

| | NCP 4E | NCP 4W | NCP 8N | NCP 8S | NCP 9N | NCP 9S |
|------------------|--------------------------------|---------|----------------|---------------------|-----------------|----------------|
| Monday | | | | | | |
| 5:00-6:30 pm | 2011 Girls Rush | | 2008 Boys Nero | 2007 Boys | GK | |
| 6:30-8:00 pm | 2010 Girls Rush | | 2008 Boys Rush | 2011 Boys Rush/Nero | GK | Express |
| Tuesday | | | | | | |
| 5:00-6:30 pm | 2010 Boys Azul | Academy | 2009 Boys Rush | 2004 Boys Nero | 2005 Girls Rush | 2005 Boys Rush |
| 6:30-8:00 pm | 2010 Girls Rush/2010 Boys Rush | Academy | 2009 Boys Nero | 2007 Boys | 2006 Boys Rush | 2002 Boys Rush |
| Wednesday | | | | | | |
| 5:00-6:30 pm | 2011 Girls Rush | Academy | 2008 Boys Rush | 2004 Boys Nero | GK | |
| 6:30-8:00 pm | 2009 Girls Nero | Academy | 2008 Boys Nero | 2011 Boys Rush | GK | Express |
| Thursday | | | | | | |
| 5:00-6:30 pm | | | 2009 Boys Nero | 2011 Boys Nero | 2005 Girls Rush | 2005 Boys Rush |
| 6:30-8:00 pm | 2010 Boys Rush | | 2009 Boys Rush | 2007 Boys Rush | 2006 Boys Rush | 2002 Boys Rush |

| | NCP 10N | NCP 10S | NCP 12N | NCP 12S |
|------------------|----------------------|----------------|----------------|-----------------|
| Monday | | | | |
| 5:00-6:30 pm | 2008 Girls Rush | 2007 Boys Nero | 2012 Boys | |
| 6:30-8:00 pm | 2007 Girls Rush | | | 2006 Girls Rush |
| Tuesday | | | | |
| 5:00-6:30 pm | | 2005 Boys Nero | 2000 Boys Rush | 2006 Girls Nero |
| 6:30-8:00 pm | 2009 Girls Rush | 2007 Boys Azul | 2003 Boys Rush | 2004 Boys Rush |
| Wednesday | | | | |
| 5:00-6:30 pm | 2008 Girls Rush | 2007 Boys Nero | 2012 Boys | |
| 6:30-8:00 pm | 2007 Girls Rush | | | 2006 Girls Rush |
| Thursday | | | | |
| 5:00-6:30 pm | 2010 Boys Azul | 2005 Boys Nero | 2000 Boys Rush | 2006 Girls Nero |
| 6:30-8:00 pm | 2009 Girls Rush/Nero | 2007 Boys Azul | 2003 Boys Rush | 2004 Boys Rush |

GK Training-Mondays/Wednesdays NCP 9N
5-5:50 4v4 and 7v7 teams
5:50-6:50 9v9 teams
6:50-8 11v11 teams

Spring Training will begin the week of April 8