



## **Winter Indoor Training** **January to March 2010**



Teams will begin training indoors at the SuperKick/ TeamZone Facility the week of January 4, 2009.

- \* Each team will receive ten 70 minute sessions ( included with their fees )
- \* Each team will receive 1 free session to schedule on their own after March 15<sup>th</sup> ( subject to facility availability)
- \* Goalkeeper training will be offered too

### **What's Next?**

Coaches and team administrators are asked to share the schedule below with the families on your team. Additional information regarding facility rules, liability waivers and more will be shared via email after December 1<sup>st</sup>.

| Age Group   | Day of Week | Start Date               | Times           | Teams                         | Zone(s)              |
|-------------|-------------|--------------------------|-----------------|-------------------------------|----------------------|
| U9 Boys     | Saturday    | January 9 <sup>th</sup>  | 8:00-9:10 AM    | Premier, Elite & Select       | SuperKick and Zone A |
| U9 Girls    | Saturday    | January 9 <sup>th</sup>  | 8:00-9:10 AM    | Premier, Elite, Select & Blue | Zones B-C-D          |
| U10 Boys    | Wednesday   | January 6 <sup>th</sup>  | 5:00-6:10 PM    | Premier, Elite and Select     | Zones B-C-D          |
| U10 Girls   | Tuesday     | January 5 <sup>th</sup>  | 5:30-6:40 PM    | Premier, Elite and Select     | Zones B-C-D          |
| U11 Boys    | Wednesday   | January 6 <sup>th</sup>  | 6:15-7:25 PM    | Premier, Elite and Select     | Zones B-C-D          |
| U11 Girls   | Tuesday     | January 5 <sup>th</sup>  | 6:45-7:55 PM    | Premier and Elite             | Zones B-C-D          |
| U12 Boys    | Saturday    | January 9 <sup>th</sup>  | 10:30-11:40 AM  | Premier and Elite             | SuperKick and Zone A |
| U12 Girls   | Sunday      | January 10 <sup>th</sup> | 6:15-7:25 PM    | Red, Black and Gold           | Zones B-C-D          |
| U13 Boys    | Saturday    | January 9 <sup>th</sup>  | 11:45-12:55 PM  | Red, Black and Gold           | Zones B-C-D          |
| U13 Girls   | Saturday    | January 9 <sup>th</sup>  | 9:15-10:25 AM   | Red and Black                 | Zones B-C-D          |
|             |             |                          | 10:30-11:40 AM  | Gold and White                | Zones B-C-D          |
| U14 Boys    | Wednesday   | January 6 <sup>th</sup>  | 7:30-8:40 PM    | Red, Black and Gold           | Zones B-C-D          |
| U14 Girls   | Saturday    | January 9 <sup>th</sup>  | 9:15-10:25 AM   | Red                           | SuperKick and Zone A |
| U15 Boys    | Sunday      | January 10 <sup>th</sup> | 5:00 to 6:10 PM | Red and Black                 | Zones B-C-D          |
| U16 Girls   | Sunday      | January 10 <sup>th</sup> | 7:30 to 8:40 PM | Premier                       | Zones B-C            |
| U18 Girls   | Tuesday     | January 5 <sup>th</sup>  | 4:00-5:30 PM    | CFC Premier & CFC Ambassador  | Zones B-C-D          |
| Goalkeepers | TBD         | TBD                      | TBD             | All                           | TBD                  |