



#WeAreVSA



**JR ACADEMY PRACTICE SCHEDULE
SPRING 2018**

Start Date: Feb 26th
End Date: June 1st

ADP Boys (START DATE MARCH 14 – END DATE MAY 16)

Wednesday 5:00PM to 6:00PM Field 6 a
Friday 5:00PM to 6:00PM Field 6 a

ADP Girls (START DATE MARCH 14 – END DATE MAY 16)

Wednesday 5:00PM to 6:00PM Field 6 b
Friday 5:00PM to 6:00PM Field 6 b

09 Boys

Monday 6:00PM to 7:00PM Field 5 b-1
Wednesday 6:00PM to 7:15PM Field 6 a-1
Friday 6:00PM to 7:15PM Field 6 a

09 Girls

Monday 6:00PM to 7:00PM Field 5 b-2
Wednesday 6:00PM to 7:15PM Field 6 a-2
Friday 6:00PM to 7:15PM Field 6 b

08 Boys

Monday 5:00PM to 6:00PM Field 5 b-1
Wednesday 7:15PM to 8:30PM Field 6 a-1
Friday 7:15PM to 8:30PM Field 6 a

08 Girls

Monday 5:00PM to 6:00PM Field 5 b-2
Wednesday 7:15PM to 8:30PM Field 6 a-2
Friday 7:15PM to 8:30PM Field 6 b

Key Contacts:

Fro Adu fadu@vsaonline.org Jr Academy Director
Alex Herrera aherrera@vsaonline.org Assistant Jr Academy Director





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PRE-ACADEMY ELITE (NPL/NC SL) PRACTICE SCHEDULE SPRING 2018

Start Date: Feb 26th
End Date: June 1st

07 Boys NPL & NC SL
Monday 5:00PM to 6:00PM Field 5 a
Tuesday 5:00PM to 6:15PM Field 5 a
Wednesday 6:15PM to 7:30PM Field 7 a

07 Girls NPL & NC SL
Tuesday 5:00PM to 6:00PM Field 5 b
Wednesday 7:15PM to 8:30PM Field 6 b-1
Friday 5:00PM to 6:15PM Field 7 a

06 Boys NPL & NC SL
Monday 6:00PM to 7:00PM Field 5 a
Tuesday 6:00PM to 7:15PM Field 6 a-1
Wednesday 7:30PM to 8:45PM Field 7 a

06 Girls NPL & NC SL
Monday 7:00PM to 8:00PM Field 5 a
Tuesday 7:15PM to 8:30PM Field 6 a
Wednesday 6:00PM to 7:15PM Field 6 b

05 Boys NPL
Tuesday 5:00PM to 6:00PM Field 6 a
Wednesday 5:00PM to 6:15PM Field 7 b-2
Thursday 5:00PM to 6:15PM Field 7 a

05 Girls NPL
Tuesday 6:15PM to 7:30PM Field 5 a
Wednesday 5:00PM to 6:15PM Field 7 a-1
Thursday 5:00PM to 6:15PM Field 5 b

04 Boys NPL
Monday 7:30PM to 8:30PM Field 6 b-2
Tuesday 8:00PM to 9:15PM Field 6 b
Thursday 5:00PM to 6:15PM Field 7 b

04 Girls NPL
Tuesday 5:00PM to 6:15PM Field 7 b-2
Thursday 5:00PM to 6:15PM Field 6 b
Friday 6:15PM to 7:30PM Field 7 a-2

Key Contact:
Dale Parker dparker@vsaonline.org Director of Coaching





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PRE-ACADEMY SELECT (RED/NAVY) PRACTICE SCHEDULE SPRING 2018

Start Date: Feb 26th
End Date: June 1st

07 Boys	Select Red		
Monday	5:00PM to 6:00PM	Field 6 b	Technical Training Night – Led by Select Director
Tuesday	6:15PM to 7:30PM	Field 5 b-2	
Friday	6:00PM to 7:15PM	Field 5 a-2	

07 Girls	Select Red		
Monday	5:00PM to 6:00PM	Field 6 b	Technical Training Night – Led by Select Director
Wednesday	7:15PM to 8:30PM	Field 6 b	
Friday	6:00PM to 7:15PM	Field 5 a-1	

06 Boys	Select Red		
Monday	5:00PM to 6:00PM	Field 6 b	Technical Training Night – Led by Select Director
Tuesday	7:30PM to 8:45PM	Field 5 b-2	
Friday	7:15PM to 8:30PM	Field 5 a-2	

