



**VSA FALL 2021 FRIDAY NIGHT LIGHTS SCHEDULE
SCHEDULE SUBJECT TO CHANGE**

LONG PARK (LP) – 4603 JAMES MADISON HWY

VSA is excited to be offering even more for our Recreation Community this year! On select Friday nights throughout the Fall and Spring seasons VSA will host Friday Night Lights with our U5-U12 players. Each age group will have a designated Friday night to come out and work with our Professional Staff coaches. We will also be inviting the Volunteer Rec Coaches to come assist and pick up on some new ideas to take to their teams.

In addition, we will also have two Coaching Education sessions each in the Fall and Spring seasons. These sessions will be taught by Garrett Budd VSA's Director of Coaching Education and a US Youth coaching instructor. You can learn more about Garrett [HERE](#).

VSA will send internal emails with a google sign up to all age groups prior to the event.

SEPTEMBER 17TH

ADP – 5:00PM – 6:00PM – LP FIELD 5
REC COACHING EDUCATION – 6:00PM – 7:00PM – LP FIELD 5

OCTOBER 22ND

ADP – 5:00PM – 6:00PM – LP FIELD 5
REC COACHING EDUCATION – 6:00PM – 7:00PM – LP FIELD 5

OCTOBER 1ST

ADP – 5:00PM – 6:00PM – LP FIELD 5
U5/U6 REC CLINIC – 6:00PM – 7:00PM – LP FIELD 5

NOVEMBER 5TH

U9/U10 REC ALL STAR – 5:00PM – 6:00PM – LP FIELD 5
U11/U12 REC ALL STAR – 6:00PM – 7:00PM – LP FIELD 5

OCTOBER 15TH

ADP – 5:00PM – 6:00PM – LP FIELD 5
U7/U8 REC CLINIC – 6:00PM – 7:00PM – LP FIELD 5

NOVEMBER 12TH

ADP / U8 REC ALL STAR – 5:00PM – 6:00PM – LP FIELD 5
ADP / U8 REC ALL STAR – 6:00PM – 7:00PM – LP FIELD 5

