



2018 Spring - Academy, Technical & Team Practice Schedule April 3 through June 15

PMTC / Trasolini WARM UP Field (**RED**: coach led practice; **GREEN**: technical session with PMSC Euro Pro staff; **BLUE**: academy programs)

Monday	Tuesday	Wednesday	Thursday	Friday
5:00 – 6:00pm U4 soccer program <i>(also offered Sunday 10a,11a,12p)</i>				
6:00 – 6:30pm Elite Academy stretch training U11 - U14	5:45 – 6:00pm TECH WARM-UP: BU13-14	6:15 – 6:30pm TECH WARM-UP: GU14-15	5:45 – 6:00pm TECH WARM-UP: BU8-10	6:30 – 7:30pm Adaptive Soccer
7:00 – 7:30pm Elite Academy stretch training U15 - U18	7:00-8:00pm U7 – Castro		6:45 – 7:00pm TECH WARM-UP: BU11-12	

Port Moody Town Centre / Trasolini Turf Field (**RED**: coach led practice; **GREEN**: technical session with PMSC Euro Pro staff; **BLUE**: academy programs)

Monday	Tuesday	Wednesday	Thursday	Friday
5:30 – 6:45pm - Elite Academy U8-U10	4:45 – 6:00pm - TECH SESS BU15 – T3 Barnes ** BU15 – T1 Ceron BU17 – T1 Sulentic	5:30 – 6:45pm - TECH SESS GU9 – T3 Gregson ** GU10 – T1 Tang GU12 – T2 Drazenovic	5:00 – 6:00pm BU13 – T1 Sheriff BU15 – T1 Ceron BU17 – T1 Sulentic	5:30 – 7:00pm Open Academy
6:30 – 7:30pm - Elite Academy U11-U14 (boys only)	6:00 – 7:00pm - TECH SESS BU13 – T2 Apostol BU13 – T1 (05) AC Selects BU14 – T2 Morgan/Eastwood BU14 – T1 (04) AC Selects	6:00 – 7:00pm GU8 – T3 Van Leuzen GU9 – T3 Gregson 6:30 – 7:30pm - TECH SESS GU14 – T2 Hendriks GU14 – T1 Stacey GU15 – T1 Velocity	6:00 – 7:00pm - TECH SESS BU8 – T2 Shantz BU9 – T2 Bertoncello BU9 – T2 Scholte BU10 – T1 Meers BU10 – T1 Shackleton	
7:30 – 8:30pm - Elite Academy U11-U14 (girls only) U15-U18	7:00 – 8:00pm	7:30 – 8:30pm BU15 – Fathi	7:00 – 8:00pm - TECH SESS BU11 – T2 'mixed' * BU12 – T3 Braun ** BU12 – T2 Whiffin BU12 - Damir	7:00 – 8:00pm
ADULT – 8:30-10:00	ADULT – 8:00-10:00	ADULT – 8:30-10:00	ADULT – 8:00-10:00	ADULT – 8:00-10:00

* Note: BU11-T2 'mixed' is comprised of random BU11 players from all three T3 teams (including Div 2. Players) who have registered for high performance training – there are approximately 10-15 players participating in this group.

** Note: BU15-T3 Barnes, GU9-T3 Gregson, and BU12-T3 Braun will have a portion of members from these teams attending the technical sessions.