06 Girls	Select Red		
Monday	5:00PM to 6:00PM	Field 6 b	Technical Training Night – Led by Select Director
Wednesday	6:00PM to 7:15PM	Field 6 b	
Friday	7:15PM to 8:30PM	Field 5 a-1	

05 Boys	Select Red		
Monday	5:00PM to 6:00PM	Field 6 a	Technical Training Night – Led by Select Director
Tuesday	5:00PM to 6:15PM	Field 6 b	
Friday	6:00PM to 7:15PM	Field 5 b-1	

05 Girls	Select Red		05 Girls	Select Navy	
Monday	5:00PM to 6:00PM	Field 6 a (TTN)	Monday	5:00PM to 6:00PM	Field 6 a (TTN)
Tuesday	6:00PM to 7:15PM	Field 6 a-2	Tuesday	6:15PM to 7:30PM	Field 5 b-1
Wednesday	7:45PM to 9:00PM	Field 7 b-1	Friday	5:00PM to 6:15PM	Field 7 b

04 Boys	Select Red	
Monday	5:00PM to 6:00PM	Field 6 a (TTN)
Tuesday	6:30PM to 7:45PM	Field 7 b-1
Friday	6:30PM to 7:45PM	Field 5 b-2

04 Girls	Select Red		04 Girls	Select Navy	
Monday	5:00PM to 6:00PM	Field 6 a (TTN)	Monday	5:00PM to 6:00PM	Field 6 a (TTN)
Wednesday	5:00PM to 6:15PM	Field 7 a-2	Tuesday	7:30PM to 8:45PM	Field 5 b-2
Friday	6:15PM to 7:30PM	Field 7 b-1	Friday	6:15PM to 7:30PM	Field 7 b-2

Key Contact:
Dale Parker dparker@vsaonline.org Director of Coaching





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**ACADEMY ELITE (NPL) PRACTICE SCHEDULE
SPRING 2018**

Start Date: Feb 26th

End Date: June 1st

03 Boys NPL
 Monday 7:30PM to 8:30PM Field 6 b-1
 Wednesday 5:00PM to 6:15PM Field 7 b-1
 Thursday 5:00PM to 6:15PM Field 5 a

03 Girls NPL
 Tuesday 5:00PM to 6:30PM Field 7 b-1
 Wednesday 5:00PM to 6:00PM Field 5 b
 Friday 5:00PM to 6:30PM Field 5 b

02 Boys NPL
 Monday 8:30PM to 9:45PM Field 5 b
 Tuesday 7:30PM to 8:45PM Field 7 a

02 Girls NPL
 Monday 7:30PM to 8:30PM Field 5 b
 Tuesday 6:15PM to 7:30PM Field 7 a

01 Boys NPL
 Monday 8:30PM to 9:45PM Field 5 b
 Tuesday 5:00PM to 6:15PM Field 7 a

01 Girls NPL
 Monday 7:30PM to 8:30PM Field 5 b
 Tuesday 6:15PM to 7:30PM Field 7 a

00 Boys NPL & NPL II
 Monday 8:30PM to 9:45PM Field 5 b
 Tuesday 5:00PM to 6:15PM Field 7 a

00 Girls NPL
 Monday 7:30PM to 8:30PM Field 5 b
 Tuesday 6:15PM to 7:30PM Field 7 a

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**ACADEMY SELECT (RED) PRACTICE SCHEDULE
SPRING 2018**

Start Date: Feb 26th
End Date: June 1st

03 Boys Select Red
Monday 7:30PM to 8:30PM Field 6 b-1 (optional)
Tuesday 6:30PM to 8:00PM Field 7 b-2
Wednesday 7:45PM to 9:15PM Field 7 b-2

03 Girls Select Red
Tuesday 8:00PM to 9:30PM Field 7 b
Friday 6:15PM to 7:45PM Field 7 a-1

02 Boys Select Red
Monday 8:30PM to 9:45PM Field 5 b
Tuesday 7:30PM to 8:45PM Field 7 a

02 Girls Select Red
Monday 7:30PM to 8:30PM Field 5 b
Tuesday 6:15PM to 7:30PM Field 7 a

01 Boys Select Red
Monday 8:30PM to 9:45PM Field 5 b
Tuesday 5:00PM to 6:15PM Field 7 a

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