



**Capital Soccer Club**  
**Outdoor Training Schedule**  
*Fields subject to change*

08/09 Youth Academy – Monday's and Wednesday's 5:00-6:15  
@ CBMS U12 Field

07/08 Boys – Tuesday's @ CBMS U12 Field and Wednesday's  
5:00-6:15 @ Ice Center

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

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

04 Boys – Tuesday's 5:00-6:30 at Ice Center and Wednesday's  
5:00-6:30 @ Rowe Field

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

00 Boys – Tuesday's and Thursday's 6:30-8:00 @ Rowe Field

07/08 Girls – Tuesday's and Thursday's 5:00-6:15 @ Ice Center

05/06 Girls – Tuesday's and Thursday's 5:00-6:30 @ Rowe

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

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

Friday Nights @ Rowe Field

5-5:45 – 06 and younger Boys and Girls

5:45-6:30 – 03, 04, 05 Girls

6:30-7:15 – 00, 02, 04, 05 Boys

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

Friday Nights @ Ice Center

5:00-6:00 – 06 Boys/Girls and younger

6:00-7:00 – 03, 04, 05 Girls

7:00-8:00 – 00, 02, 04, 05 Boys