



## Capital Soccer Club Outdoor Training Schedule

U8 Futbolistas – Mon/Wed - 5:00-6:00 @ Ice Center U10 Field

07/08 Youth Academy – Tues/Wed - 5:00-6:15 @ CBMS U12 field

06 Boys – Mon 5:00-6:15 Tues 6:15-7:30 @ CBMS U12 Field

05 Boys – Mon 6:30-7:45 @ Ice Center big field - Thurs 5:00-6:15 @ CBMS U12 Field

04 Boys Premier – Wed/Thurs 5:00-6:30 @ Ice Center big field

03 Boys Premier – Tues 5:00-6:30 Wed 6:30-8:00 @ Ice Center big field

03/04 Boys Club – Tues 5:00-6:30 @ CBMS big field - Wed 6:30-8:00 @ Ice Center big field

02 Boys Premier – Tues 6:30-8:00 @ CBMS big field, Thurs  
6:30-8:00 @ Rowe

01/02 Boys Club – Mon/Wed 6:30-8:00 @ CBMS U12 field

00/01 Boys Premier – Tues/Thurs 6:30-8:00 @ Ice Center big  
field

99/00 Boys Premier – Mon/Wed 6:30-8:00 @ Rowe

05/06 Girls – Mon/Wed 5:15-6:30 @ Rowe

03/04 Girls Club – Tues/Thurs 5:00-7:00 @ Rowe

03/04 Girls Premier – Tues/Thurs 5:00-7:00 @ Rowe

01/02 Girls – Tues/Thurs 6:00-8:00 @ Rowe

### **Goalkeeper Training (May only)**

Thursday Nights @ Rowe

5-5:45 - U10-U12 Boys and Girls

5:45-6:30 – U13 – U18 Boys and Girls

### **Technical Training (May only)**

Friday Nights @ CBMS U12 field

5:00-6:00 – 08/07/06/05 Boys and Girls

6:00-7:00 – 04/03 Boys and Girls

7:00-8:00 – 02/01/00/99 Boys and Girls