



Capital Soccer Club Outdoor Training Schedule

Fields subject to change

08/09 Youth Academy – Tuesday's 5:00-6:15 @ CBMS U12 Field and Wednesday's 5:00-6:15 @ Ice Center 11v11 Field

06/07 Girls – Tuesday's and Thursday's 4:30-5:45 @ Rowe

05 Girls – Tuesday's and Thursday's 5:30-7:00 @ Rowe

03/04 Girls – Monday's and Wednesday's 6:30-8:00 @ Rowe

07 Boys – Monday's 5:00-6:15 @ Ice Center 11v11 and Tuesday's 6:15-7:30 at CBMS U12 Field

06 Boys – Monday's and Wednesday's 6:30-7:45 @ CBMS U12 Field

05 Boys – Monday's and Wednesday's 6:30-8:00 @ Ice Center 11v11 Field

04/05 Boys – Tuesday's and Thursday's 5:00-6:30 @ Ice Center 11v11 Field

04 Boys – Monday's and Wednesday's 5:00-6:30 @ Rowe

03 Boys – Tuesday's and Thursday's 6:30-8:00 @ Ice Center 11v11 Field

02 Boys – Tuesday's and Thursday's 6:30-8:00 @ Ice Center 11v11 Field

99/00 Boys – Tuesday's and Thursday's 7:00-8:30 @ Rowe

Goalkeeper Training (May only)

Monday Nights @ Ice Center U10 Field

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 – 04/05/06/07 Boys

6:00-7:00 – 03/04/05/06/07 Girls

7:00-8:00 – 99/00/02/03 Boys