

Academy Training

Recreational league weekly Academy training sessions during the Fall and Spring seasons.

Monday-Thursday @ 5:30 p.m. at the Chain of Lakes (Please arrive early).

All players wear white shirts to practice and bring their ball, blown-up with their name written on it and plenty of water for hydration.

Mondays 5:30 - 6:00 p.m. U6 and below

Tuesdays 5:30 - 6:00 p.m. U10

Wednesdays 5:30 - 6:00 p.m. U8

Thursdays 5:30 - 6:00 p.m. U12

Fridays (By special appointment only)

All coaches and their teams are expected to show-up on their respective nights for their regularly scheduled weekly training sessions at the Chain of Lakes. This is mandatory and not optional. If a coach cannot make a session due to an emergency or some other situation, please let your assistant and team parent know BUT ensure all of your players show-up on your night and have your assistant assume control. If your assistant is not available, make sure your parents still bring the players, because we will integrate them and ensure they have a productive practice.

Don't forget, all players wear white shirts to practice on Academy nights.

With your support, the players will learn in an environment that is conducive to their growth and development and will have fun doing so. Don't forget we are teaching them fundamental skills and it just so happens the first three letters of the word FUNdamental spell FUN ... so lets keep it that way.

Best wishes and Good Luck!

Tristan Williams

Director of Coaching