

Day/Time	5:30	6:00	6:30	7:00	7:30	8:00	8:30
Monday							
DeCou8 1		U12B Wolfpack (AR)	U12B Wolfpack (AR)	U12B Wolfpack (AR)			
DeCou8 2		U12G Red Devils	U12G Red Devils (TL)	U12G Red Devils (TL)	U14G Shockwaves (TL)	U14G Shockwaves (TL)	U14G Shockwaves (TL)
DeCou8 3		U10G Terminators	U10G Terminators	U10G Terminators	U14G Lady Knights (CZ)	U14G Lady Knights (CZ)	U14G Lady Knights (CZ)
DeCou8 4		U10G Explosion	U10G Explosion	U10G Explosion	U12B Cosmos	U12B Cosmos	U12B Cosmos
DeCou7 1		U8B Scorpions	U8B Scorpions	U8B Scorpions	U14B Crushers	U14B Crushers	U14B Crushers
DeCou7 2		U10B Tsunami	U10B Tsunami (MV)	U10B Tsunami (MV)	U14B Red Devils (MV)	U14B Red Devils (MV)	U14B Red Devils
DeCou7 3		U10G Dynamite	U10G Dynamite	U10G Dynamite	U14G Hawks (CL)	U14G Hawks (CL)	U14G Hawks
DeCou7 4					U16B Phoenix 94	U16B Phoenix 94	U16B Phoenix 94
Johnson 1		Rec (Wizeman)	Rec (Wizeman)				
Tuesday							
DeCou8 1		U11B Vipers	U11B Vipers	U11B Vipers	U13B Cougars (MV)	U13B Cougars (MV)	U13B Cougars
DeCou8 2		U13B Flash (KL)	U13B Flash (KL)	U13B Flash (KL)	U13G Shadow	U13G Shadow	U13G Shadow
DeCou8 3		U11G Fire	U11G Fire	U11G Fire	U18G Thunder	U18G Thunder	U18G Thunder
DeCou8 4		U9G Ch Bombers	U9G Ch Bombers (TL)	U9G Ch Bombers (TL)	U13G Phantoms (TL)	U13G Phantoms (TL)	U13G Phantoms
DeCou7 1	U9B Bulldogs (MV)	U9B Bulldogs (MV)	U9B Bulldogs				
DeCou7 2		U10B Chargers	U10B Chargers (MV)	U10B Chargers (MV)	U18G Dynamyte	U18G Dynamyte	U18G Dynamyte
DeCou7 3		U9G Bulldogs	U9G Bulldogs	U9G Bulldogs	U17B Lightning	U17B Lightning	U17B Lightning
DeCou7 4		U8G Destroyers (CL)	U8G Destroyers (CL)	U8G Destroyers (CL)			
Wednesday							
DeCou8 1		U10G Dynamite (MV)	U10G Dynamite (MV)	U10G Dynamite (MV)	SJSA (HS Rec)	SJSA (HS Rec)	SJSA (HS Rec)
DeCou8 2	Goalie Training	Goalie Training	Goalie Training	Goalie Training	SJSA (HS Rec)	SJSA (HS Rec)	SJSA (HS Rec)
DeCou8 3	Goalie Training	Goalie Training	Goalie Training	Goalie Training	SJSA (HS Rec)	SJSA (HS Rec)	SJSA (HS Rec)
DeCou8 4					SJSA (HS Rec)	SJSA (HS Rec)	SJSA (HS Rec)
DeCou7 1	Rec Training	Rec Training	Rec Training	Rec Training	Rec Training	Rec Training	
DeCou7 2	Rec Training	Rec Training	Rec Training	Rec Training	Rec Training	Rec Training	
DeCou7 3	Rec Training	Rec Training	Rec Training	Rec Training	Rec Training	Rec Training	
DeCou7 4	Rec Training	Rec Training	Rec Training	Rec Training	Rec Training	Rec Training	
Johnson 1					U12B Cosmos (MV)	U12B Cosmos (MV)	U12B Cosmos (MV)
Thursday							
DeCou8 1		U11B Vipers (KN)	U11B Vipers (KN)	U11B Vipers (KN)	U12B Cosmos (CM)	U12B Cosmos (CM)	U12B Cosmos (CM)
