

13 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 SEPTEMBER

LEAGUE PLAN

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