



#WeAreVSA



**JR ACADEMY PRACTICE SCHEDULE
WINTER 2018**

Start Date: January 8th 2018
End Date: February 16th 2018

ADP Boys

Monday 5:00PM to 6:00PM United Sportplex
Friday 5:00PM to 6:00PM United Sportplex

ADP Girls

Monday 5:00PM to 6:00PM United Sportplex
Friday 5:00PM to 6:00PM United Sportplex

09 Boys

Monday 6:00PM to 7:00PM United Sportplex
Friday 6:00PM to 7:00PM United Sportplex

09 Girls

Monday 6:00PM to 7:00PM United Sportplex
Friday 6:00PM to 7:00PM United Sportplex

08 Boys

Monday 7:00PM to 8:00PM United Sportplex
Friday 7:00PM to 8:00PM United Sportplex

08 Girls

Monday 7:00PM to 8:00PM United Sportplex
Friday 7:00PM to 8:00PM United Sportplex

Key Contacts:

Fro Adu fadu@vsaonline.org Jr Academy Director
Alex Herrera aherrera@vsaonline.org Assistant Jr Academy Director





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**PRE-ACADEMY ELITE (NPL/NC SL) PRACTICE SCHEDULE
WINTER 2018**

Start Date: January 8th 2018
End Date: February 16th 2018

07 Boys
Monday 8:00PM to 9:00PM United Sportsplex
Tuesday 5:00PM to 6:00PM Long Park Field 5A-1

07 Boys
Tuesday 5:00PM to 6:00PM United Sportsplex
Friday 6:30PM to 7:30PM Long Park Field 5A-1

07 Girls
Monday 8:00PM to 9:00PM United Sportsplex
Tuesday 5:00PM to 6:00PM Long Park Field 5A-2

07 Girls
Monday 8:00PM to 9:00PM United Sportsplex
Tuesday 5:00PM to 6:00PM Long Park Field 5B-1

06 Boys
Monday 6:00PM to 7:00PM Long Park Field 5B-1
Tuesday 7:00PM to 8:00PM United Sportsplex

06 Boys
Tuesday 6:00PM to 7:00PM United Sportsplex
Friday 7:30PM to 8:30PM Long Park Field 5A-1

06 Girls
Monday 7:00PM to 8:00PM Long Park Field 5A-1
Tuesday 8:00PM to 9:00PM United Sportsplex

06 Girls
Monday 8:00PM to 9:00PM United Sportsplex
Tuesday 6:00PM to 7:00PM Long Park Field 5A-2

05 Boys
Tuesday 5:00PM to 6:00PM Long Park Field 7A-2
Thursday 5:00PM to 6:00PM Long Park Field 5A-1

05 Girls
Monday 5:00PM to 6:00PM Long Park Field 5A-1
Tuesday 6:00PM to 7:00PM Long Park Field 5A-1

04 Boys
Tuesday 6:00PM to 7:00PM Long Park Field 6A
Wednesday 5:00PM to 6:00PM Long Park Field 5A-1

04 Girls
Monday 7:00PM to 8:00PM Long Park Field 5B-2
Tuesday 5:00PM to 6:00PM Long Park Field 5B-2

Key Contact:
Dale Parker dparker@vsaonline.org Pre-Academy Director





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PRE-ACADEMY SELECT (RED/NAVY) PRACTICE SCHEDULE WINTER 2018

Start Date: January 8th 2018
End Date: February 16th 2018

07 Boys **Select Red**
Tuesday 5:00PM to 6:00PM United Sportsplex
Friday 5:00PM to 6:00PM Long Park Field 5A-2

07 Girls **Select Red**
Tuesday 7:00PM to 8:00PM United Sportsplex
Friday 5:00PM to 6:00PM Long Park Field 5B-1

06 Boys **Select Red**
Tuesday 6:00PM to 7:00PM United Sportplex
Friday 6:00PM to 7:00PM Long Park Field 5A-2

06 Girls **Select Red**
