



# VIRGINIA SOCCER ASSOCIATION



## VSA JR ACADEMY PRACTICE SCHEDULE 2019-20

### 2011 BOYS (U9) – JR ACADEMY

MONDAY	6:05PM – 7:15PM	LONG PARK 5B
WEDNESDAY	5:00PM – 6:00PM	GRAVELY ES
FRIDAY	6:05PM – 7:15PM	LONG PARK 5B

### 2011 GIRLS (U9) – JR ACADEMY

MONDAY	6:05PM – 7:15PM	LONG PARK 5A
WEDNESDAY	5:00PM – 6:00PM	GRAVELY ES
FRIDAY	6:05PM – 7:15PM	LONG PARK 5A

### 2010 BOYS (U10) – JR ACADEMY

MONDAY	7:20PM – 8:35PM	LONG PARK 5B
WEDNESDAY	6:00PM – 7:00PM	GRAVELY ES
FRIDAY	7:20PM – 8:30PM	LONG PARK 5B

### 2010 GIRLS (U10) - JR ACADEMY

MONDAY	7:20PM – 8:30PM	LONG PARK 5A
WEDNESDAY	6:00PM – 7:00PM	GRAVELY ES
FRIDAY	7:20PM – 8:30PM	LONG PARK 5A

\* FALL STARTS – WEEK OF AUGUST 12<sup>th</sup>

\* FALL ENDS – WEEK OF DECEMBER 2<sup>nd</sup>





# VIRGINIA SOCCER ASSOCIATION



## VSA U11-U14 NPL & PREMIER ELITE PRACTICE SCHEDULE 2019-20

\* TUESDAY NIGHTS — CLUB CONCEPT NIGHTS RUN BY VSA DIRECTORS AND NPL HEAD COACHES (Starts AUG 27<sup>th</sup> -Ends NOV 19<sup>th</sup>)

