



Training Schedule - Spring 2009 - Begin April 13, 2009

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|----------------------|----------------------|----------------------|----------------------|----------------------|---------------------|--------|
| Training | 5:00 U09B-R-Training | 5:00 U10G-B-Training | 5:00 U16B-B-Training | 5:00 U10G-R-Training | 5:00 U11G-R-Training | | |
| | 6:00 U10B-R-Training | 6:00 U15B-R-Training | 6:00 U14B-R-Training | 6:00 U09G-R-Training | 6:00 U12B-R-Training | | |
| | 7:00 U11B-B-Training | 7:00 U13B-R-Training | 7:00 U14B-B-Training | 7:00 U13G-R-Training | 7:00 U11B-R-Training | | |
| Practice | TBD U12G-R-Practice | TBD U14B-R-Practice | TBD U10B-R-Practice | TBD U09B-R-Practice | TBD U10B-R-Practice | TBD U09G-R-Practice | |
| | TBD U14G-R-Practice | TBD U14B-B-Practice | TBD U12G-R-Practice | TBD U11B-B-Practice | | TBD U10G-R-Practice | |
| | TBD U16B-B-Practice | TBD U11G-R-Practice | TBD U14G-R-Practice | TBD U12B-R-Practice | | TBD U13G-R-Practice | |
| | | TBD U11B-R-Practice | TBD U13G-R-Practice | TBD U13B-R-Practice | | | |
| | | | | TBD U10G-B-Practice | | | |
| | | | | TBD U14B-R-Practice | | | |
| | | | | TBD U14B-B-Practice | | | |
| | | | | TBD U15B-R-Practice | | | |
| | | | TBD U16B-B-Practice | | | | |

All players should arrive 15 minutes prior to time indicated and warm up. Training will start at times indicated.

| Boys | | Girls | |
|-----------------|---------|-----------------|---------|
| U09B-R-Training | Mon | U09G-R-Training | Thur |
| U09B-R-Practice | Thur | U09G-R-Practice | Sat |
| U10B-R-Training | Mon | U10G-R-Training | Sat |
| U10B-R-Practice | Wed/Fri | U10G-R-Practice | Thur |
| U11B-R-Training | Fri | U10G-B-Training | Tues |
| U11B-R-Practice | Tues | U10G-B-Practice | Thur |
| U11B-B-Training | Mon | U11G-R-Training | Fri |
| U11B-B-Practice | Thur | U11G-R-Practice | Tues |
| U12B-R-Training | Fri | U12G-R-Training | TBD |
| U12B-R-Practice | Thur | U12G-R-Practice | Mo/We |
| U13B-R-Training | Tues | U13G-R-Training | Thr |
| U13B-R-Practice | Thur | U13G-R-Practice | Wed/Sat |
| U14B-R-Training | Wed | U14G-R-Training | TBD |
| U14B-R-Practice | Tue/Thu | U14G-R-Practice | Mo/We |
| U14B-B-Training | Wed | U16G-R-Training | N/A |
| U14B-B-Practice | Tue/Thu | U16G-R-Practice | N/A |
| U15B-R-Training | Tues | | |
| U15B-R-Practice | Thur | | |
| U16B-R-Training | Wed | | |
| U16B-R-Practice | Mon/Thu | | |

| Week | Training Schedule | Mon | Tues | Wed | Thur | Fri | Sat | Sun |
|------|-------------------|------|------|------|------|------|------|------|
| 1 | Schedule 1 | 4/13 | 4/14 | 4/15 | 4/16 | 4/17 | 4/18 | 4/19 |
| 2 | Schedule 1 | 4/20 | 4/21 | 4/22 | 4/23 | 4/24 | 4/25 | 4/26 |
| 3 | Schedule 1 | 4/27 | 4/28 | 4/29 | 4/30 | 5/1 | 5/2 | 5/3 |
| 4 | Schedule 1 | 5/4 | 5/5 | 5/6 | 5/7 | 5/8 | 5/9 | 5/10 |
| 5 | Schedule 1 | 5/11 | 5/12 | 5/13 | 5/14 | 5/15 | 5/16 | 5/17 |
| 6 | Schedule 1 | 5/18 | 5/19 | 5/20 | 5/21 | 5/22 | 5/23 | 5/24 |
| 7 | Schedule 1 | 5/25 | 5/26 | 5/27 | 5/28 | 5/29 | 5/30 | 5/31 |
| 8 | Schedule 1 | 6/1 | 6/2 | 6/3 | 6/4 | 6/5 | 6/6 | 6/7 |