Tuesday 8:00PM to 9:00PM United Sportplex
Friday 6:00PM to 7:00PM Long Park Field 5B-1

05 Boys **Select Red**
Tuesday 5:00PM to 6:00PM Long Park Field 6B-2
Friday 5:00PM to 6:00PM Long Park Field 6A-1

05 Girls **Select Red**
Monday 6:00PM to 7:00PM LP Field 5A-2
Tuesday 7:00PM to 8:00PM LP Field 5A-2

05 Girls **Select Navy**
Tuesday 5:00PM to 6:00PM LP Field 6B-1
Friday 5:00PM to 6:00PM LP Field 6A-2

04 Boys **Select Red**
Tuesday 6:00PM to 7:00PM LP Field 7A-1
Friday 6:00PM to 7:00PM LP Field 5B-2

04 Girls **Select Red**
Monday 6:00PM to 7:00PM Field 5A-1
Tuesday 6:00PM to 7:00PM Field 5B-1

04 Girls **Select Navy**
Tuesday 6:00PM to 7:00PM LP Field 6B-1
Friday 6:00PM to 7:00PM LP Field 6A-2

Key Contact:
Dale Parker dparker@vsaonline.org Pre-Academy Director





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ACADEMY ELITE (NPL) PRACTICE SCHEDULE WINTER 2018

Start Date: January 8th 2018
End Date: February 16th 2018

03 Boys NPL
Wednesday 5:00PM to 6:00PM Long Park Field 5A-1
Thursday 5:00PM to 6:00PM Long Park Field 5B-1

03 Girls NPL
Monday 7:00PM to 8:00PM Long Park Field 5A-1
Thursday 5:00PM to 6:30PM Long Park Field 6B-1

02 Boys NPL
Monday 5:00PM to 6:00PM Long Park Field 5B-2
Tuesday 7:00PM to 8:00PM Long Park Field 5B-2

02 Girls NPL
Monday 6:00PM to 7:00PM Long Park Field 5B-2
Tuesday 6:00PM to 7:00PM Long Park Field 5B-2

01 Boys NPL
Tuesday 6:00PM to 7:00PM Long Park Field 7B-2
Wednesday 6:00PM to 7:00PM Long Park Field 7B-1

01 Girls NPL
Tuesday 6:00PM to 7:00PM Long Park Field 7A-2
Thursday 7:30PM to 8:30PM Long Park Field 5A-1

00 Boys NPL
Tuesday 7:00PM to 8:00PM Long Park Field 6A-1
Wednesday 7:45PM to 8:45PM Long Park Field 5A-2

00 Boys NPL II
Tuesday 7:00PM to 8:00PM Long Park Field 6A-2
Wednesday 7:45PM to 8:45PM Long Park Field 5A-2

00 Girls NPL
Tuesday 5:00PM to 6:00PM Long Park Field 7B-2
Wednesday 5:00PM to 6:00PM Long Park Field 7B-1

Key Contact:
Graham Maclean gmaclean@vsaonline.org Academy Director





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ACADEMY SELECT (RED) PRACTICE SCHEDULE WINTER 2018

Start Date: January 8th 2018
End Date: February 16th 2018

03 Boys **Select Red**
Tuesday 5:00PM to 6:00PM Long Park Field 7B-1
Wednesday 5:00PM to 6:00PM Long Park Field 7A-2

03 Girls **Select Red**
Monday 7:00PM to 8:00PM Long Park Field 5A-2
Tuesday 7:00PM to 8:00PM Long Park Field 6B-2

02 Boys **Select Red**
Tuesday 7:00PM to 8:00PM Long Park Field 7A-1
Friday 7:00PM to 8:00PM Long Park Field 5B-2

02 Girls **Select Red**
Tuesday 6:00PM to 7:00PM Long Park Field 6B-2
Friday 6:00PM to 7:00PM Long Park Field 6A-1

01 Boys **Select Red**
Tuesday 6:00PM to 7:00PM Long Park Field 7B-1
Wednesday 6:00PM to 7:00PM Long Park Field 7A-2

Key Contact:
Graham Maclean gmaclean@vsaonline.org Academy Director

