

10G NARS FIRST TEAM

TRAINING PLAN

FALL: NOVEMBER & DECEMBER

WINTER: JANUARY & FEBURARY

SPRING: MARCH, APRIL & PART OF MAY

TRAININGS WILL BE HELD ON SUNDAY EVENINGS AT THE NATIONAL SPORTS CENTER. SCHEDULE WILL BE RELEASED BY SEPETEMBER

LEAGUE PLAN

MN ACADEMY LEAGUE 3 TEAM SPRING LEAGUE
POSSIBLE WINTER FRIENDLIES
PRESIDENTS CUP OR STATE CUP

TOURNAMENT PLAN

NSC FALL SHOWCASE **NOV. 7TH-9TH** , DISNEY SHOWCASE, **JAN. 15TH-19TH** , GULF COAST INVITATIONAL **FEB. 6TH - 8TH (OPITIONAL)**
MN STATE CUP OR PRESIDENTS CUP (DEPENDENT ON CLUB TEAMS SCHEDULES)

ALL TOURNAMENTS ARE OPITIONAL BUT ENCOURAGED FOR PLAYERS TO ATTEND. WE WILL DO OUR BEST TO ALSO WORK WITH HOME CLUB SCHEDULES TO AVOID CONFLICTS