

WINTER SESSION - 26/27'

PERFORMANCE TRAINING | SPEED & AGILITY

THE WOODS

2 WOODLANDS PKWY. COTTLEVILLE, MO 63376

WEDNESDAY- SPEED & AGILITY

				1	2	3	4	5	6	7	8
Speed & Agility	6:00 PM to 7:00 PM	Boys Girls	U8-U10	12/2	12/9	12/16	1/6	1/13	1/20	1/27	2/3
Speed & Agility	7:00 PM to 8:00 PM	Boys Girls	U11-U14	12/2	12/9	12/16	1/6	1/13	1/20	1/27	2/3

PERFORMANCE TRAINING CENTER

1 SOCCER PARK RD. FENTON, MO 63026

TUESDAY- SPEED & AGILITY

				1	2	3	4	5	6	7	8
Speed & Agility	7:15 PM to 8:15 PM	Boys Girls	U8-U10	12/1	12/8	12/15	1/5	1/12	1/19	1/26	2/2
Speed & Agility	8:15 PM to 9:15 PM	Boys Girls	U11-U14	12/1	12/8	12/15	1/5	1/12	1/19	1/26	2/2

FRIDAY - PERFORMANCE TRAINING

*** If you cannot make a Friday session you can make it up Saturday or Sunday, please email to notify ***

				1	2	3	4	5	6	7	8
Advanced Performance Training	4:00 PM to 5:00 PM	Boys / Girls	U14+	1/8	1/15	1/22	1/29	2/5	2/12	2/19	2/26
Performance Training	5:00 PM to 6:00 PM	Boys / Girls	U11-U13	1/8	1/15	1/22	1/29	2/5	2/12	2/19	2/26

SATURDAY - PERFORMANCE TRAINING

*** If you cannot make a Saturday session you can make it up Friday or Sunday, please email to notify ***

				1	2	3	4	5	6	7	8
Goalie Performance Training	9:00 AM to 10:00 AM	Boys / Girls	U11-13	1/9	1/16	1/23	1/30	2/6	2/13	2/20	2/27
Goalie Performance Training	10:00 AM to 11:00 AM	Boys / Girls	U14+	1/9	1/16	1/23	1/30	2/6	2/13	2/20	2/27
Fundamental Performance Training	11:00 AM to 12:00 PM	Boys / Girls	U8-U10	1/9	1/16	1/23	1/30	2/6	2/13	2/20	2/27
Performance Training	12:00 PM to 1:00 PM	Boys / Girls	U11-13	1/9	1/16	1/23	1/30	2/6	2/13	2/20	2/27
Advanced Performance Training	1:00 PM to 2:00 PM	Boys / Girls	U14+	1/9	1/16	1/23	1/30	2/6	2/13	2/20	2/27

SUNDAY - PERFORMANCE TRAINING

*** If you cannot make a Sunday session you can make it up Friday or Saturday, please email to notify ***

				1	2	3	4	5	6	7	8
Goalie Performance Training	12:00 PM to 1:00 PM	Boys / Girls	U11-13	1/10	1/17	1/24	1/31	2/7	2/14	2/21	2/28
Goalie Performance Training	1:00 PM to 2:00 PM	Boys / Girls	U14+	1/10	1/17	1/24	1/31	2/7	2/14	2/21	2/28
Fundamental Performance Training	2:00 PM to 3:00 PM	Boys / Girls	U8-U10	1/10	1/17	1/24	1/31	2/7	2/14	2/21	2/28
Performance Training	3:00 PM to 4:00 PM	Boys / Girls	U11-13	1/10	1/17	1/24	1/31	2/7	2/14	2/21	2/28
Advanced Performance Training	4:00 PM to 5:00 PM	Boys / Girls	U14+	1/10	1/17	1/24	1/31	2/7	2/14	2/21	2/28

email: NBONACKER@SLSGSOCCER.COM

*This is the original schedule. All adjustments will be emailed to you.