



Holt North Campus

	Monday		Tuesday		Wednesday		Thursday		Friday	
Holt North Complex	5:30-7:00	7-8:30	5:30-7:00	7-8:30	5:30-7:00	7-8:30	5:30-7:00	7-8:30	5:30-7:00	7-8:30
Field 7v7-4										
Training - 1			03G 03GN	06G 06GN	04BN	08B 08BN	03G 03GN	06G 06GN		
Training - 2			10/11B	06B	07 07BN	09B				
Training - 3			08G	02G			08G	02G		

St Thomas Aquinas

	Monday		Tuesday		Wednesday		Thursday		Friday		
St Thomas Aquinas	5:30-8:30		5:30-7:00	7-8:30	5:30-7:00	7-8:30	5:30-7:00	7-8:30	5:30-7:00	7-8:30	
Training Space 1	Tech Training GK Training SAQ										
Training Space 2			00G				00G				
Training Space 3			04BN	08B 08BN							
Training Space 4			07 07BN	09B			10/11B	06B			

Tech/Func Training/SAQ/GK Training

St Thomas Aquinas – Aug 6, 13, 27, Sept 10, 17, 24

*Any changes to training schedule will be communicated directly by team coaches.

	SAQ	Tech	GK Training
2011-2009 Boys and Girls		5:30-6:30	6:30-7:15
2008-2006 Boys and Girls	5:30-6:30	6:30-7:30	7:30-8:30
2005 and up Boys and Girls	6:30-7:30	7:30-8:30	5:30-6:30

Training Schedule

	Mon	Tue	Wed	Thur	Fri
08G - Loveless	Tech GK SAQ	5:30-7:00 - Holt		5:30-7:00 - Holt	
06G - Ziolkowski		7:00-8:30 - Holt		7:00-8:30 - Holt	
06GN - Ziolkowski		7:00-8:30 - Holt		7:00-8:30 - Holt	
03G - Ziolkowski		5:30-7:00 - Holt		5:30-7:00 - Holt	
03GN - Ziolkowski		5:30-7:00 - Holt		5:30-7:00 - Holt	
02G - Loveless		7:00-8:30 - Holt		7:00-8:30 - Holt	
00G - Shard		6:00-7:30 – St Thomas		6:00-7:30 – St Thomas	
10/11B - Anderson	Tech GK SAQ	5:30-7:00 - Holt		5:30-7:00 - St Thomas	
09B - Court		7:00-8:15 - St Thomas	7:00-8:15 - Holt		
08B - Christensen		7:00-8:30 - St Thomas	7:00-8:30 - Holt		
08BN - Christensen		7:00-8:30 - St Thomas	7:00-8:30 - Holt		
07B - Court		5:30-7:00 - St Thomas	5:30-7:00 - Holt		
07BN - Court		5:30-7:00 - St Thomas	5:30-7:00 - Holt		
06B - Anderson		7:00-8:30 - Holt		7:00-8:30 - St Thomas	
05B - Boersma		TBD	TBD	TBD	TBD
04BN - Christensen		5:30-7:00 - St Thomas	5:30-7:00 - Holt		

Training Field Rules:

- Goals are not to be moved at any time.
- Please be mindful of the activities you perform and where those activities take place, Repetitive change of direction activities should be performed off of the playing field. Help us maintain the surface.
- Please remember we are guests at these facilities and all garbage should be picked up before you leave the facility.