

Day	Division	Time	Squads & Teams	Fields	Game Format
Monday	U5	5:30-6:20 PM	U 5 Developmental Program Training (Squads: #1. - #10.) (50 Minute Session)	1-5	5v5
Monday	U11	6:30-7:20 PM	U11 Group Training (Teams: #1. - #6 .) (50 Minute Session)	1-3	9v9
Monday	U13	7:30-8:20 PM	U13 Group Training (Teams: #1 - #4.) (50 Minute Session)	5-8	9v9
Tuesday	U7	5:30-6:20 PM	U7 Little Kickers Program Training (Squads: #1. - #12 .) (50 Minute Session)	1-8	5v5
Tuesday	U7	6:30-7:20PM	U7 Little Kickers Program Training (Squads: #13. - #16.)(50 Minute Session)	5-8	5v5
Tuesday	U9	6:30-7:20 PM	U9 Group Training (Teams: #1. - #8 .) (50 Minute Session)	1-4	7v7
Tuesday	U19	7:30-8:30 PM	U15-19 Scrimmage (Teams: #1. - #2 .) (15 Minute Warm-Up) (4 - 10 Minute Quarters) & 5 Minute Half-Time)	1	9v9
Wednesday	U9	5:30-6:30 PM	U9 Games (15 min Warm-up)(4 - 10 Minute Quarters) & (5 Minute Half-Time)	5-8	9v9
Wednesday	U11	5:30-6:30 PM	U11 Games (15 min Warm-up)(4 - 10 Minute Quarters) & (5 Minute Half-Time)	1-3	7v7
Wednesday	U13	6:45-7:45 PM	U13 Games (15 min Warm-up)(4 - 10 Minute Quarters) & (5 Minute Half-Time)	1-2	9v9
Thursday	U7	5:30-6:30 PM	U7 Games-Teams: 1-8 (15 min Warm-up)(4 - 10 Minute Quarters) & (5 Minute Half-Time)	5-8	5v5
Thursday	U7	6:45-7:45 PM	U7 Games-Teams: 9-16 (15 min Warm-up)(4 - 10 Minute Quarters) & (5 Minute Half-Time)	5-8	5v5