



**VSA SPRING 2023 PRACTICE SCHEDULE
U9-U10 & ADP
CLUB CONCEPT (CC): MAR 7TH
SCHEDULE SUBJECT TO CHANGE**

ADP BOYS

MONDAY — 5:00PM — 5:55PM — LP FIELD 5
WEDNESDAY — 5:00PM — 5:55PM — LP FIELD 7

14B PULISIC

MONDAY — 5:00PM — 6:10PM — LP FIELD 6A
WEDNESDAY — 6:05PM — 7:05PM — LP FIELD 7
FRIDAY — 5:00PM — 6:15PM — LP FIELD 6

14B MCKENNIE

MONDAY — 6:05PM — 7:05PM — LP FIELD 5
WEDNESDAY — 6:05PM — 7:05PM — LP FIELD 7
FRIDAY — 5:00PM — 6:15PM — LP FIELD 6

14B ADAMS, REYNA & DEST

MONDAY — 6:05PM — 7:05PM — LP FIELD 5
WEDNESDAY — 6:05PM — 7:05PM — LP FIELD 7
FRIDAY — 5:00PM — 6:15PM — LP FIELD 6

13B PULISIC

MONDAY — 5:00PM — 6:10PM — LP FIELD 6A
WEDNESDAY — 7:15PM — 8:15PM — LP FIELD 7
FRIDAY — 6:15PM — 7:30PM — LP FIELD 6

13B MCKENNIE

MONDAY (CC) — 7:15PM — 8:15PM — LP FIELD 5
WEDNESDAY — 7:15PM — 8:15PM — LP FIELD 7
FRIDAY — 6:15PM — 7:30PM — LP FIELD 6

13B ADAMS & REYNA

MONDAY (CC) — 7:15PM — 8:15PM — LP FIELD 5
WEDNESDAY — 7:15PM — 8:15PM — LP FIELD 7
FRIDAY — 6:15PM — 7:30PM — LP FIELD 6

**SCHEDULE DATES: FEB 27TH 2023 — MAR 31ST 2023
CATHARPIN PARK (CRP) — 4805 SUDLEY RD
CATHARPIN, VA 20143
LONG PARK (LP) — 4603 JAMES MADISON HWY**

ADP GIRLS

MONDAY — 5:00PM — 5:55PM — LP FIELD 5
WEDNESDAY — 5:00PM — 5:55PM — LP FIELD 7

14G LAVELLE

MONDAY — 6:05PM — 7:05PM — LP FIELD 5
WEDNESDAY — 6:05PM — 7:05PM — LP FIELD 7
FRIDAY — 5:00PM — 6:15PM — LP FIELD 6

14G MEWIS & RODMAN

MONDAY — 6:05PM — 7:05PM — LP FIELD 5
WEDNESDAY — 6:05PM — 7:05PM — LP FIELD 7
FRIDAY — 5:00PM — 6:15PM — LP FIELD 6

14G HATCH

WEDNESDAY — 5:00PM — 6:00PM — LP FIELD 5A-1
THURSDAY — 5:00PM — 6:00PM — LP FIELD 7B-2

13G LAVELLE

MONDAY (CC) — 7:15PM — 8:15PM — LP FIELD 5
WEDNESDAY — 7:15PM — 8:15PM — LP FIELD 7
FRIDAY — 6:15PM — 7:30PM — LP FIELD 6

13G MEWIS

MONDAY (CC) — 7:15PM — 8:15PM — LP FIELD 5
WEDNESDAY — 7:15PM — 8:15PM — LP FIELD 7
FRIDAY — 6:15PM — 7:30PM — LP FIELD 6

13G RODMAN

MONDAY (CC) — 7:15PM — 8:15PM — LP FIELD 5
WEDNESDAY — 7:15PM — 8:15PM — LP FIELD 7
FRIDAY — 6:15PM — 7:30PM — LP FIELD 6





**VSA SPRING 2023 PRACTICE SCHEDULE
U11-U14 ECNL RL & PREMIER ELITE
CLUB CONCEPT (CC): MAR 7TH
SCHEDULE SUBJECT TO CHANGE**

