

## SATURDAY Practice Plan - Fall 2010

**Notes:**

- NO use of HS field in the Fall

- A trainer stays with his team(s) for both THU/FRI and SAT practices

- One trainer each week needs to rotate between King St &amp; Ridge Street

**WYSL Fall 2010 game schedule**

Sept --&gt; 12, 19, 26

Oct --&gt; 3, 17, 24, 31 (NO GAMES on 10/10-Columbus Day)

Nov --&gt; 7, 14, 21

**1st Practice**

4-Sep Time	Ridge Street		King Street			
	# 1	# 2	# 1 - JAMIE	# 2 - JACK	# 3 - MIKE	# 4 - PAUL
8:30a - 10:00a	Fusion (U14-B) w/ David					
10:00a - 11:30a	Rampage (U15-B) w/ Paul	Titans (U15-B) w/ Mike				
12:15p - 1:45p			Wolverines (U13-B)	Panthers (U13-G)	Wildcats (U13-G)	Vipers (U13-B) w/ David
1:45p - 3:15p		Sharks (U10-B) w/ Jamie	Rebels (U12-B) w/ David	Freedom (U10-G)	Dynamite (U12-G)	Renegades (U10-B)
3:15p - 4:45p			United (U11-B)	Express (U11-G)	Warriors (U11-B)	Blue Wave (U11-G)
4:45p - 6:15p			Raptors (U9-B)	Magic (U9-G) w/ Jack Rage (U9-G) w/ David	Fireballs (U9-B)	Rockers (U9-B)

**1st game - Labor Day Weekend**

11-Sep Time	Ridge Street		King Street			
	# 1	# 2	# 1 - JAMIE	# 2 - JACK	# 3 - MIKE	# 4 - PAUL
8:30a - 10:00a	Fusion (U14-B) w/ David					
10:00a - 11:30a	Rampage (U15-B) w/ Paul	Titans (U15-B) w/ Mike				
12:15p - 1:45p			Wolverines (U13-B)	Panthers (U13-G)	Wildcats (U13-G)	Vipers (U13-B) w/ David
1:45p - 3:15p		Renegades (U10-B)	Rebels (U12-B) w/ David	Freedom (U10-G)	Dynamite (U12-G)	Sharks (U10-B) w/ Jamie
3:15p - 4:45p			United (U11-B)	Express (U11-G)	Warriors (U11-B)	Blue Wave (U11-G)
4:45p - 6:15p			Raptors (U9-B)	Magic (U9-G) w/ Jack Rage (U9-G) w/ David	Fireballs (U9-B)	Rockers (U9-B)

**Yom Kippur - NO PRACTICES !**

18-Sep Time	Ridge Street		King Street			
	# 1	# 2	# 1 - JAMIE	# 2 - JACK	# 3 - MIKE	# 4 - PAUL
8:30a - 10:00a						
10:00a - 11:30a						
12:15p - 1:45p						
1:45p - 3:15p						
3:15p - 4:45p						
4:45p - 6:15p						

25-Sep Time	Ridge Street		King Street			
	# 1	# 2	# 1 - JAMIE	# 2 - JACK	# 3 - MIKE	# 4 - PAUL
8:30a - 10:00a	Fusion (U14-B) w/ David					
10:00a - 11:30a	Rampage (U15-B) w/ Paul	Titans (U15-B) w/ Mike				
12:15p - 1:45p			Wolverines (U13-B)	Panthers (U13-G)	Wildcats (U13-G)	Vipers (U13-B) w/ David

1:45p - 3:15p		Freedom (U10-G)	Rebels (U12-B) w/ David	Sharks (U10-B) w/ Jamie	Dynamite (U12-G)	Renegades (U10-B)
3:15p - 4:45p			United (U11-B)	Express (U11-G)	Warriors (U11-B)	Blue Wave (U11-G)
4:45p - 6:15p			Raptors (U9-B)	Magic (U9-G) w/ Jack Rage (U9-G) w/ David	Fireballs (U9-B)	Rockers (U9-B)

