

PLEASE SCROLL DOWN TO FIND YOUR TEAMS. THEY ARE BROKEN INTO THE FOLLOWING GROUPS (VLSC BOYS, VLSC GIRLS, EAST END LEGACY AND NEW KENT LEGACY)

ALL TRAINING TAKES PLACE WEEK OF AUG 9-13<sup>TH</sup>. ALL TRAINING TAKES PLACE AT WARHILL SPORTS COMPLEX. PLEASE READ CAREFULLY AS TEAMS MAY TRAIN MORE THAN ONE TIME PER DAY.

## **VLSC BOYS**

### **U10 TITANS:**

Monday – 8:30am – 10:00am  
Monday – 5:30pm – 7:00pm  
Tuesday – 10:30am – 12:00pm  
Wednesday – 8:30am – 10:00am  
Wednesday - 5:30pm – 7:00pm  
Thursday – 10:30am – 12:00pm  
Friday – 8:30am – 10:00am  
Friday – 3:30pm – 5:00pm

### **U10 WIZARDS:**

Monday – 8:30am – 10:00am  
Monday – 5:30pm – 7:00pm  
Tuesday – 10:30am – 12:00pm  
Wednesday – 8:30am – 10:00am  
Wednesday - 5:30pm – 7:00pm  
Thursday – 10:30am – 12:00pm  
Friday – 8:30am – 10:00am  
Friday – 3:30pm – 5:00pm

### **U11 WIZARDS:**

Monday - 8:30am – 10:00am  
Monday – 5:30pm – 7:00pm  
Tuesday – 10:30am – 12:00pm  
Wednesday – 10:30am – 12:00pm  
Wednesday - 5:30pm – 7:00pm  
Thursday – 10:30am – 12:00pm  
Friday – 10:30am – 12:00pm  
Friday – 3:30pm – 5:00pm

**U11 TITANS:**

Monday - 8:30am – 10:00am  
Monday – 5:30pm – 7:00pm  
Tuesday – 10:30am – 12:00pm  
Wednesday – 8:30am – 10:00am  
Wednesday - 5:30pm – 7:00pm  
Thursday – 10:30am-12:00pm  
Friday – 8:30am-10:00am  
Friday – 3:30pm-5:00pm

**U12 WIZARDS:**

Monday - 8:30am – 10:00am  
Monday – 5:30pm – 7:00pm  
Tuesday – 10:30am – 12:00pm  
Wednesday – 10:30am – 12:00pm  
Wednesday - 5:30pm – 7:00pm  
Thursday – 10:30am – 12:00pm  
Friday – 10:30am – 12:00pm  
Friday – 3:30pm – 5:00pm

**U13 WIZARDS**

Monday - 1:30pm – 3:00pm  
Tuesday – 8:30am-10:00am  
Tuesday – 5:30pm-7:00pm  
Wednesday – 10:30am - 12:00pm  
Wednesday – 3:30pm - 5:00pm  
Thursday – 3:30pm - 5:00pm  
Thursday – 7:30pm – 9:00pm  
Friday – 1:30pm-3:00pm

**U14 WIZARDS**

Monday - 1:30pm – 3:00pm  
Tuesday – 8:30am-10:00am  
Tuesday – 5:30pm-7:00pm  
Wednesday – 10:30am - 12:00pm  
Wednesday – 3:30pm - 5:00pm  
Thursday – 3:30pm - 5:00pm  
Thursday – 7:30pm – 9:00pm  
Friday – 1:30pm-3:00pm

**U15 WIZARDS**

Monday - 1:30pm – 3:00pm  
Tuesday – 1:30pm – 3:00pm  
Tuesday – 7:30pm – 9:00pm  
Wednesday – 8:30am – 10:00am  
Wednesday – 5:30pm – 7:00pm  
Thursday – 3:30pm-5:00pm  
Thursday – 7:30pm – 9:00pm  
Friday – 1:30pm-3:00pm

**U16 WIZARDS**

Monday - 1:30pm – 3:00pm  
Tuesday – 1:30pm – 3:00pm  
Tuesday – 7:30pm – 9:00pm  
Wednesday – 8:30am – 10:00am  
Wednesday – 5:30pm – 7:00pm  
Thursday – 3:30pm – 5:00pm  
Thursday – 7:30pm – 9:00pm  
Friday – 1:30pm-3:00pm

**U16 TITANS**

Monday - 1:30pm – 3:00pm  
Tuesday – 10:30am – 12:00pm  
Tuesday – 7:30pm – 9:00pm  
Wednesday – 8:30am – 10:00am  
Wednesday – 3:30pm – 5:00pm  
Thursday – 1:30pm – 3:00pm  
Thursday – 5:30pm – 7:00pm  
Friday – 1:30pm – 3:00pm