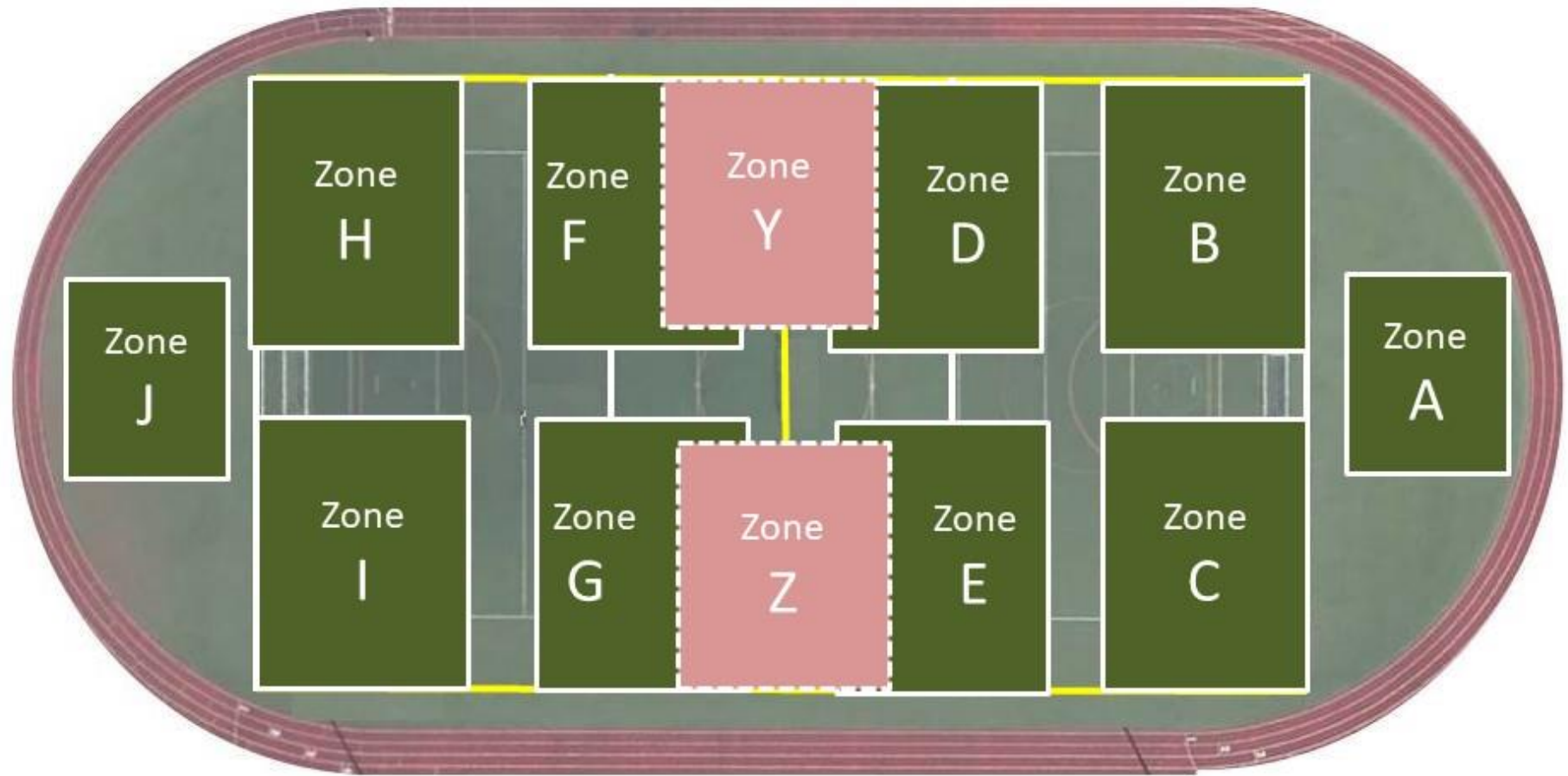
North Shore Turf Field at Heritage Woods SS (**RED**: Coach led practice; **GREEN**: technical session with PMSC Euro Pro staff)

Monday		Tuesday		Wednesday		Thursday		Friday	
Team	Zone	Team	Zone	Team	Zone	Team	Zone	Team	Zone
5:00 – 6:00pm	HI	5:30 – 6:30pm U6 – Williams U6 – Waldegrave U6 – Blackwell U6 – Ben Zvi U6 – Wittenberg U6 - Korpus U7 – Milloy U7 – Kehle-Ramage U7 - Follador BU8 – T1 Shantz BU8 – T3 Maloney BU8 – T3 Bruun	A A D F H E J J I B C G	5:30 – 6:30pm		5:30 – 6:30pm		5:00 – 6:00pm GU10 – T1 Tang (at 5:30)	BC
6:00 – 7:00pm BU8 – T3 Tavasoli	C HI	6:30 – 7:30pm BU9 – T2 Bertoncello BU9 – T2 Scholte BU9 – T3 Ahmadzadeh BU9 – T3 Cho BU10 – T1 Meers BU10 – T1 Shackleton BU10 – T3 Johnston	D E B C H I F	6:30 – 7:30pm BU14 – T2 Morgan BU15 – T3 Barnes GU18 – de Torres	BC YZ HI	6:30 – 7:30pm GU11 – T3 Virk GU12+ – T2 Drazenovic BU13 – T2 Apostol GU14 – T2 Hendriks	DB HF CE IG	6:00 – 7:00pm GU10 – T1 Tang GU15 – T1 Girard (at6:30)	BC YZ
7:00 – 8:00pm BU11 – T1 Troisi BU10 – T3 Nelder	HI YZ BC	7:30 – 8:30pm BU9 – T3 Cho (to 8p) BU10–T1 Shack (to 8p) BU10–T1 Shack (to 8p) BU11 – T3 Maloney BU11 – T3 Pruner BU11 – T3 Hamdy BU12 – T3 Braun	A I F C B Y Z	7:30 – 8:30pm BU12+ – T2 Whiffin BU17 – T2 Brown	BC HI	7:30 – 8:30pm BU14 – T1 Millin GU14 – Stacey	BC HI	7:00 – 8:00pm GU15 – T1 Girard	YZ
Not Available		ADULT – 8:30-10:00		ADULT – 8:30-10:00		ADULT – 8:30-10:00		Not Available	

NOTE: Use map below to see location of assigned practice zones.

2017-2018 Season Practice Area Allocation

North Shore Turf Field (at Heritage Woods Sec.)



Heritage Woods
Secondary
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