

## PRIDE SC Winter Training Schedule DECEMBER 2019

Day, Date	Time	Court 5	Court 6
Sunday, Dec 1	4-5pm	Premier HS - U16G Copa Team	
	5-6pm	U13-14G Premier	
	6-7pm	U14B Premier - Copa	
		Court 5	Court 6
Monday, Dec 2	5-6pm	Fitness/Speed (U9-U12)	
	6-7pm	Fitness/Speed (U13-U18)	
		Court 5	Court 6
Tuesday, Dec 3	5:30-6:30pm	U13B Premier	U14B Premier - Samba
	6:30-7:30pm	Juniors (U5-U6)	Juniors (U7-U8)
	7:30-8:30pm	Premier High School - Boys	
		Court 5	Court 6
Wednesday, Dec 4	4:30-5:30pm	Premier High School - Girls	
	5:30-6:30pm	U10-U12G Premier	U10-U12G Intermediate
	6:30-7:30pm	U8-U9G Premier/Intermediate	U9-U10B Premier/Intermediate
	7:30-8:30pm	U11B Premier	U11-U12B Intermediate
		Court 5	Court 6
Thursday, Dec 5	5:30-6:30pm	U8B Premier	
	6:30-7:30pm	U10B Premier	
	7:30-8:30pm	U12B Premier	
		Court 5	Court 6
Sunday, Dec 8	1-2pm	Premier HS - U16G Copa Team	
	2-3pm	U13-U14G Premier	
	3-4pm	U14B Premier - Copa	
		Court 5	Court 6
Monday, Dec 9	5-6pm	Fitness/Speed (U9-U12)	
	6-7pm	Fitness/Speed (U13-U18)	
		Court 5	Court 6
Tuesday, Dec 10	5:30-6:30pm	U13B Premier	U14B Premier - Samba
	6:30-7:30pm	Juniors (U5-U6)	Juniors (U7-U8)
	7:30-8:30pm	Premier High School - Boys	
		Court 5	Court 6
Wednesday, Dec 11	4:30-5:30pm	Premier High School - Girls	
	5:30-6:30pm	U10-U12G Premier	U10-U12G Intermediate
	6:30-7:30pm	U8-U9G Premier/Intermediate	U9-U10B Premier/Intermediate
	7:30-8:30pm	U11B Premier	U11-U12B Intermediate
		Court 5	Court 6
Thursday, Dec 12	5:30-6:30pm	U8B Premier	
	6:30-7:30pm	U10B Premier	
	7:30-8:30pm	U12B Premier	
		Court 5	Court 6
Sunday, Dec 15	4-5pm	Premier HS - U16G Copa Team	
	5-6pm	U13-U14G Premier	
	6-7pm	U14B Premier - Copa	
		Court 5	Court 6
Monday, Dec 16	5-6pm	Fitness/Speed (U9-U12)	
	6-7pm	Fitness/Speed (U13-U18)	
		Court 5	Court 6
Tuesday, Dec 17	5:30-6:30pm	U13B Premier	U14B Premier - Samba
	6:30-7:30pm	Juniors (U5-U6)	Juniors (U7-U8)
	7:30-8:30pm	Premier High School - Boys	
		Court 5	Court 6
Wednesday, Dec 18	4:30-5:30pm	Premier High School - Girls	
	5:30-6:30pm	U10-U12G Premier	U10-U12G Intermediate
	6:30-7:30pm	U8-U9G Premier/Intermediate	U9-U10B Premier/Intermediate
	7:30-8:30pm	U11B Premier	U11-U12B Intermediate
		Court 5	Court 6
Thursday, Dec 19	5:30-6:30pm	U8B Premier	
	6:30-7:30pm	U10B Premier	
	7:30-8:30pm	U12B Premier	

All Sessions at Eastside Athletics, 11435 Lithopolis Rd, Lithopolis, OH 43136

**Contacts:**

Girls Groups - Mark Casperson, coach.casperson@gmail.com

Boys Groups - Ryan McClay, ryan.mcclay.pridesc@gmail.com

Juniors - Alex Wentz, wentz.59@osu.edu

Fitness/Intermediate - Caleb Williams, bcs.caleb.williams@gmail.com

Goalkeepers - Trevor Nelson, tjn61582@aol.com