**U17 WIZARDS**

Monday – 1:30pm-3:00pm  
Tuesday – 8:30am-10:00am  
Tuesday – 5:30pm-7:00pm  
Wednesday – 10:30am-12:00pm  
Wednesday – 3:30pm-5:00pm  
Thursday – 3:30pm-5:00pm  
Thursday- 7:30pm-9:00pm  
Friday – 1:30pm-3:00pm

### **U17 TITANS**

Monday - 1:30pm - 3:00pm  
Tuesday - 10:30am - 12:00pm  
Tuesday - 7:30pm - 9:00pm  
Wednesday - 8:30am - 10:00am  
Wednesday - 3:30pm - 5:00pm  
Thursday - 1:30pm - 3:00pm  
Thursday - 5:30pm - 7:00pm  
Friday - 1:30pm - 3:00pm

### **U18 WIZARDS**

Monday - 1:30pm-3:00pm  
Tuesday - 8:30am-10:00am  
Tuesday - 5:30pm-7:00pm  
Wednesday - 10:30am-12:00pm  
Wednesday - 3:30pm-5:00pm  
Thursday - 3:30pm-5:00pm  
Thursday- 7:30pm-9:00pm  
Friday - 1:30pm-3:00pm

### **U18 TITANS**

Monday - 1:30pm - 3:00pm  
Tuesday - 10:30am - 12:00pm  
Tuesday - 7:30pm - 9:00pm  
Wednesday - 8:30am - 10:00am  
Wednesday - 3:30pm - 5:00pm  
Thursday - 1:30pm - 3:00pm  
Thursday - 5:30pm - 7:00pm  
Friday - 1:30pm - 3:00pm

## **VLSC GIRLS**

### **U10/11 PHOENIX**

Monday - 10:30am -12:00pm  
Monday - 7:30pm - 9:00pm  
Tuesday - 8:30am - 10:00am  
Wednesday - 1:30pm - 3:00pm  
Wednesday - 7:30pm - 9:00pm  
Thursday - 8:30am - 10:00am  
Friday - 10:30am - 12:00pm  
Friday - 5:30pm - 7:00pm

**U12 PHOENIX**

Monday – 10:30am -12:00pm  
Monday – 7:30pm – 9:00pm  
Tuesday – 8:30am – 10:00am  
Wednesday – 1:30pm – 3:00pm  
Wednesday – 7:30pm – 9:00pm  
Thursday – 8:30am – 10:00am  
Friday – 10:30am – 12:00pm  
Friday – 5:30pm – 7:00pm

**U12 GRIFFONS**

Monday – 10:30am -12:00pm  
Monday – 7:30pm – 9:00pm  
Tuesday – 8:30am – 10:00am  
Wednesday – 1:30pm – 3:00pm  
Wednesday – 7:30pm – 9:00pm  
Thursday – 8:30am – 10:00am  
Friday – 10:30am – 12:00pm  
Friday – 5:30pm – 7:00pm

**U13 PHOENIX**

Monday – 10:30am -12:00pm  
Monday – 7:30pm – 9:00pm  
Tuesday – 8:30am – 10:00am  
Wednesday – 1:30pm – 3:00pm  
Wednesday – 7:30pm – 9:00pm  
Thursday – 8:30am – 10:00am  
Friday – 10:30am – 12:00pm  
Friday – 5:30pm – 7:00pm

**U14 PHOENIX**

Monday – 10:30am -12:00pm  
Monday – 7:30pm – 9:00pm  
Tuesday – 8:30am – 10:00am  
Wednesday – 1:30pm – 3:00pm  
Wednesday – 7:30pm – 9:00pm  
Thursday – 8:30am – 10:00am  
Friday – 10:30am – 12:00pm  
Friday – 5:30pm – 7:00pm

**U15 PHOENIX**

Monday – 1:30pm-3:00pm  
Tuesday - 3:30pm-5:00pm  
Tuesday - 7:30pm-9:00pm  
Wednesday – 10:30-12:00pm  
Thursday – 10:30am – 12:00pm  
Thursday – 5:30pm – 7:00pm  
Friday – 11:30am – 1:00pm  
Friday – 5:30pm – 7:00pm

**U16 PHOENIX**

Monday – 1:30pm-3:00pm  
Tuesday - 3:30pm-5:00pm  
Tuesday - 7:30pm-9:00pm  
Wednesday – 10:30-12:00pm  
Thursday – 10:30am – 12:00pm  
Thursday – 5:30pm – 7:00pm  
Friday – 11:30am – 1:00pm  
Friday – 5:30pm – 7:00pm

**U17 PHOENIX**

Monday – 11:30am – 1:00pm  
Tuesday – 10:30am – 12:00pm  
Tuesday – 7:30pm – 9:00pm  
Wednesday – 11:30am – 1:00pm  
Wednesday – 7:30pm – 9:00pm  
Thursday – 1:30pm – 3:00pm  
Thursday – 7:30pm – 9:00pm  
Friday – 1:30pm – 3:00pm

