



## **TRAINING SCHEDULE**

| Sports<br>Sessions by            | Monday 8:00am  | Tuesday 5:00pm | Wednesday           | Thursday         | Friday           | Saturday                      |
|----------------------------------|----------------|----------------|---------------------|------------------|------------------|-------------------------------|
| age group                        | to 9:30am      | to 6:30pm      | 8:00am to<br>9:30am | 8:00am to 9:30am | 8:00pm to 6:30pm |                               |
| Little kickers<br>(3 to 7 years) | Little kickers |                | Little kickers      |                  | Little kickers   | 9am to 10:30am Little kickers |
|                                  |                |                |                     |                  |                  |                               |

| Sports<br>Sessions by<br>age group | Monday 9:00am<br>to 11:30am | Tuesday 9:00am<br>to 11:00am | Wednesday<br>8:00am to<br>11:00am | Thursday<br>9:00am to<br>11:00am | Friday<br>9:00am to11:00am | Saturday<br>9:00am to11:00am |
|------------------------------------|-----------------------------|------------------------------|-----------------------------------|----------------------------------|----------------------------|------------------------------|
| Victory Squad                      | Victory Squad               | Victory Squad                | Victory Squad                     | Victory Squad                    | Victory Squad              | Victory Squad                |
|                                    |                             |                              |                                   |                                  |                            |                              |

| Sports<br>Sessions by<br>age group | Monday 4:00pm<br>to 6:00pm | Tuesday 4:00pm<br>to 6:00pm | Wednesday<br>4:00pm to<br>6:00pm | Thursday<br>4:00pm to<br>6:00pm | Friday<br>4:00am to 6:00pm | Saturday<br>4:00am to 6:00pm |
|------------------------------------|----------------------------|-----------------------------|----------------------------------|---------------------------------|----------------------------|------------------------------|
| Prime players                      | Prime players              | Prime players               | Prime players                    | Prime players                   | Prime players              | Prime players                |
|                                    |                            |                             |                                  |                                 |                            |                              |