# Training Schedule: 2017-18 - Sep-Oct

| | | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| **Field** | **Format** | **Early Slot** | **Late Slot** | **Early Slot** | **Late Slot** | **Early Slot** | **Late Slot** | **Early Slot** | **Late Slot** | **Early Slot** | **Late Slot** |
| THS-C | 11v11 | 07B Union W<br>07B Lazers<br>06B Lazers<br>06B Union B | 07B United<br>07B Union B<br>06B United<br>06B Union W | 07G United<br>06G Union<br>06G Lazers | 07G Union<br>07G Lazers<br>06G United | 07B United<br>07B Lazers<br>04B Premier | 07B Union B<br>07B Union W<br>03B Premier B<br>03B Premier W | 07G United<br>06G Union<br>06G Lazers | 07G Union<br>07G Lazers<br>06G United<br>03G Premier W | | |
| THS-HP | 11v11 | | | | | | | | | | |
| PASD-U | 11v11 | 05B United<br>05B Union<br>04B United | 04B Premier<br>03B Premier B<br>03B Premier W | 05G United<br>04G United<br>02G United | 05G Premier<br>04G Premier<br>03G Premier W | 06B United<br>06B Union B<br>05B United | 06B Union W<br>06B Lazers<br>05B Union<br>04B United | 05G Premier<br>04G Premier | 05G United<br>04G United<br>02G United | 05B United<br>04B Premier<br>03B Premier W<br><br>05G Premier<br>04G Premier<br>03G Premier W | Men's Team |
| PASD-W | 11v11 | | | | | | | | | | |
| 422-B-R | 7v7 | 09B Union<br>09B Lazers | 09B United<br>08B United | 09G United<br>09G Union | 08G United<br>08G Union | 09B United<br>09B Union | 08B United<br>08B Union | 09G United<br>08G United | 09G Union<br>08G Union | | |
| 422-B-L | 7v7 | 08B Union<br>GK Training | GK Training | DTP | DTP | 09B Lazers<br>DTP | DTP | DTP | DTP | | |

**ALT**

| | | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| **Field** | **Format** | **Early Slot** | **Late Slot** | **Early Slot** | **Late Slot** | **Early Slot** | **Late Slot** | **Early Slot** | **Late Slot** | **Early Slot** | **Late Slot** |
| THS-C | 11v11 | 07B Union W<br>07B Lazers<br>06B Lazers<br>06B Union B | 07B United<br>07B Union B<br>06B United<br>06B Union W | 07G United<br>06G Union<br>06G Lazers | 07G Union<br>07G Lazers<br>06G United | 07B United<br>07B Lazers<br>04B Premier | 07B Union B<br>07B Union W<br>03B Premier B<br>03B Premier W | 07G United<br>06G Union<br>06G Lazers | 07G Union<br>07G Lazers<br>06G United<br>03G Premier W | 05B United<br>04B Premier<br>03B Premier W<br><br>05G Premier<br>04G Premier<br>03G Premier W | Men's Team |
| THS-HP | 11v11 | | 05B United<br>05B Union<br>04B United | | 05G United<br>04G United<br>02G United | | 05B United<br>05B Union<br>04B United | | 05G Premier<br>04G Premier | | |
| PASD-U | 11v11 | | 04B Premier<br>03B Premier B<br>03B Premier W | | 05G Premier<br>04G Premier<br>03G Premier W | | 06B United<br>06B Union B<br>06B Union W<br>06B Lazers | | 05G United<br>04G United<br>02G United | | |
| PASD-W | 11v11 | | | | | | | | | | |

| Team Format | Early Slot | Late Slot |
|---|---|---|
| 7v7 | 5:30-6:45 | 6:45-8:00 |
| 9v9 | 6:00-7:15 | 7:15-8:30 |
| 11v11 | 6:00-7:30 | 7:30-9:00 |