



## Capital Soccer Club Spring Indoor Training Schedule

All training sessions will be held at the Central Vermont Memorial Civic Center  
beginning the week of March 15th

\*Schedule is subject to change

### **Team Training**

U10 Youth Academy – Thursday's 4:00-5:00

U12 Girls – Wednesday's 5:15-6:15

U14 Girls – Thursday's 5:15-6:15

U16 Girls – Monday's 7:45-8:45

U19 Girls – Thursday's 7:45-8:45

U12 Boys – Monday's 5:15-6:15

U14 Boys – Monday's 6:30-7:30

U16/17 Boys – Thursday's 6:30 – 7:30

U17/19 Boys – Wednesday's 7:45-8:45

### **Goalkeeper Training**

All Goalkeepers U12 and younger – Monday's 4:00-5:00 PM

All goalkeepers U13 and older - Tuesday's 5:15-6:15 PM

### **Technical Training**

U10 Youth Academy – Tuesday's 4:00 – 5:00

U12 Girls – Friday's 5:15 – 6:15

U14 Girls - Tuesday's 6:30-7:30

U16 Girls – Tuesday's 7:45-8:45

U19 Girls – Monday's 5:15-6:15

U12 Boys – Friday's 6:30 – 7:30

U14 Boys – Wednesday's 6:30 – 7:30

U16/U17 Boys – Friday's 7:45 – 8:45

U19 Boys – Tuesday's 7:45-8:45