



Capital Soccer Club Winter Indoor Training Schedule

All training sessions will be held at Green Mountain Community Fitness
beginning the week of November 2nd

Team Training

- U10 Youth Academy – Thursday's 6:00 – 7:00
- U12 Girls – Tuesday's 7:00 – 8:00
- U14 Girls – Saturday's 6:30 – 7:30
- U16 Girls – Saturday's 7:30 – 8:30
- U19 Girls – Sunday's 5:00 – 6:00
- U12 Boys – Thursday's 7:00 – 8:00
- U14 Boys – Saturday's 5:30 – 6:30
- U16 Boys – Sunday's 6:00 – 7:00
- U17 Boys Red – Sunday's 6:00 – 7:00
- U17 Boys Black – Sunday's 7:00 – 8:00
- U19 Boys – Sunday's 7:00 – 8:00

Goalkeeper Training

All Goalkeepers – Thursday's 7:00-8:00