

**CNMI NATIONAL TEAM TRY-OUTS  
QUALIFIERS, TRAININGS PRACTICES**

JANUARY							MARCH							APRIL							
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	
16	17	18	19	20	21	22	27	28	1	2	3	4	5	3	4	5	6	7	8	9	
Qualifier	Recovery	Athlete Evals	Athlete Evals	Athlete Evals	Rest	Rest	Marianas Cup		AM-Fitness PM-Drills		AM-Fitness PM-Drills	Olympic Qualifier	Olympic Qualifier	NATIONAL TEAMS TRAINING BEGINS							
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	
23	24	25	26	27	28	29	6	7	8	9	10	11	12	10	11	12	13	14	15	16	
Qualifier	Recovery	AM & PM Cardio 50-60%	AM & PM Cardio 60-70%	AM & PM Cardio 70%-80%	AM & PM Cardio 80%-70%	Recover	Olympic Qualifier		AM-Fitness PM-Drills		AM-Fitness PM-Drills										
FEBRUARY							MARCH							APRIL							
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	
30	31	1	2	3	4	5	13	14	15	16	17	18	19	17	18	19	20	21	22	23	
Qualifier	Recovery	AM-Fitness PM-Drills		AM-Fitness PM-Drills			Marianas Kids Cup		Training Break		Training Break										
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	
6	7	8	9	10	11	12	20	21	22	23	24	25	26	24	25	26	27	28	29	30	
Qualifier		AM-Fitness PM-Drills		AM-Fitness PM-Drills					Training Break		Training Break			Easter Sunday							
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	
13	14	15	16	17	18	19	27	28	29	30	31	1	2								
For the Love of Volleyball		AM-Fitness PM-Drills		AM-Fitness PM-Drills			NATIONAL TEAM SELECTION ANNOUNCEMENTS														
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	
20	21	22	23	24	25	26															
		AM-Fitness PM-Drills		AM-Fitness PM-Drills		Marianas Cup															
*NOTE: This schedule is subject to revision depending on weather conditions and Division coaches' discretion.																					