

Winter Training				Sports Performance			
Team-Boys	Day	Time	Dates		Day	Time	Dates
u9 Royal	Sunday	5-6pm	Jan 20-March 24		Tuesday	530-630pm	Jan 22-March 26
u9 White	Saturday	9-10am	Jan 19-March 23		Tuesday	530-630pm	Jan 22-March 26
u9 Silver	Saturday	9-10am	Jan 19-March 23		Tuesday	530-630pm	Jan 22-March 26
u10 Royal	Saturday	8-9am	Jan 19-March 23		Tuesday	530-630pm	Jan 22-March 26
u10 White	Saturday	8-9am	Jan 19-March 23		Tuesday	530-630pm	Jan 22-March 26
u11 Royal	Sunday	6-7pm	Jan 20-March 24		Wednesday	630-730pm	Jan 23-March 27
u11 White	Saturday	8-9pm	Jan 19-March 23		Tuesday	530-630pm	Jan 22-March 26
u12 Royal	Sunday	7-8pm	Jan 20-March 24		Wednesday	630-730pm	Jan 23-March 27
u12 White	Sunday	7-8pm	Jan 20-March 24		Wednesday	630-730pm	Jan 23-March 27
u13 Royal	Sunday	8-9pm	Jan 20-March 24		Wednesday	630-730pm	Jan 23-March 27
u13 White	Sunday	8-9pm	Jan 20-March 24		Tuesday	530-630pm	Jan 22-March 26
u14 Royal	Thursday	730-830pm	Jan 24-March 28		Wednesday	630-730pm	Jan 23-March 27
u15 Royal	Thursday	730-830pm	Jan 24-March 28		Wednesday	730-830pm	Jan 23-March 27
u15 White	Saturday	7-8pm	Jan 19-March 23		Wednesday	730-830pm	Jan 23-March 27
u16 Royal	Saturday	9-10am	Jan 19-March 23		Wednesday	730-830pm	Jan 23-March 27
u18 Royal	Sunday	9-10am	Jan 21-March 25		Wednesday	730-830pm	Jan 23-March 27
Team-Girls	Day	Time	Dates		Day	Time	Dates
u9 Royal	Sunday	9-10am	Jan 19-March 23		Tuesday	630-730pm	Jan 22-March 26
u9 White	Sunday	9-10am	Jan 19-March 23		Tuesday	630-730pm	Jan 22-March 26
u10 Royal	Saturday	7-8pm	Jan 19-March 23		Tuesday	630-730pm	Jan 22-March 26
u10 White	Saturday	7-8pm	Jan 19-March 23		Tuesday	630-730pm	Jan 22-March 26
u11 Royal	Sunday	6-7pm	Jan 20-March 24		Wednesday	530-630pm	Jan 23-March 27
u11 White	Saturday	8-9pm	Jan 19-March 23		Tuesday	630-730pm	Jan 22-March 26
u12 Royal	Sunday	8-9am	Jan 20-March 24		Wednesday	530-630pm	Jan 23-March 27
u12 White	Sunday	8-9am	Jan 20-March 24		Wednesday	530-630pm	Jan 23-March 27
u12 Silver	Sunday	8-9am	Jan 20-March 24		Tuesday	630-730pm	Jan 22-March 26
u13 Royal	Sunday	5-6pm	Jan 20-March 24		Wednesday	530-630pm	Jan 23-March 27
u14 Royal	Saturday	8-9am	Jan 19-March 23		Wednesday	730-830pm	Jan 23-March 27
u15 Royal	Saturday	8-9pm	Jan 19-March 23		Wednesday	730-830pm	Jan 23-March 27
u18 Royal	Monday	530-630pm	Jan 20-March 24		Wednesday	730-830pm	Jan 23-March 27
Additional Programs	Day	Time	Dates				
Goalkeeper Training	Sunday	7-8pm	Jan 20-March 24				
Future Stars u4-u6	Sunday	5-6pm	Jan 20-March 24				
Future Stars u6-u8	Sunday	6-7pm	Jan 20-March 24				