### 09 BOYS (U11) NPL ELITE

MONDAY	6:15PM-7:30PM	LONG PARK 6-B1
TUESDAY	5:00PM — 6:00PM	LONG PARK 5
THURSDAY	6:15PM — 7:30PM	LONG PARK 5-B

### 09 GIRLS (U11) NPL ELITE

MONDAY	7:30PM-8:45PM	LONG PARK 6-B1
TUESDAY	5:00PM — 6:00PM	LONG PARK 5
FRIDAY	6:00PM — 7:15PM	LONG PARK 7-B1

### 09 BOYS (U11) PREMIER ELITE

MONDAY	6:15PM-7:30PM	LONG PARK 6-B2
TUESDAY	5:00PM — 6:00PM	LONG PARK 5
FRIDAY	7:15PM - 8:30PM	LONG PARK 7-B

### 09 GIRLS (U11) PREMIER ELITE

MONDAY	7:30PM-8:45PM	LONG PARK 6-B2
TUESDAY	5:00PM — 6:00PM	LONG PARK 5
FRIDAY	6:00PM - 7:15PM	LONG PARK 7-B1

### 08 BOYS (U12) NPL ELITE \*VDA WEST

MONDAY	6:30PM - 8:00PM	HOWISON PARK
TUESDAY	5:00PM — 6:15PM	LONG PARK 7A-1
THURSDAY	5:00PM — 6:15PM	LONG PARK 6B-1

### 08 GIRLS (U12) NPL ELITE

TUESDAY	5:00PM — 6:00PM	LONG PARK 5
WEDNESDAY	5:00PM-6:15PM	LONG PARK 5A-1
THURSDAY	6:15PM - 7:30PM	LONG PARK 5A-2

### 08 BOYS (U12) PREMIER ELITE

MONDAY	5:00PM — 6:15PM	LONG PARK 6-A
TUESDAY	5:00PM — 6:00PM	LONG PARK 5
THURSDAY	5:00PM — 6:15PM	LONG PARK 6-B-2

### 08 PREMIER (U12) ELITE GIRLS

TUESDAY	5:00PM— 6:00PM	LONG PARK 5
WEDNESDAY	6:15PM- 7:30PM	LONG PARK 6A-1
THURSDAY	6:15PM — 7:30PM	LONG PARK 5A-2

### 07 BOYS (U13) NPL ELITE

MONDAY	6:15PM — 7:30PM	LONG PARK 7-A1
TUESDAY	6:15PM— 7:15PM	LONG PARK 5
THURSDAY	5:00PM — 6:15PM	LONG PARK 6A

### 07 GIRLS (U13) NPL ELITE

TUESDAY	6:15PM— 7:15PM	LONG PARK 5
WEDNESDAY	5:00PM-6:15PM	LONG PARK 5A
THURSDAY	5:00PM — 6:15PM	LONG PARK 5B

### 06 BOYS (U14) NPL ELITE

TUESDAY	6:15PM— 7:15PM	LONG PARK 5
WEDNESDAY	8:15PM— 9:30PM	LONG PARK 6-B
THURSDAY	6:30PM-8:00PM	LONG PARK 7B

### 06 GIRLS (U14) NPL ELITE

TUESDAY	6:15PM— 7:15PM	LONG PARK 5
WEDNESDAY	6:15PM - 7:30PM	LONG PARK 5B-2
THURSDAY	5:00PM — 6:15PM	LONG PARK 5-A

\* FALL STARTS — WEEK OF AUGUST 12<sup>th</sup>

\* FALL ENDS — WEEK OF DECEMBER 2<sup>nd</sup>





# VIRGINIA SOCCER ASSOCIATION



## VSA U11-U14 PREMIER PRACTICE SCHEDULE 2019-20

### 09 BOYS (U11) PREMIER RED

MONDAY	7:30PM-8:45PM	LONG PARK 6A-2
TUESDAY	5:00PM — 6:00PM	LONG PARK 5
WEDNESDAY	6:30PM — 7:45PM	LONG PARK 6B-1

### 09 BOYS (U11) PREMIER ROYAL

TUESDAY	5:00PM — 6:00PM	LONG PARK 5
WEDNESDAY	5:00PM-6:15PM	LONG PARK 5B-1
FRIDAY	5:00PM-6:15PM	LONG PARK 6A-2

### 08 BOYS (U12) PREMIER RED

TUESDAY	5:00PM — 6:00PM	LONG PARK 5
WEDNESDAY	6:15PM - 7:30PM	LONG PARK 5A-2
THURSDAY	6:15PM — 7:30PM	LONG PARK 5B-2

### 07 BOYS (U13) PREMIER RED

MONDAY	5:00PM — 6:15PM	LONG PARK 7A
TUESDAY	6:15PM— 7:15PM	LONG PARK 5
WEDNESDAY	6:30PM — 8:00PM	LONG PARK 6B-2

### 07 BOYS (U13) PREMIER ROYAL

MONDAY	6:15PM — 7:30PM	LONG PARK 7B-2
TUESDAY	6:15PM— 7:15PM	LONG PARK 5
FRIDAY	7:30PM — 8:45PM	LONG PARK 6B

### 06 BOYS (U14) PREMIER RED

MONDAY	7:30PM — 8:45PM	LONG PARK 6A-1
TUESDAY	6:15PM— 7:15PM	LONG PARK 5
WEDNESDAY	6:30PM-8:00PM	LONG PARK 7A

### 06 BOYS (U14) PREMIER ROYAL

MONDAY	6:15PM - 7:30PM	LONG PARK 7A-2
TUESDAY	6:15PM— 7:15PM	LONG PARK 5
WEDNESDAY	5:00PM-6:30PM	LONG PARK 6B

\* TUESDAY NIGHTS — CLUB CONCEPT NIGHTS RUN BY VSA DIRECTORS AND NPL HEAD COACHES (Starts AUG 27<sup>th</sup> -Ends NOV 19<sup>th</sup>)

