

P1 - SHC Pav. Ct. 1
 P2 - SHC Pav. Ct. 2
 G - SHC Gym
 OC1- O'Connell HS Ct. 1
 OC2- O'Connell HS Ct. 1
 Y- Buchanan YMCA

SlainteVolleyball ~ January 2010

**Schedule is
 subject to
 change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 10a-12pm - G-12B, P1-18B, P2-15B 12-2pm - G-12F, P1-16B, P2-13B 2-4pm - G-13F, P1-14F, P2-DevG 4-6pm - G-14B, P1-16F, P2-DevB	4 Fitness Training: 4:30-6pm (at Kezar Stadium for 12s, 13s, 14s, & 15s team)	5 12F: OC1 5:30-7:30pm 16F: OC1 7:30-9:30pm 14B: OC2 5:30-7:30pm 15B: OC2 7:30-9:30pm 18B: P1 8-10pm 16B: G 8-10pm . Fitness Training: 4:30-6pm (at Kezar Stadium for 16s & 18s)	6 12B: Y 5:30-7:30pm Fitness Training: 4:30-6pm (at Kezar Stadium for 12F, 13s, 14s, & 15B team)	7 13B: Y 5:30-7:30pm 13F: Y 7-9pm 14F: G 8-10pm 15B: P1 8-10pm . Fitness Training: 4:30-6pm (at Kezar Stadium for 12B, 16s, & 18s)	8	9 Cal Kickoff: 16B, 16F, 15B
10 10:30-1pm - G-18B, P1-12B, 1-3:30pm - G-13F, P1-12F 3:30-6pm - P1-14B, P2-DevB, G-DevG . Cal Kickoff: 16B, 16F, 15B	11 Fitness Training: 4:30-6pm (at Kezar Stadium for 12s, 13s, & 14s team)	12 12F: OC1 5:30-7:30pm 16F: OC1 7:30-9:30pm 14F: OC2 5:30-7:30pm 13B: OC2 7:30-9:30pm 14B: P1 8-10pm Open: P2 8-10pm 16B: G 8-10pm Fitness Training: 4:30-6pm (at Kezar Stadium for 16s & 18s)	13 12B: Y 5:30-7:30pm Fitness Training: 4:30-6pm (at Kezar Stadium for 12F, 13s, & 14s team)	14 13B: Y 5:30-7:30pm 13F: Y 7-9pm 14F: P 8-10pm 18B: P 8-10pm 15B: G 8-10pm . Fitness Training: 4:30-6pm (at Kezar Stadium for 12B, 16s, & 18s)	15	16 Cal Kickoff: 18B
17 11am - 1pm - P1-15B, P2-16B 12-2pm - G-12F 2-4:30 - G-DevG, P2-DevB, P1-16F Cal Kickoff: 12B, 13B, 13F, 14B, 14F, 18B	18 Cal Kickoff: 12B, 13B, 13F, 14B, 14F	19 15B: P2 8-10pm 16B: P1 8-10pm 16F: G 8-10pm	20 12F: OC1 5:30-7:30pm FULL COURT 16F: OC2 7:30-9:30pm FULL COURT 12B: Y 5:30-7:30pm	21 13B: Y 5:30-7:30pm 13F: Y 7-9pm 14F: P 8-10pm 18B: P 8-10pm 14B: G 8-10pm	22	23
24 10a-12pm - G-12B, P1-18B, P2-15B 12-2pm - G-12F, P1-16B, P2-13B 2-4pm - G-13F, P1-14F, P2-DevG 4-6pm - G-14B, P1-16F, P2-DevB	25	26 14B: P2 8-10pm 16B: P1 8-10pm 16F: G 8-10pm	27 12B: Y 5:30-7:30pm 18B: G 8-10pm	28 13B: Y 5:30-7:30pm 13F: Y 7-9pm 14F: P 8-10pm 12F: P 7:45-9:30pm 15B: G 8-10pm	29	30 NCVA Qualifiers: 13B, 13F, 14B, 14F
31 10:30-1pm - P1-12B, P2-18B1-3:30pm - G-12F, P2-15B 3:30-6pm - P1-16F, P2-DevB, G-DevG .NCVA Qualifiers: 13B, 13F, 14B, 14F			Team Codes 12B - 12-1 Black12F - 12-2 Forest13B - 13-1 Black13F - 13-2 Forest14B - 14-1 Black14F - 14-2 Forest	15B - 15-1 Black16B - 16-1 Black16F - 16-2 Forest18B - 18-1 Black		

