



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

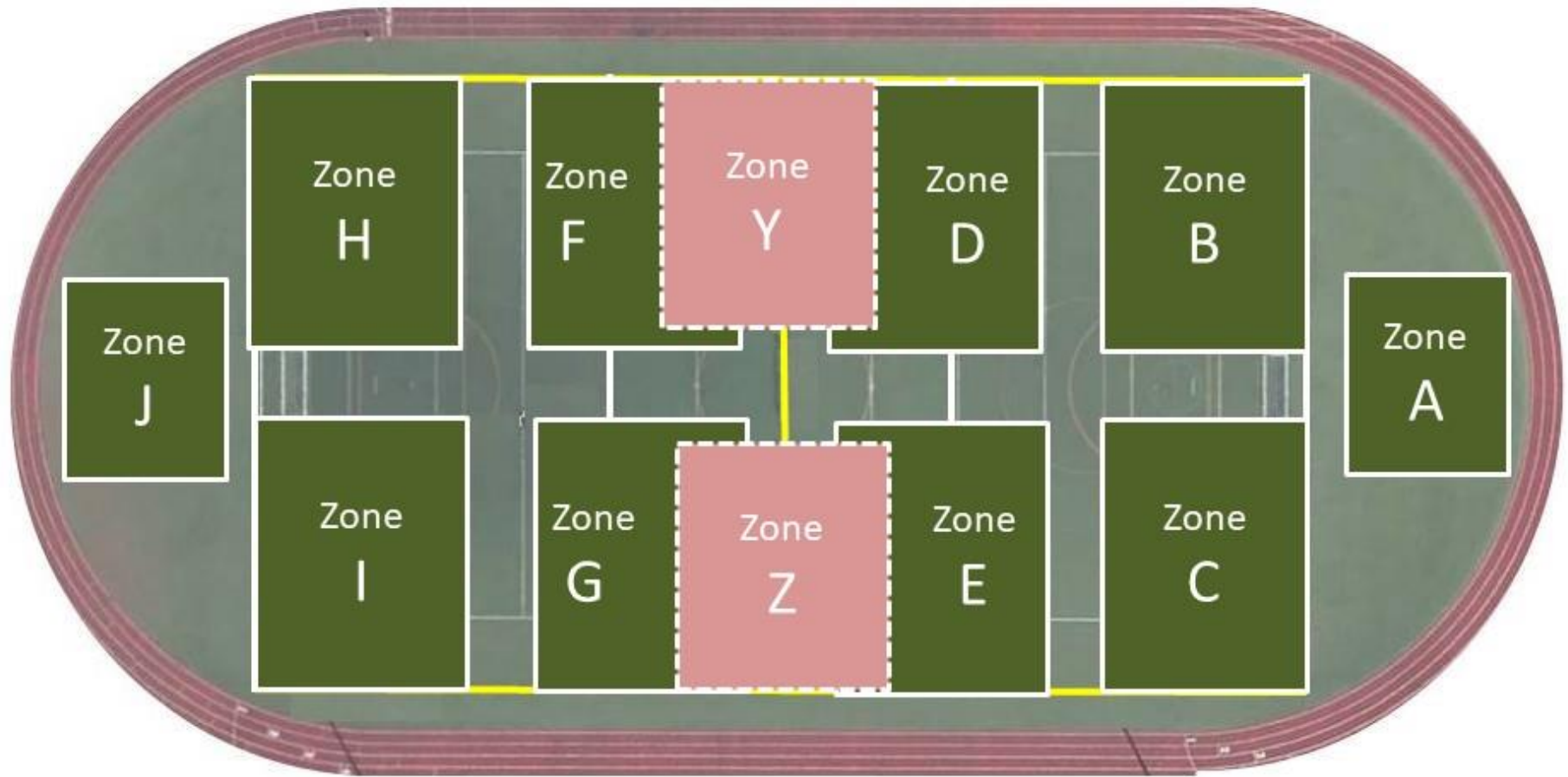
Port Moody Rec Centre / Trasolini Turf Field (**RED**: coach led practice; **GREEN**: technical session with PMSC Euro Pro staff; **BLUE**: academy programs)

Monday	Tuesday	Wednesday		Thursday	Friday
		Team	Zone		
ACAD: 5:15 – 6:30pm Elite Academy stretch training & on-field session U8 – U11	TECH: 4:45 – 6:00pm BU13 Metro & Div 1 BU14 Metro & Div 1	5:30 – 6:30pm BU13 Metro & Div 1 BU14 Metro & Div 1		TECH: 5:00 – 6:15pm BU15 Metro BU16 Metro & Div 1 BU18 Metro	ACAD: 5:30 – 7:00pm PMSC Euro Pro Open Academy
ACAD: 6:00 – 7:30pm Elite Academy on-field session U12-U14	Trasolini Not Available	6:30 – 7:30pm BU11 Div 1 & Div 2 BU12 Div 1 BU15 Metro		TECH: 6:00 – 7:15pm BU8 HP BU9 HP BU10HP	6:30 – 7:30pm Adaptive Soccer (WARM UP PITCH)
ACAD: 7:00 – 8:30pm Elite Academy on-field session U15-U18		Trasolini Not Available		TECH: 6:45 – 8:00pm BU11 Div 1 & Div 2 BU12 Div 1 & Div 2	7:00 – 8:00pm GU16 Metro & Div 2
8:30 – 10:30pm Adult program	9:00 – 10:30pm Adult program	9:00 – 10:30pm Adult program		8:00 – 10:30pm Adult program	8:00 – 10:30pm 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
5:30 – 6:30pm		5:30 – 6:30pm BU8 Rec BU9 Rec		TECH: 5:30 – 6:45pm GU10 HP GU11 HP  5:15-6:15pm GU8 Rec GU9 Rec GU10 Rec  TECH: 6:15 – 6:45pm GU8 HP GU9 HP		5:00 – 6:00pm GU18 Div 1		5:00 – 6:00pm	
6:30 – 7:30pm BU11 Rec BU12 Rec BU13 Div 3		6:30 – 7:30pm BU10 Rec BU10 HP		TECH: 6:15 – 7:30pm GU13 Metro GU15 Metro & Div 1  6:15-7:15pm GU11 Rec GU12 Rec GU13 Rec		6:00 – 7:00pm GU10 HP (6:30) GU15 Metro & Div 1 GU18 Div 3	J	6:00 – 7:00pm GU11 Div 1 GU13 Metro GU14 Div 2 GU15 Div 3	
7:30 – 8:30pm BU15 Div 2 & Div 3 BU16 Div 2 & Div 3		7:30 – 8:30pm BU12 Div 2 BU16 Metro & Div 1 BU18 Metro		TECH SESS 7:00 – 8:15pm GU16 Metro & Div 2 GU18 Div 1		7:00 – 8:00pm GU10 HP BU14 Div 3 BU17 Div 2	I	7:00 – 8:00pm	
8:30 – 10:30pm Adult program - Games		8:30 – 9:30pm BU18 Div 2 & Div 3 8:30 – 10:30pm Adult program		8:30 – 10:30pm Adult program - Games		8:00 – 10:30pm Adult program		8:00 – 10:30pm Adult program - Games	

# 2017-2018 Season Practice Area Allocation North Shore Turf Field (at Heritage Woods Sec.)



Heritage Woods  
Secondary  
→