2-Oct	Ridge Street		King Street			
Time	# 1	# 2	# 1 - JAMIE	# 2 - JACK	# 3 - MIKE	# 4 - PAUL
8:30a - 10:00a	Fusion (U14-B) w/ David					
10:00a - 11:30a	Rampage (U15-B) w/ Paul	Titans (U15-B) w/ Mike				
12:15p - 1:45p		Vipers (U13-B) w/ David	Wolverines (U13-B)	Panthers (U13-G)	Wildcats (U13-G)	0
1:45p - 3:15p		Rebels (U12-B) w/ David	Sharks (U10-B) w/ Jamie	Freedom (U10-G)	Dynamite (U12-G)	Renegades (U10-B)
3:15p - 4:45p			United (U11-B)	Express (U11-G)	Warriors (U11-B)	Blue Wave (U11-G)
4:45p - 6:15p			Raptors (U9-B)	Magic (U9-G) w/ Jack Rage (U9-G) w/ David	Fireballs (U9-B)	Rockers (U9-B)

### No Games - Columbus Day

9-Oct	Ridge Street		King Street			
Time	# 1	# 2	# 1 - JAMIE	# 2 - JACK	# 3 - MIKE	# 4 - PAUL
8:30a - 10:00a	Fusion (U14-B) w/ David					
10:00a - 11:30a	Rampage (U15-B) w/ Paul	Titans (U15-B) w/ Mike				
12:15p - 1:45p			Wolverines (U13-B)	Panthers (U13-G)	Wildcats (U13-G)	Vipers (U13-B) w/ David
1:45p - 3:15p		Dynamite (U12-G)	Rebels (U12-B) w/ David	Freedom (U10-G)	Sharks (U10-B) w/ Jamie	Renegades (U10-B)
3:15p - 4:45p			United (U11-B)	Express (U11-G)	Warriors (U11-B)	Blue Wave (U11-G)
4:45p - 6:15p			Raptors (U9-B)	Magic (U9-G) w/ Jack Rage (U9-G) w/ David	Fireballs (U9-B)	Rockers (U9-B)

16-Oct	Ridge Street		King Street			
Time	# 1	# 2	# 1 - JAMIE	# 2 - JACK	# 3 - MIKE	# 4 - PAUL
8:30a - 10:00a	Fusion (U14-B) w/ David					
10:00a - 11:30a	Rampage (U15-B) w/ Paul	Titans (U15-B) w/ Mike				
12:15p - 1:45p			Wolverines (U13-B)	Panthers (U13-G)	Wildcats (U13-G)	Vipers (U13-B) w/ David
1:45p - 3:15p		Sharks (U10-B) w/ Trainer #1	Rebels (U12-B) w/ David	Freedom (U10-G)	Dynamite (U12-G)	Renegades (U10-B)
3:15p - 4:45p			United (U11-B)	Express (U11-G)	Warriors (U11-B)	Blue Wave (U11-G)
4:45p - 6:15p			Raptors (U9-B)	Magic (U9-G) w/ Jack Rage (U9-G) w/ David	Fireballs (U9-B)	Rockers (U9-B)

23-Oct	Ridge Street		King Street			
Time	# 1	# 2	# 1 - JAMIE	# 2 - JACK	# 3 - MIKE	# 4 - PAUL
8:30a - 10:00a	Fusion (U14-B) w/ David					
10:00a - 11:30a	Rampage (U15-B) w/ Paul	Titans (U15-B) w/ Mike				
12:15p - 1:45p			Wolverines (U13-B)	Panthers (U13-G)	Wildcats (U13-G)	Vipers (U13-B) w/ David
1:45p - 3:15p		Renegades (U10-B)	Rebels (U12-B) w/ David	Freedom (U10-G)	Dynamite (U12-G)	Sharks (U10-B) w/ Jamie
3:15p - 4:45p			United (U11-B)	Express (U11-G)	Warriors (U11-B)	Blue Wave (U11-G)

4:45p - 6:15p			Raptors (U9-B)	Magic (U9-G) w/ Jack Rage (U9-G) w/ David	Fireballs (U9-B)	Rockers (U9-B)
---------------	--	--	----------------	--	------------------	----------------

