



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

U8-U18 Teams (see separate schedules for U4-U7 Kick Start practice information)

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
		Team	Zone		
ACAD: 5:15 – 6:30pm Elite Academy stretch training & on-field session U8 – U11	TECH: 4:45 – 6:00pm BU13HP – Erlic BU13HP – Whiffin BU14HP – Sulentic/Sheriff BU14HP – Apostol TECH: 4:45 – 6:00pm BU18 HP – Sulentic (warm up pitch)	5:00 – 6:30pm BU13HP – Erlic BU14HP – Sulentic/Sheriff 5:30 – 6:30pm BU13HP – Whiffin BU14HP – Apostol	FH GI CE BD	TECH: 5:00 – 6:15pm BU15HP – Millin BU16HP – Ceron BU16HP – Fathi	ACAD: 5:30 – 7:00pm PMSC Euro Pro Open Academy
ACAD: 6:00 – 7:30pm Elite Academy on-field session U12-U14	6:00 – 7:00pm BU8 - Habib (warm up pitch)	6:30 – 7:30pm BU11HP – Johnston BU11HP – Devaney BU11HP – Shackleton BU12 HP1 – Troisi BU15 - Morgan BU15 HP – Millin	AHI AHI AHI FG CE BD	TECH: 6:00 – 7:15pm BU8HP – Castro BU9HP – Shantz BU10HP – Sholte BU10HP – Bertoncello 6:00 – 7:00pm BU18 HP – Sulentic	6:30 – 7:30pm Adaptive Soccer (warm up pitch)
ACAD: 7:00 – 8:30pm Elite Academy on-field session U15-U18	Trasolini Not Available Booked for Coq. Field Lacrosse 6-9pm	Trasolini Not Available Booked for Port Moody Old Timers 7:30-9:00		TECH: 6:45 – 8:00pm BU11HP – Johnston BU11HP – Shackleton BU11HP – Devaney BU12HP – Troisi BU12HP – Maloney BU12HP – Hamdy	7:00 – 8:00pm GU16HP – Girard
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)