12B PRE-ECNL RL (VDA WEST)

MONDAY — 6:15PM — 7:45PM — LP FIELD 6A**
TUESDAY — 5:00PM — 6:10PM — LP FIELD 5A-2
WEDNESDAY — 7:10PM — 8:30PM — LP FIELD 7B

12B PREMIER ELITE

MONDAY — 5:00PM — 6:10PM — LP FIELD 6B-2
TUESDAY (CC) — 5:00PM — 6:00PM — LP FIELD 6
THURSDAY — 5:00PM — 6:10PM — LP FIELD 7A-2

11B PRE-ECNL RL (VDA WEST)

MONDAY — 6:15PM — 7:45PM — LP FIELD 6A**
TUESDAY — 5:00PM — 6:10PM — LP FIELD 5A-1
THURSDAY — 6:15PM — 7:45PM — LP FIELD 5A-1

11B PREMIER ELITE

MONDAY — 6:10PM — 7:20PM — LP FIELD 6B-2
TUESDAY (CC) — 5:00PM — 6:00PM — LP FIELD 6
THURSDAY — 6:10PM — 7:20PM — LP FIELD 7A-1

10B ECNL RL

TUESDAY (CC) — 8:15PM — 9:15PM — LP FIELD 6
WEDNESDAY — 6:10PM — 7:20PM — LP FIELD 6A-1
THURSDAY — 5:00PM — 6:10PM — LP FIELD 6A

09B ECNL RL

TUESDAY (CC) — 8:15PM — 9:15PM — LP FIELD 6
WEDNESDAY — 7:20PM — 8:30PM — LP FIELD 5A-2
THURSDAY — 7:20PM — 8:30PM — LP FIELD 7B-1

**SCHEDULE DATES: FEB 27TH 2023 — MAR 31ST 2023
CATHARPIN PARK (CRP) — 4805 SUDLEY RD
CATHARPIN, VA 20143
LONG PARK (LP) — 4603 JAMES MADISON HWY**

12G PRE-ECNL RL (VDA WEST)

MONDAY — 6:15PM — 7:45PM — LP FIELD 6A**
WEDNESDAY — 6:00PM — 7:10PM — LP FIELD 5A-1
THURSDAY — 5:00PM — 6:15PM — LP FIELD 5A-1

12G PREMIER ELITE

TUESDAY (CC) — 6:10PM — 7:10PM — LP FIELD 6
WEDNESDAY — 6:00PM — 7:10PM — LP FIELD 5A-1
THURSDAY — 6:10PM — 7:20PM — LP FIELD 7B-2

11G PRE-ECNL RL (VDA WEST)

MONDAY — 6:15PM — 7:45PM — LP FIELD 6A**
TUESDAY — 5:00PM — 6:10PM — LP FIELD 5B-1
WEDNESDAY — 5:00PM — 6:10PM — LP FIELD 5B-1

11G PREMIER ELITE

MONDAY — 5:00PM — 6:10PM — LP FIELD 7B-2
TUESDAY (CC) — 6:10PM — 7:10PM — LP FIELD 6
WEDNESDAY — 5:00PM — 6:10PM — LP FIELD 6B-2

10G ECNL RL

TUESDAY (CC) — 7:15PM — 8:15PM — LP FIELD 6
WEDNESDAY — 5:00PM — 6:10PM — LP FIELD 5A-2
THURSDAY — 5:00PM — 6:15PM — LP FIELD 5A-2

09G ECNL RL

TUESDAY (CC) — 7:15PM — 8:15PM — LP FIELD 6
WEDNESDAY — 6:10PM — 7:20PM — LP FIELD 5B-1
THURSDAY — 5:00PM — 6:15PM — LP FIELD 5B

