

## PRIDE SC Winter Training Schedule NOVEMBER 2019

Day, Date	Time	Court 5	Court 6
Sunday, Nov 10	5-6pm	U14G Premier	
	6-7pm	U14B Premier - Copa	
		Court 5	Court 6
Monday, Nov 11	5-6pm	Fitness/Speed (U9-U12)	
	6-7pm	Fitness/Speed (U13-U18)	
		Court 5	Court 6
Tuesday, Nov 12	5:30-6:30pm	U13B Premier	U14B Premier - Samba
	6:30-7:30pm	Juniors (U5-U6)	Juniors (U7-U8)
		Court 5	Court 6
Wednesday, Nov 13	5:30-6:30pm	U12-U13G Premier/Intermediate	U10-U11G Premier/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, Nov 14	5:30-6:30pm	U8B Premier	
	6:30-7:30pm	U10B Premier	
	7:30-8:30pm	U12B Premier	
		Court 5	Court 6
Sunday, Nov 17	5-6pm	U14G Premier	
	6-7pm	U14B Premier - Copa	
		Court 5	Court 6
Monday, Nov 18	5-6pm	Fitness/Speed (U9-U12)	
	6-7pm	Fitness/Speed (U13-U18)	
		Court 5	Court 6
Tuesday, Nov 19	5:30-6:30pm	U13B Premier	U14B Premier - Samba
	6:30-7:30pm	Juniors (U5-U6)	Juniors (U7-U8)
		Court 5	Court 6
Wednesday, Nov 20	5:30-6:30pm	U12-U13G Premier/Intermediate	U10-U11G Premier/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, Nov 21	5:30-6:30pm	U8B Premier	
	6:30-7:30pm	U10B Premier	
	7:30-8:30pm	U12B Premier	
		Court 5	Court 6
Sunday, Nov 24	5-6pm	U14G Premier	
	6-7pm	U14B Premier - Copa	
		Court 5	Court 6
Monday, Nov 25	5-6pm	Fitness/Speed (U9-U12)	
	6-7pm	Fitness/Speed (U13-U18)	
		Court 5	Court 6
Tuesday, Nov 26	5:30-6:30pm	U13B Premier	U14B Premier - Samba
	6:30-7:30pm	Juniors (U5-U6)	Juniors (U7-U8)
		Court 5	Court 6
Wednesday, Nov 27	5:30-6:30pm	U12-U13G Premier/Intermediate	U10-U11G Premier/Intermediate
	6:30-7:30pm	U8-U9G Premier/Intermediate	U9-U10B Premier/Intermediate
	7:30-8:30pm	U11B Premier	U11-U12B Intermediate

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

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

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

Goalkeepers - Trevor Nelson, tjn61582@aol.com