



#WeAreVSA



**JR ACADEMY PRACTICE SCHEDULE
FALL 2018**

Start Date: Week of August 13th
End Date: Week of November th

*Pre-Season Camp Begins — August 6th (Separate Schedule To Be Released)

*Groups Could Go Longer Depending on Event Schedule

ADP Boys

Monday 5:00PM to 6:00PM Field 6 a
Friday 5:00PM to 6:00PM Field 6 a

ADP Girls

Monday 5:00PM to 6:00PM Field 6 b
Friday 5:00PM to 6:00PM Field 6 b

10 Boys

Monday 6:00PM to 7:15PM Field 6 a
Wednesday 5:00PM to 6:00PM Field 8 a
Friday 6:00PM to 7:15PM Field 6 a

10 Girls

Monday 6:00PM to 7:15PM Field 6 b-2
Wednesday 5:00PM to 6:00PM Field 8 b
Friday 6:00PM to 7:15PM Field 6 b

09 Boys

Monday 7:15PM to 8:30PM Field 6 a
Wednesday 6:00PM to 7:00PM Field 8 a
Friday 7:15PM to 8:30PM Field 6 a

09 Girls

Monday 7:15PM to 8:30PM Field 6 b-2
Wednesday 6:00PM to 7:00PM Field 8 b
Friday 7:15PM to 8:30PM Field 6 b

Key Contacts:

Benjy Slator
Kelsey Surkamp

bslator@vsaonline.org
ksurkamp@vsaonline.org

Boys Director of Player Development
Girls Director of Player Development





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PRE-ACADEMY ELITE (NPL/NCSL) PRACTICE SCHEDULE FALL 2018

Start Date: Week of August 13th *Pre-Season Camp Begins — August 6th (Separate Schedule To Be Released)
End Date: Week of November th *Groups Could Go Longer Depending on Event Schedule

08 Boys NPL & NCSL
 Monday 6:00PM to 7:15PM Field 7 b-1
 Tuesday 5:00PM to 6:15PM Field 6 b-1
 Wednesday 6:00PM to 7:00PM Field 6 a-1

08 Girls NPL & NCSL
 Monday 6:00PM to 7:15PM Field 6 b-1
 Tuesday 5:00PM to 6:15PM Field 6 b-2
 Wednesday 6:00PM to 7:00PM Field 6 a-2

07 Boys NPL & NCSL
 Monday 7:15PM to 8:30PM Field 7 b-1
 Tuesday 6:15PM to 7:30PM Field 6 b-1
 Wednesday 7:00PM to 8:00PM Field 6 a-1

07 Girls NPL & NCSL
 Monday 7:15PM to 8:30PM Field 6 b-1
 Tuesday 6:15PM to 7:30PM Field 6 b-2
 Wednesday 7:00PM to 8:00PM Field 6 a-2

06 Boys NPL
 Tuesday 5:15PM to 6:30PM Field 5 a-2
 Wednesday 8:00PM to 9:00PM Field 5 a-1
 Thursday 6:30PM to 7:45PM Field 7 a

06 Girls NPL
 Monday 5:00PM to 6:00PM Field 5 b-1
 Tuesday 5:00PM to 6:15PM Field 5 a-1
 Thursday 5:00PM to 6:15PM Field 7 b

05 Boys NPL
 Tuesday 5:00PM to 6:00PM Field 6 a-1
 Wednesday 5:00PM to 6:15PM Field 6 b-2
 Thursday 5:00PM to 6:15PM Field 5 a

05 Girls NPL
 Monday 5:00PM to 6:15PM Field 7 a-1
 Wednesday 5:00PM to 6:15PM Field 6 b-1
 Friday 7:30PM to 8:45PM Field 7-a

Key Contacts:

U14-U19 NPL Pre-Academy Director Dale Parker dparker@vsaonline.org
 U13-U9 Assistant NPL Pre Academy Director Alex Herrera aherrera@vsaonline.org





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

Start Date: Week of August 13th
End Date: Week of November th

TECHNICAL TRAINING NIGHTS: SEPTEMBER 5 — OCTOBER 24
*Groups Could Go Longer Depending on Event Schedule

08 Boys **Select Red**
Monday 6:00PM to 7:15PM Field 7 b-1
Tuesday 6:15PM to 7:30PM Field 6 b-1
Wednesday 5:00PM to 6:00PM Field 5 b 1 - Technical Training Night — Led by Pre-Academy Director

08 Girls **Select Red**
Monday 6:00PM to 7:15PM Field 6 b-1
Wednesday 5:00PM to 6:00PM Field 5 b 2 - Technical Training Night — Led by Pre-Academy Director
Friday 6:15PM to 7:30PM Field 5 b-1

07 Boys **Select Red**
Monday 7:15PM to 8:30PM Field 7 b-1
Wednesday 5:00PM to 6:00PM Field 5 b 1 - Technical Training Night — Led by Pre-Academy Director
Friday 6:15PM to 7:30PM Field 5 a-1

07 Girls **Select Red**
Monday 7:15PM to 8:30PM Field 6 b-1
Wednesday 5:00PM to 6:00PM Field 5 b 2 - Technical Training Night — Led by Pre-Academy Director
Friday 6:15PM to 7:30PM Field 5 b-2

06 Boys **Select Red**
Monday 7:45PM to 9:00PM Field 5 b-1
Wednesday 5:00PM to 6:00PM Field 5 a-1 (TTN)
Friday 6:15PM to 7:30PM Field 5 b-2