EVERY OTHER WEEK WILL BE AT HOWISON

EVERY OTHER WEEK WILL BE AT HOWISON





VSA SPRING 2023 PRACTICE SCHEDULE
U11-U12 PREMIER
CLUB CONCEPT (CC): MAR 7TH
SCHEDULE SUBJECT TO CHANGE

12B PREMIER RED

MONDAY — 6:20PM — 7:30PM — LP FIELD 7B-2
 TUESDAY (CC) — 5:00PM — 6:00PM — LP FIELD 6
 FRIDAY — 6:15PM — 7:30PM — LP FIELD 7A-2

12B PREMIER ROYAL

MONDAY — 5:00PM — 6:10PM — LP FIELD 7B-1
 TUESDAY (CC) — 5:00PM — 6:00PM — LP FIELD 6
 WEDNESDAY — 5:00PM — 6:10PM — LP FIELD 6A-2

11B PREMIER RED

MONDAY — 5:00PM — 6:10PM — LP FIELD 7A-2
 TUESDAY (CC) — 5:00PM — 6:00PM — LP FIELD 6
 THURSDAY — 5:00PM — 6:10PM — LP FIELD 7B-1

11B PREMIER ROYAL

MONDAY — 5:00PM — 6:10PM — LP FIELD 6B-1
 TUESDAY (CC) — 5:00PM — 6:00PM — LP FIELD 6
 WEDNESDAY — 5:00PM — 6:10PM — LP FIELD 6A-1

SCHEDULE DATES: FEB 27TH 2023 — MAR 31ST 2023
CATHARPIN PARK (CRP) — 4805 SUDLEY RD
CATHARPIN, VA 20143
LONG PARK (LP) — 4603 JAMES MADISON HWY

12G PREMIER RED

MONDAY — 6:20PM — 7:30PM — LP FIELD 6B-1
 TUESDAY (CC) — 6:10PM — 7:10PM — LP FIELD 6
 WEDNESDAY — 7:20PM — 8:30PM — LP FIELD 6B-1

11G PREMIER RED

MONDAY — 5:00PM — 6:10PM — LP FIELD 7A-1
 TUESDAY (CC) — 6:10PM — 7:10PM — LP FIELD 6
 FRIDAY — 5:00PM — 6:15PM — LP FIELD 7A-1





VSA SPRING 2023 PRACTICE SCHEDULE
U13-U14 PREMIER
CLUB CONCEPT (CC): MAR 7TH
SCHEDULE SUBJECT TO CHANGE

10B PREMIER RED

MONDAY — 7:30PM — 8:40PM — LP FIELD 7B-2
 TUESDAY (CC) — 8:15PM — 9:15PM — LP FIELD 6
 FRIDAY — 7:30PM — 8:45PM — LP FIELD 7A-2

10B PREMIER ROYAL

MONDAY — 6:20PM — 7:30PM — LP FIELD 7B-1
 TUESDAY (CC) — 8:15PM — 9:15PM — LP FIELD 6
 WEDNESDAY — 6:10PM — 7:20PM — LP FIELD 6A-2

09B PREMIER RED

MONDAY — 7:20PM — 8:30PM — LP FIELD 6B-1
 TUESDAY (CC) — 8:15PM — 9:15PM — LP FIELD 6
 WEDNESDAY — 6:10PM — 7:20PM — LP FIELD 6B-2

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CATHARPIN, VA 20143
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10G PREMIER RED

MONDAY — 7:30PM — 8:40PM — LP FIELD 7A-1
 TUESDAY (CC) — 7:15PM — 8:15PM — LP FIELD 6
 WEDNESDAY — 6:10PM — 7:20PM — LP FIELD 6B-1

10G PREMIER ROYAL

TUESDAY (CC) — 7:15PM — 8:15PM — LP FIELD 6
 WEDNESDAY — 6:10PM — 7:20PM — LP FIELD 5B-2
 THURSDAY — 5:00PM — 6:10PM — LP FIELD 6B

09G PREMIER RED

MONDAY — 7:30PM — 8:40PM — LP FIELD 7B-1
 TUESDAY (CC) — 7:15PM — 8:15PM — LP FIELD 6
 WEDNESDAY — 7:20PM — 8:30PM — LP FIELD 6A-1

