

# 11/12 G NARS FIRST TEAM

## TRAINING PLAN

FALL: NOVEMBER & DECEMBER

WINTER: JANUARY & FEBURARY

SPRING: MARCH, APRIL

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

## LEAGUE PLAN

POSSIBLE WINTER FRIENDLIES

## TOURNAMENT PLAN

NSC FALL SHOWCASE NOV. 7<sup>TH</sup>-9<sup>TH</sup>  
GULF COAST INVITATIONAL FEB. 6<sup>TH</sup> - 8<sup>TH</sup> (OPITIONAL)

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