

FORCE Team Training Schedule - Winter 2012

January 3 - March 15

Tuesday - Station Training / Thursday - Scrimmage/Small-Sided - Field 1					Coaches
4:30-5:30	U9 Elite Boys	U9 Premier Boys	U9 Select Boys/U8 Academy Boys	U7 Academy	William/Dan/Casey/Diego
5:30-6:30	U11 Elite Boys	U11 Premier Boys	U11 Premier Girls	U11 Elite Girls	William/Ewerton/Casey/Diego
6:30-7:30	U13 Elite Girls	U13 Elite Boys	U12 Elite Boys	x	William/Casey/Sina
7:30-8:30	U16 Elite Boys	U16 Premier Boys	U17 Elite Boys	x	Dan/Diego
8:30-9:30	U16 Elite Girls	U18 Premier Girls	U15 Elite Girls	x	Ewerton/Sina/Dan
Tuesday - Station Training / Thursday - Scrimmage/Small-Sided - Field 2					Coaches
4:30-5:30	U9 Elite Girls/U10 Premier Girls	U9 Premier Girls/U8 Academy Girls	U10 Elite Girls	x	Lauren/Ewerton/Nathan/Sina
5:30-6:30	U10 Elite Boys	U12 Premier Girls	U12 Elite Girls	U10 Premier Boys	Lauren/Nathan/Sina
6:30-7:30	U17 Elite Girls	U18 Elite Girls	x	x	Diego/Lauren
7:30-8:30	U13 Premier Girls	U14 Elite Girls	U14 Premier Girls	x	William/Nathan/Ewerton
8:30-9:30	U14 Elite Boys	U14 Premier Boys	U15 Premier Girls	x	Nathan/William/Lauren