

FOSC WINTER TRAINING

Training starts the week of November 14th. We take the week of November 21st off, however we will train the week of December 19th (but take the week of December 26th off). Training continues through March 1st, at which time we move outside to turf for regular practices. All sessions at GameTime Training Center.

All sessions are grouped according to age group, level, or scheduling requests so please make sure that you get approval from Craig Rhodis (bbacraig@aol.com) if your day or time does not work for an individual. You must get approval before switching sessions at any time.

All U8, U9 and U10 teams please remember that for November and December you play in the 3 v 3 league, then pick up training the week of January 2nd. If you are part of one of those teams and you wish to train in November and December, contact Craig and he will work it out for you.

Monday 5:30 to 6:30 – Girls U14 White, Girls U15 White, Girls U15 Black

Monday 6:30 to 7:30 – Girls U11 Red, Girls U11 White, Girls U11 Black

Monday 7:30 to 8:30 – Boys U12 Red, Boys U12 White, Boys U13 Red

Monday 8:30 to 9:30 – Girls U14 Red, Girls U15 Red

Tuesday 4:30 to 5:30 – Boys U16 White, Boys U17 White

Tuesday 5:30 to 6:30 – Girls U11 Grey, Girls U11 Blue/Boys U9 Red, Boys U9 White (half of the large field for each)

Tuesday 6:30 to 7:30 – Girls U12 Red, Girls U12 White, Girls U12 Black

Tuesday 7:30 to 8:30 – Girls U13 Red, Girls U13 White, Girls U13 Black

Tuesday 8:30 to 9:30 – Boys U14 Red, Boys U15 White

Wednesday 5:00 to 6:00 – Girls U16 Red, Girls U17 Red, Girls U18 Red

Wednesday 8:00 to 9:00 – Girls U16 White, Girls U17 White

Thursday 4:30 to 5:30 – Boys U17 Red, Boys U18 Red

Thursday 5:30 to 6:30 – Boys U10 Red, Boys U11 Red, Boys U11 White

Thursday 6:30 to 7:30 – Girls U9 Red, Girls U9 White, Girls U9 Black

Thursday 7:30 to 8:30 – Girls U10 Red, Girls U10 White, Girls U10 Black, Girls U10 Grey

Thursday 8:30 to 9:30 – Boys U15 Red, Boys U16 Red