06 Boys **Select Navy**
Monday 6:15PM to 7:30PM Field 5 b-1
Wednesday 5:00PM to 6:00PM Field 5 a-1 (TTN)
Friday 5:00PM to 6:15PM Field 5 a

06 Girls **Select Red**
Monday 5:00PM to 6:15PM Field 5 a-2
Wednesday 5:00PM to 6:00PM Field 5 a-2 (TTN)
Friday 5:00PM to 6:15PM Field 5 a-2

06 Girls **Select Navy**
Monday 5:00PM to 6:15PM Field 7 a-2
Wednesday 5:00PM to 6:00PM Field 5 a-2 (TTN)
Friday 7:30PM to 8:45PM Field 5 a

05 Boys **Select Red**
Monday 5:00PM to 6:15PM Field 7 b2
Wednesday 5:00PM to 6:00PM Field 5 a-1 (TTN)
Friday 6:30PM to 7:45PM Field 7 b

05 Girls **Select Red**
Monday 5:00PM to 6:15PM Field 5 a-1
Tuesday 7:00PM to 8:15PM Field 5 a-2
Wednesday 5:00PM to 6:00PM Field 5 a-2 (TTN)

Key Contact:
Alex Saunders asaunders@vsaonline.org Select Director





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ACADEMY ELITE (NPL) PRACTICE SCHEDULE FALL 2018

Start Date: Week of August 13th *Pre-Season Camp Begins — August 6th (Separate Schedule To Be Released)
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04 Boys NPL
 Monday 7:45PM to 9:15PM Field 5 b-2
 Wednesday 7:45PM to 8:45PM Field 6 b-2
 Thursday 8:00PM to 9:30PM Field 5-b

04 Girls NPL
 Monday 6:15PM to 7:45PM Field 7 a-1
 Wednesday 7:30PM to 8:45PM Field 6 b-1
 Friday 6:15PM to 7:30PM Field 7 a

03 Boys NPL
 Tuesday 7:30PM to 9:00PM Field 6 b-2
 Wednesday 5:00PM to 6:00PM Field 6 a-2
 Thursday 5:00PM to 6:30PM Field 6 b

03 Girls NPL
 Tuesday 5:00PM to 6:30PM Field 7 b-1
 Wednesday 7:00PM to 8:00PM Field 5 a-1
 Thursday 5:00PM to 6:30PM Field 7 a

02 Boys NPL
 Tuesday 5:00PM to 6:30PM Field 7 a-1
 Wednesday 6:00PM to 7:00PM Field 5 a-1
 Thursday 5:00PM to 6:30PM Field 6 a

02 Girls NPL
 Monday 7:45PM to 9:15PM Field 7 a-1
 Wednesday 6:15PM to 7:30PM Field 6 b-1
 Friday 5:00PM to 6:15PM Field 7 a

01/00 Boys NPL
 Tuesday 5:00PM to 6:30PM Field 7 a-2
 Wednesday 6:00PM to 7:00PM Field 5 a-2
 Thursday 5:00PM to 6:30PM Field 5 b

01/00 Boys NPL II
 Monday 8:30PM to 9:45PM Field 7 b
 Tuesday 7:30PM to 9:00PM Field 5 b-1
 Wednesday 5:00PM to 6:00PM Field 6 a-1

01/00 Girls NPL
 Tuesday 6:00PM to 7:00PM Field 5 a-1
 Wednesday 6:15PM to 7:45PM Field 6 b-2
 Thursday 6:15PM to 7:45PM Field 5-a

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





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**ACADEMY SELECT (RED) PRACTICE SCHEDULE
FALL 2018**

Start Date: Week of August 13th
End Date: Week of November th

TECHNICAL TRAINING NIGHTS: SEPTEMBER 5 — OCTOBER 24

*Groups Could Go Longer Depending on Event Schedule

04 Boys

Monday

Tuesday

Wednesday

Select Red

7:45PM to 9:00PM Field 5 a-2

5:00PM to 6:15PM Field 7 b-2

8:15PM to 9:15PM Field 7 a-1 - Technical Training Night — Led by Academy Director

04 Girls

Monday

Tuesday

Wednesday

Select Red

7:45PM to 9:00PM Field 7 a-2

7:00PM to 8:15PM Field 6 a-1

8:15PM to 9:15PM Field 7 a-2 (TTN)

04 Girls

Monday

Tuesday

Wednesday

Select Navy

6:15PM to 7:45PM Field 5 a-1

8:15PM to 9:45PM Field 5 a-2

8:15PM to 9:15PM Field 7 a-2 (TTN)

03 Boys

Monday

Wednesday

Friday

Select Red

6:15PM to 8:30PM Field 7 b-2

8:15PM to 9:15PM Field 7 a-1 - Technical Training Night — Led by Academy Director

5:00PM to 6:30PM Field 7 b

03 Girls

Monday

Tuesday

Wednesday

Select Red

6:15PM to 7:45PM Field 7 a-2

8:15PM to 9:45PM Field 6 a-1

8:15PM to 9:15PM Field 7 a-2 - Technical Training Night — Led by Academy Director

02 Boys

Monday

Tuesday

Wednesday

Select Red

6:15PM to 8:45PM Field 5 b-2

5:00PM to 6:30PM Field 5 b

8:15PM to 9:15PM Field 7 a-1 - Technical Training Night — Led by Academy Director

02/01 Girls

Monday

Wednesday

Friday

Select Red

6:15PM to 7:45PM Field 5 a-2

8:15PM to 9:15PM Field 7 a-2 - Technical Training Night — Led by Academy Director

7:45PM to 9:15PM Field 7 b

Key Contact:

Alex Saunders

asaunders@vsaonline.org Select Director

