

12 B 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

USYS NATIONAL LEAGUE SPRING (MARCH-MAY)
USYS STATE CUP
POSSIBLE WINTER FRIENDLIES

TOURNAMENT PLAN

NSC FALL SHOWCASE **NOV. 7TH-9TH**
GULF COAST INVITATIONAL **FEB. 6TH - 8TH**

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