

**C** Challenger run session

**X** Coach run session

Practices start during the week of August 23, 2010.

FIELD	TEAM	Mon 4:30	Mon 6pm	Tue 4:30	Tue 6pm	Wed 4:30pm	Wed 6pm	Thu 4:30pm	Thu 6pm	Fri 4:30pm	Fri 6pm
6V6	B-U8 ML (Lynch)	Chris					X				
6V6	B-U8 TP (Pfeiffer)			Steve				X			
6V6	B-U9 DP (Pascarella)				X			Steve			
6V6	B-U9 CW (Wisherd)		X				Carl				
6V6	B-U10 KT (Toohey)		X						Chris		
6V6	B-U10 CB (Burke)					Steve					X
6V6	G-U8 MM (Mazri)	Carl								X	
6V6	G-U9 AM (Murphy)	X (8v8)							Carl		
6V6	G-U9 DD (Deveau)			Chris							X
8v8	B-U11 JC (Colvin)			Carl					X		
8v8	B-U11 RP (Pourmand)						Steve				X
8v8	G-U10 TO (Orciani)				X			Chris			
8v8	G-U11 CS (Souter)			Chris					X		
8v8	G-U11 JC (Connelly)	Steve					X				
11V11	B-U13 PS (Stagg)		Chris								X
11V11	B-U14 JT (Thomas)				Steve					X	
11V11	G-U14 CC (Carl)				Carl						Carl
<b>Travel Clinics</b>		Carl Clinic- Str. & Cond. Steve Clinic - Goalie		Carl Clinic-Offense <U10			Carl Clinic- Offense >U10		Carl Clinic- Str. & Cond. Steve Clinic - Goalie		
		Kelley- Defense >U10		Ash Clinic - Defense <U10				Steve Clinic-Offense<U10			Steve Clinic -Offense >U10

Teams

Carl (5)	G-U8 MM (Mazri)		B-U11 JC (Colvin)	G-U14 CC (Carl)		B-U9 CW (Wisherd)		G-U9 AM (Murphy)		G-U14 CC (Carl)
Steve(6)	G-U11 JC (Connelly)		B-U8 TP (Pfeiffer)	B-U14 JT (Thomas)	B-U10 CB (Burke)	B-U11 RP (Pourmand)	B-U9 DP (Pascarella)			
Chris (6)	B-U8 ML (Lynch)	B-U13 PS (Stagg)	G-U11 CS (Souter)	G-U9 DD (Deveau)			G-U10 TO (Orciani)	B-U10 KT (Toohey)		

**Travel** Travel Clinics are 1 hour long - Please note the location and times for each session noted above. Please also note that some clincs are for players U10 and under, while others are for U10 and older.

<b>Defense</b>	4:30-5:30 (8v8)		4:30-5:30 (11v11)							
<b>Goalkeeping</b>		6:00-7:00 (11v11)							4:30-5:30 (8v8)	
<b>Offense</b>					4:30-5:30 (8v8)		4:30-5:30 (11v11)	4:30-5:30 (11v11)		6:00-7:00 (8v8)
<b>Strength &amp; Conditioning</b>		6:00-7:00 (8v8)							4:30-5:30 (11v11)	

**Rec** Recreation Clinics are 1 hour long - Front Griffin

- Sun 8:30-9:30 am 4-6 years old
- Sun 9:30-10:30 am 7-9 years old
- Sun 10:30-11:30 am 10+ years old