**EAST END LEGACY****U10 EAST END WIZARDS:**

Monday – 8:30am – 10:00am  
Monday – 5:30pm – 7:00pm  
Tuesday – 10:30am – 12:00pm  
Wednesday – 8:30am – 10:00am  
Wednesday - 5:30pm – 7:00pm  
Thursday – 10:30am – 12:00pm  
Friday – 8:30am – 10:00am  
Friday – 3:30pm – 5:00pm

**U10 EAST END PHOENIX**

Monday – 10:30am -12:00pm  
Monday – 7:30pm – 9:00pm  
Tuesday – 8:30am – 10:00am  
Wednesday – 1:30pm – 3:00pm  
Wednesday – 7:30pm – 9:00pm  
Thursday – 8:30am – 10:00am  
Friday – 10:30am – 12:00pm  
Friday – 5:30pm – 7:00pm

**U11 EAST END PHOENIX**

Monday – 10:30am -12:00pm  
Monday – 7:30pm – 9:00pm  
Tuesday – 8:30am – 10:00am  
Wednesday – 1:30pm – 3:00pm  
Wednesday – 7:30pm – 9:00pm  
Thursday – 8:30am – 10:00am  
Friday – 10:30am – 12:00pm  
Friday – 5:30pm – 7:00pm

**U11 EAST END TITANS:**

Monday – 10:30am – 12:00pm  
Monday – 7:30pm – 9:00pm  
Tuesday – 8:30am – 10:00am  
Wednesday – 10:30 – 12:00pm  
Wednesday – 7:30pm – 9:00pm  
Thursday – 8:30am – 10:00am  
Friday – 10:30am – 12:00pm  
Friday – 5:30pm – 7:00pm

**U11 EAST END WIZARDS:**

Monday – 8:30am – 10:00am  
Monday – 5:30pm – 7:00pm  
Tuesday – 10:30am – 12:00pm  
Wednesday – 8:30am – 10:00am  
Wednesday - 5:30pm – 7:00pm  
Thursday – 10:30am – 12:00pm  
Friday – 8:30am – 10:00am  
Friday – 3:30pm – 5:00pm

**U12 EAST END TITANS:**

Monday – 10:30am – 12:00pm  
Monday – 7:30pm – 9:00pm  
Tuesday – 8:30am – 10:00am  
Wednesday – 10:30 – 12:00pm  
Wednesday – 7:30pm – 9:00pm  
Thursday – 8:30am – 10:00am  
Friday – 10:30am – 12:00pm  
Friday – 5:30pm – 7:00pm

**U12 EAST END WIZARDS:**

Monday – 8:30am – 10:00am  
Monday – 5:30pm – 7:00pm  
Tuesday – 10:30am – 12:00pm  
Wednesday – 8:30am – 10:00am  
Wednesday - 5:30pm – 7:00pm  
Thursday – 10:30am – 12:00pm  
Friday – 8:30am – 10:00am  
Friday – 3:30pm – 5:00pm

**NEW KENT LEGACY**

**U10 NEW KENT WIZARDS:**

Monday – 8:30am – 10:00am  
Monday – 5:30pm – 7:00pm  
Tuesday – 10:30am – 12:00pm  
Wednesday – 8:30am – 10:00am  
Wednesday - 5:30pm – 7:00pm  
Thursday – 10:30am – 12:00pm  
Friday – 8:30am – 10:00am  
Friday – 3:30pm – 5:00pm

**U10 NEW KENT PHOENIX**

Monday - 10:30am -12:00pm  
Monday - 7:30pm - 9:00pm  
Tuesday - 8:30am - 10:00am  
Wednesday - 1:30pm - 3:00pm  
Wednesday - 7:30pm - 9:00pm  
Thursday - 8:30am - 10:00am  
Friday - 10:30am - 12:00pm  
Friday - 5:30pm - 7:00pm

**U12 NEW KENT WIZARDS**

Monday - 8:30am - 10:00am  
Monday - 5:30pm - 7:00pm  
Tuesday - 10:30am - 12:00pm  
Wednesday - 8:30am - 10:00am  
Wednesday - 5:30pm - 7:00pm  
Thursday - 10:30am-12:00pm  
Friday - 8:30am-10:00am  
Friday - 3:30pm-5:00pm

**U14 NEW KENT WIZARDS:**

Monday - 10:30am - 12:00pm  
Monday - 7:30pm - 9:00pm  
Tuesday - 8:30am - 10:00am  
Wednesday - 10:30 - 12:00pm  
Wednesday - 7:30pm - 9:00pm  
Thursday - 8:30am - 10:00am  
Friday - 10:30am - 12:00pm  
Friday - 5:30pm - 7:00pm