<b>30-Oct</b>	<b>Ridge Street</b>		<b>King Street</b>			
<b>Time</b>	<b># 1</b>	<b># 2</b>	<b># 1 - JAMIE</b>	<b># 2 - JACK</b>	<b># 3 - MIKE</b>	<b># 4 - PAUL</b>
8:30a - 10:00a	Fusion (U14-B) w/ David					
10:00a - 11:30a	Rampage (U15-B) w/ Paul	Titans (U15-B) w/ Mike				
12:15p - 1:45p			Wolverines (U13-B)	Panthers (U13-G)	Wildcats (U13-G)	Vipers (U13-B) w/ David
1:45p - 3:15p		Freedom (U10-G)	Rebels (U12-B) w/ David	Sharks (U10-B) w/ Jamie	Dynamite (U12-G)	Renegades (U10-B)
3:15p - 4:45p			United (U11-B)	Express (U11-G)	Warriors (U11-B)	Blue Wave (U11-G)
4:45p - 6:15p			Raptors (U9-B)	Magic (U9-G) w/ Jack Rage (U9-G) w/ David	Fireballs (U9-B)	Rockers (U9-B)

<b>6-Nov</b>	<b>Ridge Street</b>		<b>King Street</b>			
<b>Time</b>	<b># 1</b>	<b># 2</b>	<b># 1 - JAMIE</b>	<b># 2 - JACK</b>	<b># 3 - MIKE</b>	<b># 4 - PAUL</b>
8:30a - 10:00a	Fusion (U14-B) w/ David					
10:00a - 11:30a	Rampage (U15-B) w/ Paul	Titans (U15-B) w/ Mike				
12:15p - 1:45p		Vipers (U13-B) w/ David	Wolverines (U13-B)	Panthers (U13-G)	Wildcats (U13-G)	0
1:45p - 3:15p		Rebels (U12-B) w/ David	Sharks (U10-B) w/ Jamie	Freedom (U10-G)	Dynamite (U12-G)	Renegades (U10-B)
3:15p - 4:45p			United (U11-B)	Express (U11-G)	Warriors (U11-B)	Blue Wave (U11-G)
4:45p - 6:15p			Raptors (U9-B)	Magic (U9-G) w/ Jack Rage (U9-G) w/ David	Fireballs (U9-B)	Rockers (U9-B)

**DST - Afternoon practice times shortened by 30'**

<b>13-Nov</b>	<b>Ridge Street</b>		<b>King Street</b>			
<b>Time</b>	<b># 1</b>	<b># 2</b>	<b># 1 - JAMIE</b>	<b># 2 - JACK</b>	<b># 3 - MIKE</b>	<b># 4 - PAUL</b>
8:30a - 10:00a	Fusion (U14-B) w/ David					
10:00a - 11:30a	Rampage (U15-B) w/ Paul	Titans (U15-B) w/ Mike				
12:15p - 1:15p			Wolverines (U13-B)	Panthers (U13-G)	Wildcats (U13-G)	Vipers (U13-B) w/ David
1:15p - 2:15p		Dynamite (U12-G)	Rebels (U12-B) w/ David	Freedom (U10-G)	Sharks (U10-B) w/ Jamie	Renegades (U10-B)
2:15p - 3:15p			United (U11-B)	Express (U11-G)	Warriors (U11-B)	Blue Wave (U11-G)
3:15p - 4:15p			Raptors (U9-B)	Magic (U9-G) w/ Jack Rage (U9-G) w/ David	Fireballs (U9-B)	Rockers (U9-B)

**Last game**

**DST - Afternoon practice times shortened by 30'**

<b>20-Nov</b>	<b>Ridge Street</b>		<b>King Street</b>			
<b>Time</b>	<b># 1</b>	<b># 2</b>	<b># 1 - JAMIE</b>	<b># 2 - JACK</b>	<b># 3 - MIKE</b>	<b># 4 - PAUL</b>
8:30a - 10:00a	Fusion (U14-B) w/ David					
10:00a - 11:30a	Rampage (U15-B) w/ Paul	Titans (U15-B) w/ Mike				
12:15p - 1:15p			Wolverines (U13-B)	Panthers (U13-G)	Wildcats (U13-G)	Vipers (U13-B) w/ David
1:15p - 2:15p		Sharks (U10-B) w/ Trainer #1	Rebels (U12-B) w/ David	Freedom (U10-G)	Dynamite (U12-G)	Renegades (U10-B)
2:15p - 3:15p			United (U11-B)	Express (U11-G)	Warriors (U11-B)	Blue Wave (U11-G)

3:15p - 4:15p			Raptors (U9-B)	Magic (U9-G) w/ Jack Rage (U9-G) w/ David	Fireballs (U9-B)	Rockers (U9-B)
---------------	--	--	----------------	--	------------------	----------------