



Capital Soccer Club
Outdoor Training Schedule
Fields subject to change

U10 Youth Academy – Monday's and Wednesday's 5:00-6:15 @ Ice Center

U12 Boys – Monday's and Wednesday's 5:00-6:15 @ Ice Center

U12 Girls – Monday's and Wednesday's 5:30-6:45 @ CBMS U12 Field

U14 Boys – Tuesday's and Thursday's 5:00-6:30 @ Ice Center

U14 Girls – Monday's and Wednesday's 5:00-6:30 @ Rowe

U16/17 Boys – Tuesday's and Thursday's 5:00-6:30 @ Rowe

U16 Girls – Tuesday's and Thursday's 6:30-8:00 @ Ice Center

U17/19 Boys – Monday's and Wednesday's 6:30-8:00 @ Ice Center

U19 Girls – Tuesday's and Thursday's 6:30-8:00 @ Rowe

Goalkeeper Training (May only)

Friday Nights @ Ice Center

5:00 – 6:00 - U10 and U13 Boys and Girls

6:00-7:00 – U14 and older Boys and Girls

Technical Training (May only)

Friday Nights @ CBMS U12 Field

5:00-6:00 – U14 Boys and Girls

6:00-7:00 – U10 and U12 Boys and Girls

7:00-8:00 – U16, U17, and U19 Boys and Girls