### 09 GIRLS (U11) PREMIER RED

MONDAY	5:00PM — 6:15PM	LONG PARK 7-B1
TUESDAY	5:00PM — 6:00PM	LONG PARK 5
FRIDAY	5:00PM — 6:15PM	LONG PARK 6A-1

### 09 GIRLS (U11) PREMIER ROYAL

MONDAY	7:15PM — 8:30PM	LONG PARK 5A-2
TUESDAY	5:00PM — 6:00PM	LONG PARK 5
FRIDAY	7:30PM-8:45PM	LONG PARK 7A

### 08 GIRLS (U12) PREMIER RED

MONDAY	6:15PM — 7:30PM	LONG PARK 7-B1
TUESDAY	5:00PM — 6:00PM	LONG PARK 5
FRIDAY	6:15PM — 7:30PM	LONG PARK 7-B1

### 07 GIRLS (U13) PREMIER RED

TUESDAY	6:15PM— 7:15PM	LONG PARK 5
WEDNESDAY	6:15PM-7:30PM	LONG PARK 5B-1
FRIDAY	6:15PM-7:30PM	LONG PARK 6B

### 07 GIRLS (U13) PREMIER ROYAL

MONDAY	5:00PM — 6:15PM	LONG PARK 7B-2
TUESDAY	6:15PM— 7:15PM	LONG PARK 5
FRIDAY	6:15PM— 7:30PM	LONG PARK 7A

### 06 GIRLS (U14) PREMIER RED

TUESDAY	6:15PM— 7:15PM	LONG PARK 5
WEDNESDAY	6:15PM-7:30PM	LONG PARK 5B-1
FRIDAY	7:30PM-8:45PM	LONG PARK 6A

\* FALL STARTS — WEEK OF AUGUST 12<sup>th</sup>

\* FALL ENDS — WEEK OF DECEMBER 2<sup>nd</sup>





# VIRGINIA SOCCER ASSOCIATION



## VSA U15-U19 NPL PRACTICE SCHEDULE 2019-20

### 05 BOYS (U15) NPL ELITE

MONDAY	7:30PM — 8:45PM	LONG PARK 7-A1
TUESDAY	7:30PM— 8:30PM	LONG PARK 5
FRIDAY	6:15PM — 7:30PM	LONG PARK 7A

### 04 BOYS (U16) NPL ELITE

MONDAY	5:00PM — 6:15PM	LONG PARK 6-B
TUESDAY	7:30PM— 8:30PM	LONG PARK 5
THURSDAY	7:30PM — 8:45PM	LONG PARK 5B

### 03 BOYS (U17) NPL ELITE

MONDAY	8:30PM-10:00PM	LONG PARK 5A
TUESDAY	8:30PM— 9:30PM	LONG PARK 5
THURSDAY	5:00PM - 6:30PM	LONG PARK 7B

### 02/01 BOYS (U19) NPL ELITE

MONDAY	8:30PM-10:00PM	LONG PARK 5B
TUESDAY	8:30PM — 9:30PM	LONG PARK 5
THURSDAY	8:45PM — 10:00PM	LONG PARK 5B

\* TUESDAY NIGHTS — FUNCTIONAL TRAINING RUN BY VSA DIRECTORS AND NPL HEAD COACHES (Starts AUG 27<sup>th</sup> -Ends NOV 19<sup>th</sup>)

### 05 GIRLS (U15) NPL ELITE

TUESDAY	7:30PM— 8:30PM	LONG PARK 5
WEDNESDAY	7:30PM - 8:45PM	LONG PARK 5B-2
THURSDAY	7:30PM - 8:45PM	LONG PARK 5-A

### 04 GIRLS (U16) NPL ELITE

MONDAY	8:45PM — 10:00PM	LONG PARK 7-A1
TUESDAY	7:30PM— 8:30PM	LONG PARK 5
THURSDAY	8:45PM — 10:00PM	LONG PARK 5A

### 03 GIRLS (U17) NPL ELITE

MONDAY	7:30PM - 8:45PM	LONG PARK 7A-2
TUESDAY	8:30PM— 9:30PM	LONG PARK 5
WEDNESDAY	6:30PM — 8:00PM	LONG PARK 7B

### 02/01 GIRLS (U19) NPL ELITE

MONDAY	8:45PM — 10:00PM	LONG PARK 7A-2
TUESDAY	8:30PM— 9:30PM	LONG PARK 5
WEDNESDAY	8:00PM — 9:30PM	LONG PARK 7B

\* FALL STARTS — WEEK OF AUGUST 12<sup>th</sup>

\* FALL ENDS — WEEK OF DECEMBER 2<sup>nd</sup>





# VIRGINIA SOCCER ASSOCIATION



## VSA U15-U19 PREMIER PRACTICE SCHEDULE 2019-20

### 05 BOYS (U15) PREMIER RED

MONDAY	7:30PM - 8:45PM	LONG PARK 7B-1
TUESDAY	7:30PM— 8:30PM	LONG PARK 5
WEDNESDAY	8:00PM — 9:30PM	LONG PARK 6A

### 04 BOYS (U16) PREMIER RED

TUESDAY	7:30PM— 8:30PM	LONG PARK 5
WEDNESDAY	7:30PM - 8:45PM	LONG PARK 5A
THURSDAY	5:00PM - 6:15PM	LONG PARK 7A

### 03 BOYS (U17) PREMIER RED

MONDAY	8:45PM — 10:00PM	LONG PARK 7B
TUESDAY	8:30PM— 9:30PM	LONG PARK 5
WEDNESDAY	6:30PM — 8:00PM	LONG PARK 6-A1

### 02/01 BOYS (U19) PREMIER RED

MONDAY	8:45PM-10:00PM	LONG PARK 6B
TUESDAY	8:30PM— 9:30PM	LONG PARK 5
WEDNESDAY	8:00PM — 9:30PM	LONG PARK 6B-1

\* TUESDAY NIGHTS — FUNCTIONAL TRAINING RUN BY VSA DIRECTORS AND NPL HEAD COACHES (Starts AUG 27<sup>th</sup> -Ends NOV 19<sup>th</sup>)

### 04 GIRLS (U16) PREMIER RED

MONDAY	6:15PM-7:30PM	LONG PARK 6A
TUESDAY	7:30PM— 8:30PM	LONG PARK 5
WEDNESDAY	6:30PM-8:00PM	LONG PARK 6A-2

### 04 GIRLS (U16) PREMIER ROYAL

MONDAY	7:30PM-8:45PM	LONG PARK 7B-2
TUESDAY	7:30PM— 8:30PM	LONG PARK 5
FRIDAY	5:00PM-6:15PM	LONG PARK 6B

### 03 GIRLS (U17) PREMIER RED

MONDAY	8:45PM — 10:00PM	LONG PARK 7B-1
TUESDAY	8:30PM— 9:30PM	LONG PARK 5
WEDNESDAY	5:00PM - 6:30PM	LONG PARK 6A

### 02/01 GIRLS (U19) PREMIER RED

MONDAY	8:45PM — 10:00PM	LONG PARK 6A-1
TUESDAY	8:30PM — 9:30PM	LONG PARK 5
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