DeCou8 2		U12B Wolfpack (TL)	U12B Wolfpack (TL)	U12B Wolfpack (TL)	U14G Lady Knights (CZ)	U14G Lady Knights (CZ)	U14G Lady Knights (CZ)
DeCou8 3		U10G Terminators	U10G Terminators (AR)	U10G Terminators (AR)	U13G Shadow (AR)	U13G Shadow (AR)	U13G Shadow (AR)
DeCou8 4		U10G Explosion (MV)	U10G Explosion (MV)	U10G Explosion (MV)	U13G Phantoms (MV)	U13G Phantoms (MV)	U13G Phantoms
DeCou7 1		U8B Scorpions (AJO)	U8B Scorpions (AJO)	U8B Scorpions (AJO)	U14B Crushers	U14B Crushers	U14B Crushers
DeCou7 2		U9B Bulldogs	U9B Bulldogs	U9B Bulldogs	U13B Cougars	U13B Cougars	U13B Cougars
DeCou7 3		U9G Bulldogs	U9G Bulldogs (CL)	U9G Bulldogs (CL)	U14G Shockwaves (CL)	U14G Shockwaves (CL)	U14G Shockwaves (CL)
DeCou7 4		U9G Ch Bombers	U9G Ch Bombers	U9G Ch Bombers	U16B Phoenix 94	U16B Phoenix 94	U16B Phoenix 94
Johnson 1		U12G Red Devils	U12G Red Devils	U12G Red Devils	U14G Hawks	U14G Hawks	U14G Hawks
Johnson 2		U8G Destroyers	U8G Destroyers	U8G Destroyers	U17B Lightning	U17B Lightning	U17B Lightning
Johnson 3		U10B Chargers	U10B Chargers	U10B Chargers			
Friday							
DeCou8 1		Rec - Fri Night Lts	Rec - Fri Night Lts	Rec - Fri Night Lts	Rec - Fri Night Lts	Rec - Fri Night Lts	Rec - Fri Night Lts
DeCou8 2		Rec - Fri Night Lts	Rec - Fri Night Lts	Rec - Fri Night Lts	Rec - Fri Night Lts	Rec - Fri Night Lts	Rec - Fri Night Lts
DeCou8 3		Rec - Fri Night Lts	Rec - Fri Night Lts	Rec - Fri Night Lts	Rec - Fri Night Lts	Rec - Fri Night Lts	Rec - Fri Night Lts
DeCou8 4		Rec - Fri Night Lts	Rec - Fri Night Lts	Rec - Fri Night Lts	Rec - Fri Night Lts	Rec - Fri Night Lts	Rec - Fri Night Lts
DeCou7 1	Rec Training	Rec Training	Rec Training	Rec Training	Rec Training	Rec Training	
DeCou7 2	Rec Training	Rec Training	Rec Training	Rec Training	Rec Training	Rec Training	
DeCou7 3	Rec Training	Rec Training	Rec Training	Rec Training	Rec Training	Rec Training	
DeCou7 4	Rec Training	Rec Training	Rec Training	Rec Training	Rec Training	Rec Training	
Rec Grass		U10B Tsunami (MV)	U10B Tsunami (MV)	U10B Tsunami			
Rec Grass		U13B Flash (KL)	U13B Flash (KL)	U13B Flash (KL)			
Rec Grass		U11G Fire	U11G Fire	U11G Fire			
Rec Grass	U14B Red Devils	U14B Red Devils	U14B Red Devils	U14B Crushers (MV)	U14B Crushers (MV)		
Sunday							
DeCou8 1		U11G Fire	U11G Fire	U11G Fire			
DeCou8 2	U16B Hammerheads	U16B Hammerheads	U16B Hammerheads				
DeCou7 1	U16B Phoenix 94	U16B Phoenix 94	U16B Phoenix 94				
DeCou7 2							

Trainers: MV=Mario Vega AR=Alyse Reed TL=Tony Lindgren CL = Carlea Lindgren CM=Chuck McGlenn
 KL=Kelly Lyons AJO=AJ O'Malley CZ=Chris Zirpoli KN=Kevin Nuss