Balltime AI software included HUDL video services & highlights included

SEASON PRACTICE SCHEDULE

| MONTH | PRACTICE | LEADER | JUMP |
|---|---|-----------|-------------------|
| DECEMBER W: 11th 6:00-8:30 T: 16th 6:30-8:30 | W: 6:30-8:30 T: 6:30-8:30 SJHS | Time TBA | ON Your Own |
| JANUARY | S: 6:00-7:30 TS | THUR: | ON |
| S/T: 6:00-7:30-9:00 | TU: 7:30-9:00 SJHS | 6:45-7:30 | Your |
| TH: 6:45-9:00 | TH: 7:30-9:00 SJHS | SJHS | Own |
| FEBRUARY | S: 6:00-7:30 TS | THUR: | ON |
| S/T: 6:00-7:30-9:00 | TU: 7:30-9:00 SJHS | 6:45-7:30 | Your |
| TH: 6:45-9:00 | TH: 7:30-9:00 SJHS | SJHS | Own |
| MARCH | S: 6:00-7:30 TS | THUR: | ON |
| S/T: 6:00-7:30 | TU: 6:00-7:30 SJHS | 6:00-6:30 | Your |
| TH: 6:00-8:30 | TH: 6:30-8:30 SJHS | SJHS | Own |
| APRIL S/T: 6:00-7:30 TH: 6:45-9:00 | S: 6:00-7:30 TS TU: 6:00-7:30 SJHS TH: 6:00-8:30 SJHS | NONE | ON Your Own |

LEADERSHIP TRAINING

December, January, February, March

JUMP/ROTATIONAL TRAINING

Add-on for in-person training

ELITE SEASON

This team is your priority until the season concludes!

Other sports and activities are not acceptable reasons to miss a practice or event. You have committed to this team for the entirety of the season.