

VSA FC TRAINING SCHEDULE

2023–24



FACILITIES



U9 and U10

LINTON HALL SCHOOL
9535 Linton Hall Rd, Bristow, VA
20136

U11 and Older

K-SPORTS
10050 Pennsylvania Ave, Manassas,
VA 20110

U9/U10

ALL TRAINING AT LINTON HALL



POD 2

Boys and Girls

MONDAYS

U9 - 6:15pm to 7:15pm

U10 - 7:15pm to 8:15pm

POD 1

Girls

TUESDAYS

U9 - 6:15pm to 7:15pm

U10 - 7:15pm to 8:15pm

POD 1

Boys

THURSDAYS

U9 - 6:15pm to 7:15pm

U10 - 7:15pm to 8:15pm

U11 / U12

ALL TRAINING AT K-SPORTS



U11 Boys

Elite: Friday - 7:00pm to 8:00pm
Court #4

Red: Friday - 7:00pm to 8:00pm
Court #4

U12 Boys

Elite: Friday - 6:00pm to 7:00pm
Court #4

Red: Friday - 6:00pm to 7:00pm
Court #4

U11 Girls

Elite: Wednesday- 6:00pm to 7:00pm
Court #4

U12 Girls

Elite: Wednesday - 6:00pm to 7:00pm
Court #4

U13 / U14

ALL TRAINING AT K-SPORTS



U13 Boys

Elite: Monday- 8:00pm to 9:00pm
Court #1

Red: Monday- 8:00pm to 9:00pm
Court #1

U14 Boys

Elite: Friday - 7:00pm to 8:00pm
Court #1

Red: Friday - 7:00pm to 8:00pm
Court #1

U13 Girls

Elite: Wednesday - 8:00pm to 9:00pm
Court #1

Red: Friday - 6:00pm to 7:00pm Court
#1

U14 Girls

Elite: Wednesday - 8:00pm to 9:00pm
Court #1

Red: Friday - 6:00pm to 7:00pm
Court #1

HIGHSCHOOL ALL TRAINING AT K-SPORTS



Highschool Boys

Elite: Monday - 9:00pm to 10:00pm
Court #1

Red: Monday - 9:00pm to 10:00pm
Court #1

Royal: Wednesday - 5:00pm to 6:00pm
Court #4

Highschool Girls

Elite: Wednesday - 9:00pm to 10:00pm
Court #1

Red: Wednesday - 9:00pm to 10:00pm
Court #1