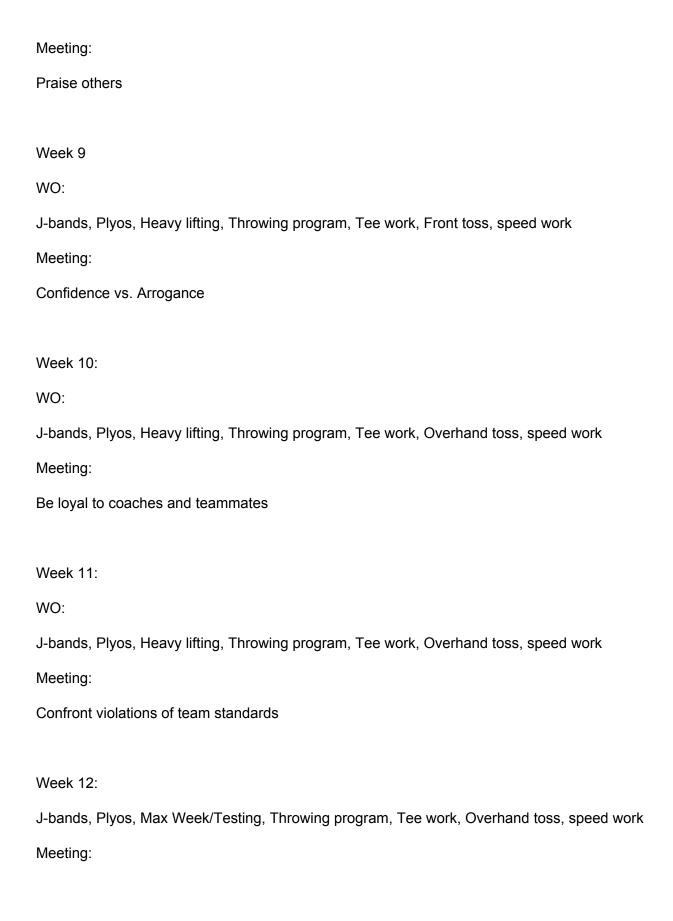
Offseason-
Program workout/Practice sessions
Weekly class meetings Seniors lead each of the sessions.
definitions lead each of the sessions.
Week 1
WO:
Measurements and tests
Meeting:
Standards vs. Rules
Week 2:
WO:
Mobility training, Conditioning lifting, plyometrics
Meeting:
Be the first to serve and the last to be served
Week 3:
WO:
Mobility, J-Bands, Plyos, Condition Liftings
Meeting:
All roles have equal value
Week 4:
WO:
J-Bands, plyos, Conditioning lifting, Throwing Program

Meeting:
Be the first to lead by example the last to break from team standards
Week 5:
WO:
J-bands, plyos, pyramid lifting, Throwing program, Tee work
Meeting:
Play with Poise
Week 6:
WO:
J-bands, Plyos, Pyramid lifting, Throwing program, Tee work, speed work
Meeting:
Be an example of excellence
Week 7:
WO:
J-bands, plyos, pyramid lifting, throwing program, tee work, front toss, speed work
Meeting:
Communicate all the times
Week 8:
WO:
J-bands, Plyos, Heavy lifting, Throwing program, Tee work, speed work



Encouragement of all teammates