



#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 7-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

**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

<b>05 Girls      Select Red</b>	<b>05 Girls      Select Navy</b>
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 6-b
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**  
 Monday      5:00PM to 6:00PM    Field 6-b (TTN)  
 Wednesday      5:00PM to 6:15PM    Field 5-b-2  
 Friday      6:15PM to 7:30PM    Field 7-b-1

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

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**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  
Wednesday    7:45PM to 9:15PM    Field 7-a-2  
Friday      7:15PM to 8:30PM    Field 5-b-1

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

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

