



2019 Spring - Academy, Technical & Team Training Schedule April 1 through June 14

PMTC / Trasolini Warm-up Pitch (**RED**: coach led practice; **GREEN**: technical session with PMSC staff coaches; **BLUE**: academy programs)

Monday	Tuesday	Wednesday	Thursday	Friday
5:00 – 6:00pm – U4 soccer <i>(also offered Sunday 11a & 12p)</i>				
6:00 – 7:00pm – Elite Academy	6:00 – 6:30pm – Tech Warm-up	6:30 – 7:00pm – Tech Warm-up	5:30 – 7:00pm – Tech Warm-up	6:30 – 7:30pm Adaptive Soccer

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

Monday	Tuesday	Wednesday	Thursday	Friday
4:45 – 6:15pm - HP Academy Boys U13-U18	5:00 – 6:15pm – Technical Training Boys U15-U18	5:00 – 6:00pm	5:00 – 6:00pm Boys U13 Metro Boys U16 Metro & Tier 1 Boys U18 Metro	5:00 – 6:30pm Open Academy
5:30 – 7:00pm - HP Academy Boys & Girls U8-U12	6:00 – 7:15pm – Technical Training Boys U13-U14	5:45 – 7:00pm – Technical Training Girls U8-U12	5:45 – 7:00pm – Technical Training Boys U8-U10	
6:15 – 7:45pm - HP Academy Girls U13-U18	7:15 – 8:15pm	6:30 – 7:45pm – Technical Training Girls U13-18	6:45 – 8:00pm – Technical Training Boys U11-U12	6:30 – 8:00pm
ADULT – 8:00-10:00	ADULT – 8:15-10:00	ADULT – 8:00-10:00	ADULT – 8:00-10:00	ADULT – 8:00-10:00

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

Monday		Tuesday		Wednesday		Thursday		Friday	
Team	Zone	Team	Zone	Team	Zone	Team	Zone	Team	Zone
5:00 – 6:00pm Boys & Girls U6		5:30 – 6:30pm Boys U8 & U9		5:30 – 6:30pm Boys U14 Metro, Tier 1&2 Boys U15 Metro		5:30 – 6:30pm Girls U8, U9 & U10		5:00 – 6:00pm	
6:00 – 7:00pm Boys & Girls U7		6:30 – 7:30pm Boys U10 Boys U11 Tier 2 & Tier 3		6:30 – 7:30pm Boys U12 Metro Boys U13 Tier 2 Boys U15 Tier 2 & Tier 3		6:30 – 7:30pm Girls U12 Tier 2 Girls U13 Metro Girls U15 Metro & Tier 1		6:00 – 7:00pm Girls U11 Tier 1 Girls U16 Metro	
7:00 – 8:00pm		7:30 – 8:30pm Boys U11 Tier 1 Boys U12 Tier 2 & Tier 3		7:30 – 8:30pm Boys U16 Tier 2 & Tier 3		7:30 – 8:30pm		7:00 – 8:00pm	
Not Available		ADULT – 8:30-10:00 Boys U18 Tier 1		ADULT – 8:30-10:00		ADULT – 8:30-10:00		Not Available	