



## 2018-2019 Fall/Winter - Academy, Technical & Team Practice Schedule

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>ACAD: 6:00 – 6:30pm</b> Elite Academy stretch training U12-U14				
<b>ACAD: 7:00 – 7:30pm</b> Elite Academy stretch training U15-U18		<b>6:30 – 7:30pm **</b> BU11HP team practice rotation <i>(each week Johnston, Meers or Shackleton practices in warm up)</i>	<b>ACAD: 6:00 – 6:30pm</b> <b>BU8-U10</b>	<b>6:30 – 7:30pm</b> Adaptive Soccer
			<b>ACAD: 6:45 – 7:15pm</b> U11-U12	

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

Monday	Tuesday	Wednesday		Thursday	Friday
		Team	Zone		
<b>ACAD: 5:15 – 6:30pm</b> Elite Academy stretch training & on-field session U8 – U11	<b>TECH: 4:45 – 6:00pm</b> BU13HP – Erlic BU13HP – TBC BU14HP – Sulentic/Sheriff BU14HP - Apostol	<b>5:30 – 6:30pm</b> BU13HP – Erlic BU13HP – Whiffin BU14HP – Sulentic/Sheriff BU14HP – Apostol	SW SE NE NW	<b>TECH: 5:00 – 6:15pm</b> BU15HP – Millin BU16HP – Ceron BU16HP – Fathi BU18 HP – Sulentic	<b>ACAD: 5:30 – 7:00pm</b> PMSC Euro Pro Open Academy
<b>ACAD: 6:30 – 7:30pm</b> Elite Academy on-field session U12-U14	Trasolini Not Available Booked for Coquitlam Field Lacrosse 6-9pm	<b>6:30 – 7:30pm</b> BU11HP – Johnston ** BU11HP – Devaney ** BU11HP – Shackleton ** BU12 HP1 – Troisi BU15 HP – Millin	SW/SE SW/SE SW/SE NE NW	<b>TECH: 6:30 – 7:15pm</b> BU8HP – TBC BU9HP – TBC BU10HP – Sholte BU10HP - Bertoncello	
<b>ACAD: 7:30 – 8:30pm</b> Elite Academy on-field session U15-U18		Trasolini Not Available Booked for Port Moody Old Timers 7:30-9:00		<b>TECH: 7:15 – 8:00pm</b> BU11HP – Johnston BU11HP – Shackleton BU11HP - Devaney BU12HP – Troisi BU12HP – Maloney BU12HP - Hamdy	<b>7:00 – 8:00pm</b> GU16HP – Girard
<b>8:30 – 10:30pm</b> Adult program	<b>9:00 – 10:30pm</b> Adult program	<b>9:00 – 10:30pm</b> Adult program		<b>8:00 – 10:30pm</b> Adult program	<b>8:00 – 10:30pm</b> Adult program - Games

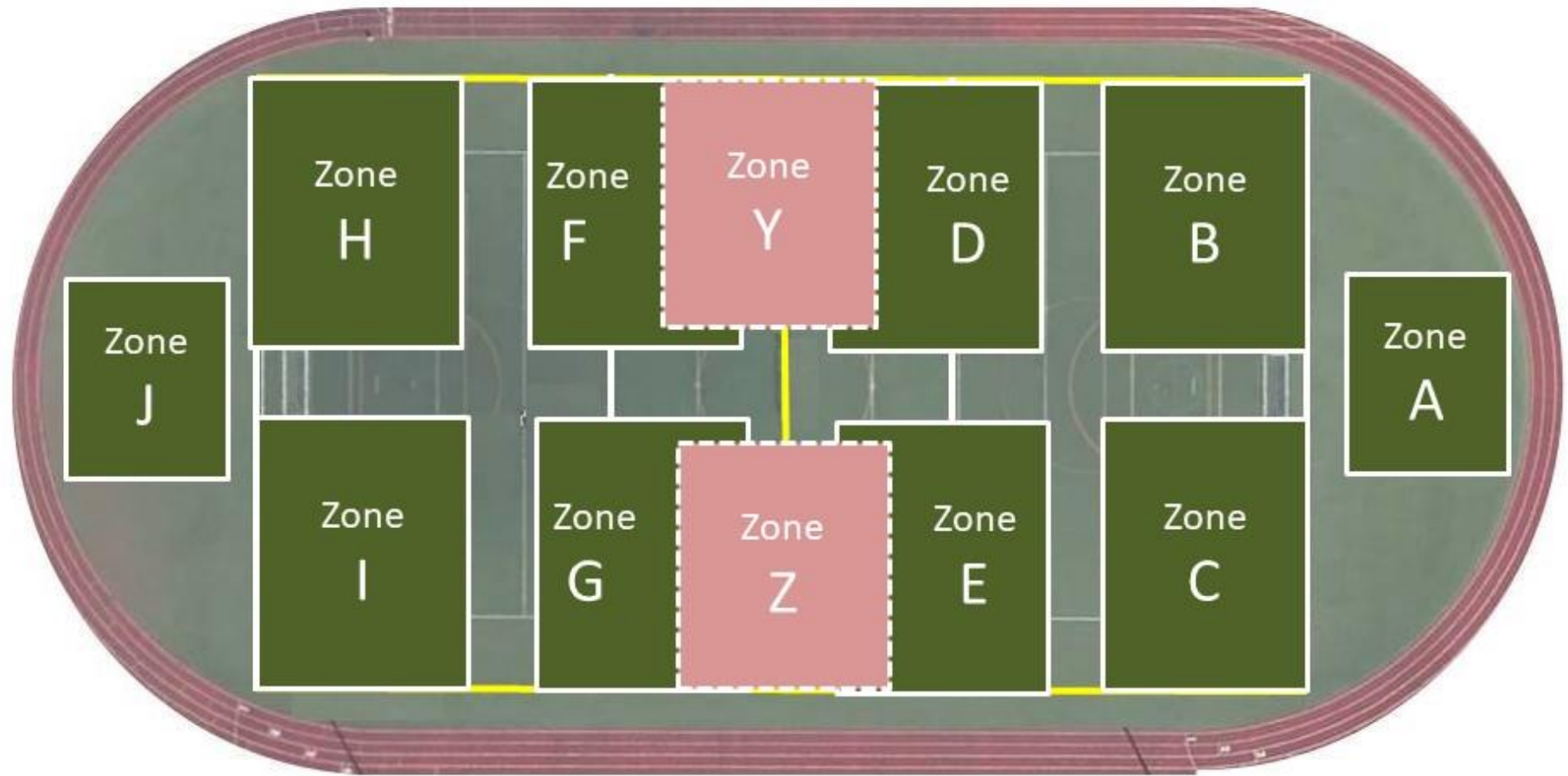
North Shore Turf Field at Heritage Woods SS (**RED**: Coach led practice; **GREEN**: technical session with PMSC Euro Pro staff)