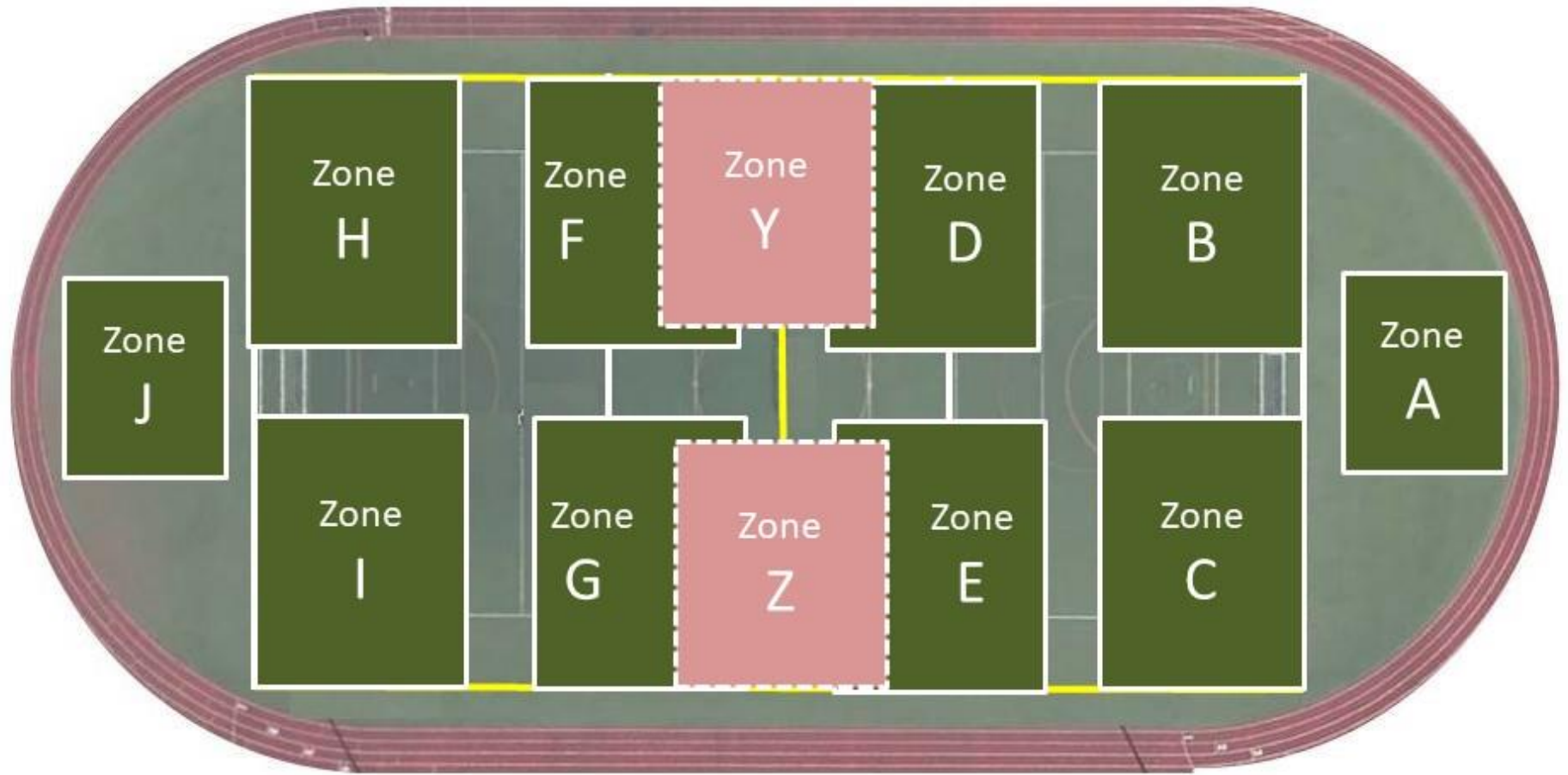
Monday		Tuesday		Wednesday		Thursday		Friday	
Team	Zone	Team	Zone	Team	Zone	Team	Zone	Team	Zone
TECH: 5:30 – 6:30pm GU8HP – TBD <i>(first Monday of each month, practice will start at 6:45pm)</i>	IG	5:30 – 6:30pm BU8 – Castro BU8 – Follador BU8 – Robertson BU8 – Mathieu BU8 – Papaiani BU9 – Shantz BU9 – Bruun BU9 - Barillaro BU9 – Malpass	A D F H J C I G E	TECH: 5:30 – 6:45pm GU10HP – di Nicolo GU11HP – Tang 5:30-6:30pm GU10R – Carson GU8R – Wallace GU8R – Saranchuk GU11R - Cannon	H,I C A1 B G	5:00 – 6:00pm BU16R – Young BU18R – Babey GU15HP – Stacey (5:30) GU15HP – Whitson (5:30)	HI BC J A	5:00 – 6:00pm	
6:30 – 7:30pm BU11R – Svoliadopoulos BU12R – Pruner BU12R – Korpus BU16R – Young (at 7p)	HF EC BD IG	6:30 – 7:30pm BU9 – Maloney BU9 - Barone BU10 – Cho BU10 – Cooper BU10 – Karkoglou BU10 - Ahmadzadeh BU10HP – Scholte BU10HP – Bertoncello	E A G C F I B D	6:00-7:00pm GU8R – Hingston GU9R – Rehmat/vanL GU9R – Patel GU10R – Mullen GU11R – Cannon	A2 F D E G	6:00 – 7:00pm GU10HP – di Nicolo GU12R – Virk GU15HP – Stacey GU15HP - Whitson	BC DB HF IG	5:30 – 7:00pm GU11HP – Tang 6:00 – 7:30pm GU13HP – Patek 6:00 – 8:00pm BU16HP – Fathi	BC HI YZ
7:30 – 8:30pm BU14R – Bains BU16R – Hite/Koufalis BU16R – Young (til 8p) GU18R - Lang	EC BD IG HF	7:30 – 8:30pm BU12HP – Maloney BU12HP – Hamdy BU16HP – Ceron BU16HP – Fathi GU16HP - Girard	CE BD IG HF Grass	TECH SESS 7:00 – 8:15pm GU13HP – Patek GU15HP – Stacey GU15HP - Whitson GU16HP – Girard GU18HP – Gaskell/deT		7:00 – 8:00pm GU18HP – Gaskell/deT GU18R – Lang BU15R – McVeigh BU17R – Kirk	DB CE HF IG	7:00 – 8:00pm	
8:30 – 10:30pm Adult program - Games		8:30 – 9:30pm BU18R – Brown 8:30 – 10:30pm Adult program	BD	8:30 – 10:30pm Adult program - Games		8:00 – 10:30pm Adult program		8:00 – 10:30pm Adult program - Games	

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



PMSC Practice Area Allocation

North Shore Turf Field (at Heritage Woods Sec.)



Heritage Woods
Secondary





PMSC Practice Area Allocation

Trasolini Turf Field



Denotes parent viewing area

Port Moody Rec Centre