09G PREMIER ROYAL

MONDAY — 7:30PM — 8:40PM — LP FIELD 6B-1
 TUESDAY (CC) — 7:15PM — 8:15PM — LP FIELD 6
 FRIDAY — 7:30PM — 8:45PM — LP FIELD 7A-1





VSA SPRING 2023 PRACTICE SCHEDULE
U15-U19 ECNL RL
CLUB CONCEPT (CC): MAR 7TH
SCHEDULE SUBJECT TO CHANGE

08B ECNL RL

WEDNESDAY — 7:20PM — 8:30PM — LP FIELD 5A-1
 THURSDAY — 7:20PM — 8:30PM — LP FIELD 7A-1

07B ECNL RL

WEDNESDAY — 8:30PM — 9:45PM — LP FIELD 7A-2
 THURSDAY — 7:20PM — 8:30PM — LP FIELD 7A-2

06B ECNL RL

WEDNESDAY — 8:30PM — 9:40PM — LP FIELD 5A
 THURSDAY — 8:30PM — 9:45PM — LP FIELD 7A-1

05/04B ECNL RL

WEDNESDAY — 8:30PM — 9:45PM — LP FIELD 7A-1
 THURSDAY — 8:30PM — 9:45PM — LP FIELD 7A-2

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CATHARPIN, VA 20143
LONG PARK (LP) — 4603 JAMES MADISON HWY

08G ECNL RL

WEDNESDAY — 7:20PM — 8:30PM — LP FIELD 5B-2
 THURSDAY — 6:15PM — 7:45PM — LP FIELD 5B-2

07G ECNL RL

WEDNESDAY — 7:20PM — 8:30PM — LP FIELD 5B-1
 THURSDAY — 7:20PM — 8:30PM — LP FIELD 7B-2

06G ECNL RL

WEDNESDAY — 8:30PM — 9:40PM — LP FIELD 5B-2
 THURSDAY — 8:30PM — 9:45PM — LP FIELD 7B-1

05/04G ECNL RL

WEDNESDAY — 8:30PM — 9:45PM — LP FIELD 5B-1
 THURSDAY — 8:30PM — 9:45PM — LP FIELD 7B-2





**VSA SPRING 2023 PRACTICE SCHEDULE
U15-U19 PREMIER
CLUB CONCEPT (CC): MAR 7TH
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08B PREMIER RED

MONDAY — 8:30PM — 9:45PM — LP FIELD 6B
WEDNESDAY — 7:20PM — 8:30PM — LP FIELD 6B-2

08B PREMIER ROYAL

WEDNESDAY — 5:00PM — 6:10PM — LP FIELD 5B-2
FRIDAY — 6:15PM — 7:30PM — LP FIELD 7B

07B PREMIER RED

MONDAY — 6:20PM — 7:30PM — LP FIELD 7A-2
THURSDAY — 6:10PM — 7:20PM — LP FIELD 7B-1

06B PREMIER RED

MONDAY — 7:30PM — 8:40PM — LP FIELD 7A-1
WEDNESDAY — 7:20PM — 8:30PM — LP FIELD 6A-2

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08G PREMIER RED

WEDNESDAY — 6:10PM — 7:20PM — LP FIELD 5A-2
THURSDAY — 6:15PM — 7:45PM — LP FIELD 5B-1

08G PREMIER ROYAL

TUESDAY — 5:00PM — 6:15PM — LP FIELD 7A
THURSDAY — 6:10PM — 7:20PM — LP FIELD 7A-1

07G PREMIER RED

MONDAY — 8:40PM — 9:50PM — LP FIELD 7B
WEDNESDAY — 8:30PM — 9:40PM — LP FIELD 6A-1

07G PREMIER ROYAL

MONDAY — 6:20PM — 7:30PM — LP FIELD 7A-1
FRIDAY — 6:15PM — 7:30PM — LP FIELD 7A-1

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MONDAY — 8:40PM — 9:50PM — LP FIELD 7A
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