

## Blastoff Spotlight Schedule

**Friday January 18th, 2019**

|                      |   |            |
|----------------------|---|------------|
| 5:30 PM-5:55 PM      | HIGH SCHOOL PLAYER CHECK IN                         | INFO TABLE |
|                      | All Players & Parents                               |            |
| 6:00 PM              | COACHES WELCOME                                     | INFO TABLE |
|                      | All NCAA Coaches and Staff                          |            |
| 6:00 PM-6:15 PM      | MOVEMENT PREP & DYNAMIC WARM UP                     | Location   |
|                      | All Players   | Court 1    |
| 6:15 PM- 6:45 PM     | BALL CONTROL WARM UP                                | Location   |
|                      | All Players   | All Courts |
| 6:45 PM - 7:30PM     | SPLIT BY POSITION                                   | Location   |
|                      | a) Setters & Liberos b) Setters & Middles/Opps      | Court 1    |
|                      | a) Outside Hitters b) Outsides & Liberos            | Court 2    |
|                      | a) Middle Blockers/ Opposites b) Outsides & Liberos | Court 3    |
| 7:30 PM-8:30 PM      | 6 v 6 Scrimmages                                    | Location   |
| same as courts above | By level/grad year                                  | Court 1    |
|                      | By level/grad year                                  | Court 2    |
|                      | By level/grad year                                  | Court 3    |
| 8:30 PM              | RECRUITING DISCUSSION                               | Court 1    |