SlainteVolleyball ~ February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
P1 - SHC Pav. Ct. 1 P2 - SHC Pav. Ct. 2 G - SHC Gym OC1- O'Connell HS Ct. 1 OC2- O'Connell HS Ct. 1 Y- Buchanan YMCA	16B: G 8-10pm	14B: P2 8-10pm 16F: P1 8-10pm 18B: G 8-10pm	12B: Y 5:30-7:30pm 16B: G 8-10pm	13B: Y 5:30-7:15pm 12F: Y 7:15-9pm 14F: G 8-10pm (split) 15B: G 8-10pm (split)	13F: G 7:45-9:30pm	NCVA Qualifiers: 12B, 12F, 15B, 16B, 16F
7	8	9	10	11	12	13
1-3:30pm - P2-13F, P1-18B 3:30-6pm - P1-14B, P2-DevB, G-DevG NCVA Qualifiers: 12B, 12F, 15B, 16B, 16F	14F: G 8-10pm (split) 13B: G 8-10pm (split)		12B: Y 6pm-7:45pm 18B: G 8-10pm 16B: G 8-10pm	13B: Y 6-8pm 13F: Y 7:30-9:30pm 15B: P 8-10pm 14F: P 8-10pm 14B: G 8-10pm 16F: G 8-10pm	12F: G 7:45-9:30pm	President's Day: 12B, 13B, 14B, 14F, 15B, 16B, 16F Las Vegas: 18B
14	15	16	17	18	19	20
12-2pm - G-12F, P1-13F 2-4pm - P2-DevB, G-DevG President's Day: 12B, 13B, 14B, 14F, 15B, 16B, 16F Las Vegas: 18B	Presidents Day: 12B, 13B, 14B, 14F, 15B, 16B, 16F Las Vegas: 18B		12B: Y 5:30-7:30pm 14B: P1 8-10pm 16F: P2 8-10pm 16B: G 8-10pm	13B: Y 5:30-7:30pm 13F: Y 7-9pm 14F: G 8-10pm	12F: G 7:45-9:30pm 15B: P1 8-10pm 16B: P2 8-10pm	
21	22	23	24	25	26	27
10:30-1pm - P2-12B, P1-18B 1-3:30pm - P2-12F, G - 15B 3:30-6pm - P1-16F, P2-DevB, G-DevG League 1: 13B, 13F, 14B, 14F		14B: P2 8-10pm 12F: P1 7:45-9:30pm 16F: G 8-10pm	12B: Y 5:30-7:30pm 18B: G 8-10pm	13B: Y 5:30-7:30pm 13F: Y 7-9pm 14F: P 8-10pm 16B: P 8-10pm 15B: G 8-10pm		
28			Team Codes			
10a-12pm - G-12B, P1-18B, P2-15B 12-2pm - G-12F, P1-16B, P2-13B 2-4pm - G-13F, P1-14F, P2-DevG 4-6pm - G-14B, P1-16F, P2-DevB			12B - 12-1 Black 12F - 12-2 Forest 13B - 13-1 Black 13F - 13-2 Forest 14B - 14-1 Black 14F - 14-2 Forest	15B - 15-1 Black 16B - 16-1 Black 16F - 16-2 Forest 18B - 18-1 Black		

Sláinte Team Codes

Codes Description

12B	Sláinte Black 12-1	15B	Sláinte Black 15-1
12F	Sláinte Forest 12-2	16B	Sláinte Black 16-1
13B	Sláinte Black 13-1	16F	Sláinte Forest 16-2
13F	Sláinte Forest 13-2	18B	Sláinte Black 18-1
14B	Sláinte Black 14-1	DevB	Sláinte Developmental Practice Team - Boys
14F	Sláinte Forest 14-2	DevG	Sláinte Developmental Practice Team - Girls

Practice Locations

Codes Description

Address

Location

P1	SHCP - Pavilion	1055 Ellis Street, SF, CA 94109	to the right of the atrium - west court that is furthest west
P2	SHCP - Pavilion	1055 Ellis Street, SF, CA 94109	to the right of the atrium - east court
G	SHCP - Gym	1055 Ellis Street, SF, CA 94109	to the left of the atrium - main court
G1	SHCP - Gym	1055 Ellis Street, SF, CA 94109	to the left of the atrium - south court
G2	SHCP - Gym	1055 Ellis Street, SF, CA 94109	to the left of the atrium - north court
OC1	John O'Connell HS	2355 Folsom Street, SF, CA 94110	between 19th & 20th Street
OC2	John O'Connell HS	2355 Folsom Street, SF, CA 94110	between 19th & 20th Street
		1530 Buchanan Street, SF, CA	
Y	YMCA - Buchanan	94115	between Webster and Laguna (across from Japantown)
K	Kezar Stadium	334-670 Kezar Dr, San Francisco, CA	between Frederick & Stanyan Street

Parking in the city

- ~ SHCP - street parking or Saint Mary's Cathedral parking (if there is no event)
- ~ O'Connell HS - parking is available on the streets
- ~ YMCA - parking lot
- ~ Kezar Stadium - parking is available on the streets

~ Please check your car before leaving the parking spot. Make sure the valuables are not in plain sight.

Fitness Training

- ~ Fitness Training is offered from 12/17/2009 - 1/14/2010. There is no additional cost.
- ~ Fitness Training will cover everything from core strengthening, vertical jump, speed, and agility.
- ~ Fitness Training sessions are highly recommended, not mandatory. It will take anywhere from 1 to 1.5 hours. We recommend that you go twice a week and during your time slots. If you have a conflict and cannot make your assigned days, please attend one of the other days.
- ~ These trainings are taking place outdoors. Please dress appropriately for the weather.
- ~ If it is raining outside, the session may be rescheduled in the evening or cancelled. Please contact Bori May for further instruction.
- ~ **Your contact person is Bori May - 626.416.8266.**