

**Intermountain Volleyball High Performance Itinerary**  
**TUCSON - July 17 – 27, 2008**

**Thursday, July 17**

9:00am - 10:00am - Player Orientation  
10:00am - 1:00pm - Training Session #1  
2:30pm - 3:00pm - Setter Training (setters only)  
3:00pm - 5:30pm - Training Session #2

**Friday, July 18**

8:30am - 9:00am - Setter Training (setters only)  
9:00am - 12:00pm - Training Session #3  
1:30pm - 2:00pm - Setter Training (setters only)  
2:00pm - 4:30pm - Training Session #4

**Saturday, July 19**

8:30am - 9:00am - Setter Training (setters only)  
9:00am - 12:00pm - Training Session #5  
1:30pm - 2:00pm - Setter Training (setters only)  
2:00pm - 4:30pm - Training Session #6

**Sunday, July 20**

No Training - Coaches may decide to have a team bbq or get together. If they do it will be in the late afternoon or early evening

**Monday, July 21**

8:30am - 9:00am - Setter Training (setters only)  
9:00am - 12:00pm - Training Session #7  
1:30pm - 2:00pm - Setter Training (setters only)  
2:00pm - 4:30pm - Training Session #8

**Tuesday, July 22**

7:15am - Arrive at Salt Lake International Airport at the Southwest Airlines Counter

**Flight information:**

SLC-LAS	Southwest Flight #2474	9:10A/9:30A
LAS-TUS	Southwest Flight #2547	10:20A/11:40A

**Wednesday, July 22 - Sunday July 27**

Competition at Tucson Convention Center. Go to this link for tournament information:

<http://usavolleyball.org/highperformance/08HPChampionshipsPage.asp>

**Sunday, July 27**

Return flight after completion of play. Flight information:

TUS-LAS	Southwest Flight #248	6:25P/7:40P
LAS-SLC	Southwest Flight #1164	8:55P/11:10P