



Midwest United FC

“Tradition of Excellence”



Winter Training MRL/DA/Premier teams

All sessions will be led by team coaches and will be held at The Dome in Schoolcraft.

Below are the specific training times starting Feb 5th (this is a 10 week program).

(NOTE: the first two weeks of program are in Jan. and may have a different training time)

<u>Teams:</u>	<u>Training time:</u>	<u>Training time for weeks Jan. 22 and 29</u>
01B royal	Mon. 830-930 pm	Mon. 830-930 pm
02B royal	Thur. 8-9 pm	Thur. 8-9 pm
03B royal	Thur. 8-9 pm	Sun. 9-10 am
04B royal	Sat. 830-930 pm	Sat. 9-10 am
04B white	Sat. 830-930 pm	Sat. 9-10 am
05B royal	Sat. 730-830 pm	Sun. 430-530 pm
05B white	Sat. 730-830 pm	Sun. 430-530 pm
06B royal	Sun. 8-9 am	Sun. 8-9 am
07B royal	Sun. 8-9 am	Sun. 8-9 am
01G royal	Sun. 830-930 pm	Sun. 630-730 pm
02G royal	Sat. 8-9 am	Sat. 8-9 am
04G royal	Sat. 9-10 am	Sat. 630-730 pm
06G royal	Sat. 630-730 pm	Sun. 530-630 pm
07G royal	Sun. 9-10 am	Sat. 730-830 pm
07G white	Sun. 9-10 am	Sat. 730-830 pm
GK training (all ages)	Sat. 630-730 pm	Sun. 530-630 pm

Please make sure to wear your gray training top and bring your shin guards and ball.

Sports Performance will start Jan. 24th and go for 10 weeks until Mar. 28th

All sports performance sessions will be held at The Dome in Schoolcraft and run by Next Level Performance on Wed. nights, below are the specific times for each age group.

<u>Teams:</u>	<u>Training time:</u>
06G royal, 07G royal	530-630 pm
07G white	
05B all, 06B royal	630-730 pm
07B royal	
01B-04B royal and white	730-830 pm
01G-04G royal all	