



#WeAreVSA



**JR ACADEMY PRACTICE SCHEDULE  
FALL 2017**

**Start Date:** Week of August 14<sup>th</sup> \*Pre-Season Camp Begins — August 7<sup>th</sup> (Separate Schedule To Be Released)  
**End Date:** Week of November 27<sup>th</sup> \*Groups Could Go Longer Depending on Event Schedule

**ADP Boys**

Wednesday 5:00PM to 6:00PM Field 6a/b  
Friday 5:00PM to 6:00PM Field 6a/b

**ADP Girls**

Wednesday 5:00PM to 6:00PM Field 6a/b  
Friday 5:00PM to 6:00PM Field 6a/b

**09 Boys**

Monday 6:15PM to 7:30PM Field 5 b-1  
Wednesday 6:00PM to 7:15PM Field 6 a-1  
Friday 6:00PM to 7:00PM Field 6 a

**09 Girls**

Monday 6:15PM to 7:30PM Field 5 b-2  
Wednesday 6:00PM to 7:15PM Field 6 a-2  
Friday 6:00PM to 7:00PM Field 6 b

**08 Boys**

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

**08 Girls**

Monday 5:00PM to 6:15PM Field 5 b-2  
Wednesday 7:15PM to 8:30PM Field 6 a-2  
Friday 7:00PM to 8:00PM Field 6 b

**Key Contacts:**

Fro Adu [fadu@vsaonline.org](mailto:fadu@vsaonline.org) Jr Academy Director  
Alex Herrera [aherrera@vsaonline.org](mailto:aherrera@vsaonline.org) Assistant Jr Academy Director





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**PRE-ACADEMY ELITE (NPL/NC SL) PRACTICE SCHEDULE  
FALL 2017**

**Start Date:** Week of August 14<sup>th</sup> \*Pre-Season Camp Begins — August 7<sup>th</sup> (Separate Schedule To Be Released)  
**End Date:** Week of November 27<sup>th</sup> \*Groups Could Go Longer Depending on Event Schedule

**07 Boys**                    **NPL & NC SL**  
Monday                    5:00PM to 6:00PM    Field 5 a-1  
Tuesday                    5:00PM to 6:15PM    Field 5 a-1-2  
Wednesday                6:15PM to 7:30PM    Field 5 a-1-2

**07 Girls**                    **NPL & NC SL**  
Tuesday                    5:00PM to 6:00PM    Field 5 b-1-2  
Wednesday                7:30PM to 8:45PM    Field 5 a-1-2  
Friday                      5:00PM to 6:15PM    Field 7 a-1-2

**06 Boys**                    **NPL & NC SL**  
Monday                    6:00PM to 7:00PM    Field 5 a-1  
Tuesday                    6:15PM to 7:30PM    Field 5 a-1  
Wednesday                7:30PM to 8:45PM    Field 6 b-1-2

**06 Girls**                    **NPL & NC SL**  
Monday                    7:00PM to 8:00PM    Field 5 a-1  
Tuesday                    7:30PM to 8:45PM    Field 5 a-1  
Wednesday                6:15PM to 7:30PM    Field 6 b-1-2

**05 Boys**                    **NPL**  
Tuesday                    5:00PM to 6:00PM    Field 6-a  
Wednesday                5:00PM to 6:15PM    Field 7-a  
Thursday                    5:00PM to 6:15PM    Field 5-a

**05 Girls**                    **NPL**  
Tuesday                    7:00PM to 8:00PM    Field 6-a-1  
Wednesday                5:00PM to 6:15PM    Field 5-b-1  
Thursday                    5:00PM to 6:15PM    Field 5-b

**04 Boys**                    **NPL**  
Monday                    7:30PM to 8:30PM    Field 6-a-2  
Tuesday                    8:00PM to 9:15PM    Field 7-b-1  
Thursday                    8:00PM to 9:15PM    Field 5-b

**04 Girls**                    **NPL**  
Tuesday                    5:00PM to 6:15PM    Field 7-b-2  
Thursday                    5:00PM to 6:15PM    Field 6-b  
Friday                      6:15PM to 7:15PM    Field 7-a-2

**Key Contact:**  
Dale Parker                [dparker@vsaonline.org](mailto:dparker@vsaonline.org)    Pre-Academy Director





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**PRE-ACADEMY SELECT (RED/NAVY) PRACTICE SCHEDULE    Fall 2017**

**Start Date:**    Week of August 14<sup>th</sup>                      \*Pre-Season Camp Begins — August 7<sup>th</sup> (Separate Schedule To Be Released)  
**End Date:**        Week of November 27<sup>th</sup>                      \*Groups Could Go Longer Depending on Event Schedule  
**Technical Training Nights:**                      **Start:** Monday September 11<sup>th</sup>                      **End:** Monday October 30<sup>th</sup>

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

**07 Girls                      Select Red**  
Monday                      5:00PM to 6:00PM    Field 6-b                      Technical Training Night — Led by Pre-Academy Director  
Wednesday                      7:30PM to 8:45PM    Field 5 a-1-2  
Friday                      6:00PM to 7:15PM    Field 5 a-1

**06 Boys                      Select Red**  
Monday                      5:00PM to 6:00PM    Field 6-b                      Technical Training Night — Led by Pre-Academy Director  
Wednesday                      7:30PM to 8:45PM    Field 6 b-1-2  
Friday                      7:15PM to 8:30PM    Field 5 a-2

