

## RTSA - WINTER INDOOR TRAINING-2018

RTSA - WINTER INDOOR TRAINING-2018				
	GYM (Front)			GYM (Back)
	1	2		1
<b>10 - 11AM</b>	D1-B H.S. Boys - EAGLES - Marsh			
<b>11 - 12PM</b>				U14G (2004) HERRICANES-Carmagnola
<b>12-1 PM</b>	U10B (2008) UNITED-Neckich	U10G (2008) BANSHEES-Gill		U14B (2004) REBELS-Manz
<b>1 - 2 PM</b>	U12G (2006) Martin	U13G (2005) CROSSFIRE-Brookes		U15B (2003) WARRIORS-Epstein
<b>2 - 3 PM</b>	U11B (2007) EXTREME-Polito	U9B (2009) UNITED-Hendriksen		U13B (2005) RAGE-Nolan
<b>3 - 4PM</b>	U11G (2007) TORNADOES-Bogert	U15G (2003) RIPTIDE-Gordimer		Footskill/Speed/Endurance Training
<b>4 - 5 PM</b>	U12B (2006) VIPERS-Vadillo	U12B (2006)-Keagan		Footskill/Speed/Endurance Training
<b>5 - 6PM</b>	D2-B H.S.- Mendo (*)			Valley
<b>6 - 7PM</b>				Valley
				H.S Girls-Rosenski
	Dennis	Emily	Ruairi	Anthony
			Phil	Andrew
	<b>PRACTICE DATES</b>			
	JANUARY 7, 21, 28    FEBRUARY 4, 11, 18, 25    MARCH 4, 18, 25			
	On 1/7/18 gym closes at 4:00PM and front gym teams beginning with U10's will shift up 1 hour to use the 11:00 to 12:00 slot			
	<b>All sessions are held at Morris Hills High School.</b>			
	Have your team arrive 15 minutes prior to start time shown above for warm ups.			
	Warm ups should be organized in the hallway before entering the gym.			
	<b>NO CLEATS in the gym - ONLY sneakers or indoor soccer shoes are allowed.</b>			
	Please make sure you leave the gym the way you found it! Clean up and collect any lost and found items.			
	Email doc@rtsa.org if your team is not using the gym on Superbowl Sunday (2/4/18)			

\* Mendo moves to back gym from 10:00 to 11:00 on 1/7/18