Monday		Tuesday		Wednesday		Thursday		Friday	
Team	Zone	Team	Zone	Team	Zone	Team	Zone	Team	Zone
<b>5:30 – 6:30pm</b> BU18R - Babey	BC	<b>5:30 – 6:30pm</b> BU8 – Castro BU8 – Habib BU8 – Follador BU8 – Robertson BU8 – Matthiew BU8 – Papaiani BU9 – Shantz BU9 – Bruun BU9 - Barillaro BU9 – Bordbar  <b>TECH: 5:30-6:30pm</b> BU8&9 tech rot. – 2 teams	A B D F H J C I G E	<b>TECH: 5:30 – 6:45pm</b> GU10HP – di Nicolo GU11HP – Tang  <b>TECH: 6:00 – 6:45pm *</b> GU8HP – TBD GU9HP – TBD  <b>5:15-6:15pm *</b> GU8R – Hingston GU8R – Wallace GU8R – TBD GU9R – Rehmat/vanL GU9R – Patel GU10R – Mullen GU10R – Carson  <b>TECH: 5:15-6:15pm</b> GU8-10 tech rot.– 2 teams	J,H,I, F,G    A A B D Y E C	<b>5:00 – 6:00pm</b> GU18 Rec – Pesunti	BC	<b>5:00 – 6:00pm</b>	
<b>6:30 – 7:30pm</b> BU11R – Svoliadopoulos BU12R – Pruner BU12R – Aldous BU13R – TBA  <b>TECH: 6:30-7:30pm</b> BU11&12 tech rot.–1 team	HF EC BD IG	<b>6:30 – 7:30pm</b> BU9 – Maloney BU9 - Barone BU10 – Karkoglou BU10 – Cooper BU10 - Melanidis BU10HP – Scholte BU10HP – Bertoncillo BU18 HP – Sulentic  <b>TECH: 6:30-7:30pm</b> BU10 tech rot.–1 team	E A G C F B D HI	<b>TECH: 6:15 – 7:30pm</b> GU13HP – Patek GU15HP – Stacey GU15HP - Whitson  <b>6:15-7:15pm</b> GU11R – Cannon GU13R – Nguyen (TBC)  <b>TECH: 6:30-7:30pm</b> GU11-13 tech rot.–1 team	J,H,I, F,G, Y,Z   C B	<b>6:00 – 7:00pm</b> GU10HP – di Nicolo GU12R – Virk GU15HP – Stacey GU15HP - Whitson	BC DB HF IG	<b>6:00 – 7:00pm</b> GU11HP – Tang GU13HP – Patek	BC HI
<b>7:30 – 8:30pm</b> BU15R – TBC BU16R – Hite/Koufalis BU16R – Young	EC BD IG	<b>7:30 – 8:30pm</b> BU12HP – Maloney BU12HP – Hamdy BU16HP – Ceron BU16HP – Fathi	CE BD IG HF	<b>TECH SESS 7:00 – 8:15pm</b> GU16HP – Girard GU18HP – Gaskell/deT		<b>7:00 – 8:00pm</b> GU18HP – Gaskell/deT GU18R - Lang BU14R - McVeigh BU17R – Kirk	DB BC HF IG	<b>7:00 – 8:00pm</b>	
<b>8:30 – 10:30pm</b> Adult program - Games		<b>8:30 – 9:30pm</b> BU18R – Brown <b>8:30 – 10:30pm</b> Adult program	B	<b>8:30 – 10:30pm</b> Adult program - Games		<b>8:00 – 10:30pm</b> Adult program		<b>8:00 – 10:30pm</b> Adult program - Games	

\* GU8 & GU9 girls playing on HP Academy team will practice with Academy team on Wednesdays immediately following their Rec team practice.

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  
→