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

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

**05 Girls                      Select Red**                      **05 Girls                      Select Navy**  
Monday                      5:00PM to 6:00PM    Field 6-a (TTN)                      Monday                      5:00PM to 6:00PM    Field 6-a (TTN)  
Tuesday                      6:15PM to 7:30PM    Field 5-a-2                      Tuesday                      5:00PM to 6:15PM    Field 7-a-1  
Wednesday                      7:30PM to 8:45PM    Field 5-b-1                      Friday                      5:00PM to 6:15PM    Field 7-b

**04 Boys                      Select Red**  
Monday                      5:00PM to 6:00PM    Field 6-a  
Tuesday                      6:15PM to 7:30PM    Field 5-b-1  
Wednesday                      6:15PM to 7:30PM    Field 7-a-2

**04 Girls                      Select Red**                      **04 Girls                      Select Navy**  
Monday                      5:00PM to 6:00PM    Field 6-b (TTN)                      Monday                      5:00PM to 6:00PM    Field 6-a (TTN)  
Wednesday                      5:00PM to 6:15PM    Field 5-b-2                      Tuesday                      7:30PM to 8:45PM    Field 6-a-2  
Friday                      6:15PM to 7:30PM    Field 7-b-1                      Friday                      6:15PM to 7:30PM    Field 7-b-2

**Key Contact:**  
Dale Parker                      [dparker@vsaonline.org](mailto:dparker@vsaonline.org)                      Pre-Academy Director





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**ACADEMY ELITE (NPL) PRACTICE SCHEDULE  
FALL 2017**

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**03 Boys NPL**  
Monday 7:30PM to 8:30PM Field 6 a-1  
Tuesday 8:00PM to 9:30PM Field 7 b-2  
Thursday 8:00PM to 9:30PM Field 6 b

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

**02 Boys NPL**  
Monday 7:30PM to 8:30PM Field 5 b  
Tuesday 6:30PM to 8:00PM Field 6 b-1  
Thursday 8:00PM to 9:30PM Field 7 a

**02 Girls NPL**  
Monday 8:30PM to 9:30PM Field 7 b  
Tuesday 8:00PM to 9:30PM Field 6 b-1  
Thursday 6:30PM to 8:00PM Field 7 a-2

**01 Boys NPL**  
Tuesday 6:30PM to 7:30PM Field 6 b-2  
Wednesday 5:00PM to 6:30PM Field 7 b-1  
Thursday 5:00PM to 6:30PM Field 6

**01 Girls NPL**  
Tuesday 6:00PM to 7:00PM Field 6 a-1  
Wednesday 6:15PM to 7:45PM Field 7 a-1  
Thursday 6:30PM to 8:00PM Field 7 a-1

**00 Boys NPL**  
Tuesday 5:00PM to 6:30PM Field 7 a  
Wednesday 5:00PM to 6:00PM Field 5 a  
Thursday 5:00PM to 6:30PM Field 7 a

**00 Boys NPL II**  
Monday 8:30PM to 10:00PM Field 7 a  
Tuesday 8:00PM to 9:30PM Field 6 b-2  
Wednesday 8:45PM to 9:45PM Field 6 b

**00 Girls NPL**  
Tuesday 5:00PM to 6:30PM Field 6 b-2  
Wednesday 8:00PM to 9:30PM Field 7 b-1  
Thursday 6:00PM to 7:00PM Field 7 b

**Key Contact:**  
Graham Maclean [gmaclean@vsaonline.org](mailto:gmaclean@vsaonline.org) Academy Director





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**ACADEMY SELECT (RED) PRACTICE SCHEDULE  
FALL 2017**

**Start Date:** Week of August 14<sup>th</sup>      \*Pre-Season Camp Begins — August 7<sup>th</sup> (Separate Schedule To Be Released)  
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**Technical Training Nights:**      **Start:** Monday September 11<sup>th</sup>      **End:** Monday October 30<sup>th</sup>

**03 Boys      Select Red**  
Monday      8:30PM to 9:30PM      Field 6      Technical Training Night — Led by Academy Director  
Tuesday      6:00PM to 7:30PM      Field 5-b-2  
Wednesday      8:00PM to 9:30PM      Field 5-b-2

**03 Girls      Select Red**  
Monday      8:30PM to 9:30PM      Field 6      Technical Training Night — Led by Academy Director  
Wednesday      8:00PM to 9:30PM      Field 7-a-2  
Friday      6:15PM to 7:45PM      Field 7-a

**02 Boys      Select Red**  
Monday      8:30PM to 9:30PM      Field 6      Technical Training Night — Led by Academy Director  
Tuesday      7:30PM to 9:00PM      Field 5-b-1  
Wednesday      7:45PM to 9:15PM      Field 7-a-2

**02 Girls      Select Red**  
Monday      8:30PM to 9:30PM      Field 6      Technical Training Night — Led by Academy Director  
Tuesday      5:00PM to 6:15PM      Field 7-a-2  
Wednesday      7:45PM to 9:15PM      Field 7-a-2

**01 Boys      Select Red**  
Monday      8:30PM to 9:30PM      Field 6      Technical Training Night — Led by Academy Director  
Tuesday      7:30PM to 9:00PM      Field 5-b-2  
Wednesday      6:15PM to 7:45PM      Field 5-b-2

**Key Contact:**  
Graham Maclean      [gmaclean@vsaonline.org](mailto:gmaclean@vsaonline.org)      Academy Director

