



# USA Deaf Sports Federation

USADSF • 102 North Krohn Place • Sioux Falls, SD 57103-1800

Voice: (605) 367-5760 • TTY: (605) 367-5761 • Fax: (605) 977-6625 • Web: [www.usdeafsports.org](http://www.usdeafsports.org)

## USA Deaf Men's National Volleyball Team

National Team Try-Out Itinerary

Friday, March 7 – 9, 2008

### Friday, 3/7:

- 3:00pm Set-up: Clark Gymnasium
- 4:00pm Try-out Staff Meeting
- 5:00pm Athlete arrival – Complete Registration; taping; treatments; etc.
- 6:00pm **Welcome & Introductions**
- Weekend schedule
  - Rochester area information
- 6:45pm Warm Up & Stretch
- 7:00pm **Fitness Testing**
- T-Test
  - Beep test
  - Verticle jump
  - 40 yd Sprint
  - Body Composition
  - Core Work (Push-ups/Pull-ups/Sit-ups)
- 8:30pm **Team Information**
- Team Concepts
  - Terminology
- 9:00pm Close
- \*\*\* **\*Serving (time permitting) Evaluation**



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### Saturday, 3/8:

- 9:00am      **Session #2**
- (SERVING)
  - SERVE RECEIVE
  - DEFENSE
- 11:30am      Lunch Break (DiBella's)
- 2:00pm      **Session #3**
- BLOCKING
  - ATTACK
  - SETTING
- 4:30pm      Dinner Break (Olive Garden)
- 7:00pm      **Session #3**
- SCRIMMAGE  
Controlled  
Open
- 9:00pm      **Close**

### Sunday, 3/9

- 9:00am      Session #5
- SCRIMMAGE
  
  - Closing and Final Announcements
- 11:30am      Brunch (Grace Watson's – RIT Dining)
- \* Depart \*