

Day/Time	6:00	6:30	7:00	7:30	8:00	8:30
Monday						
DeCou8 1	U8G Daredevils (QW/CL)	U8G Daredevils (QW/CL)	U8G Daredevils (QW/CL)	U13G Red Devils	U13G Red Devils	U13G Red Devils
DeCou8 2	U8G Wildcats (QW/CL)	U8G Wildcats (QW/CL)	U8G Wildcats (QW/CL)	U13B Wolfpack (TL)	U13B Wolfpack (TL)	U13B Wolfpack (TL)
DeCou8 3	U9G Destroyers	U9G Destroyers	U9G Destroyers	U15B Red Devils (DO)	U15B Red Devils (DO)	U15B Red Devils (DO)
DeCou8 4	U9G Strikers	U9G Strikers	U9G Strikers	U15G Lady Knights	U15G Lady Knights	U15G Lady Knights
DeCou7 1	U9B Scorpions (DO*)	U9B Scorpions (DO*)	U9B Scorpions (DO*)	U14B Cougars (MV)	U14B Cougars (MV)	U14B Cougars (MV)
DeCou7 2	U9B Cobras (MV)	U9B Cobras (MV)	U9B Cobras (MV)	U14B Flash (QW)	U14B Flash (QW)	U14B Flash (QW)
DeCou7 3	U10B Bulldogs	U10B Bulldogs	U10B Bulldogs	U14G Shadow (AR)	U14G Shadow (AR)	U14G Shadow (AR)
DeCou7 4	U11B Tsunami (DO*)	U11B Tsunami (DO*)	U11B Tsunami (DO*)			
DeCou7 5	U10G Ch Bombers (AR)	U10G Ch Bombers (AR)	U10G Ch Bombers (AR)			
Tuesday						
DeCou8 1	U11G Dynamite	U11G Dynamite	U11G Dynamite	U14G Phantoms (DO)	U14G Phantoms (DO)	U14G Phantoms (DO)
DeCou8 2	U11G Explosion (QW)	U11G Explosion (QW)	U11G Explosion (QW)	U15G Pawliczek (QW)	U15G Pawliczek (QW)	U15G Pawliczek (QW)
DeCou8 3	U10B Chargers	U10B Chargers	U10B Chargers	U18B Lightning	U18B Lightning	U18B Lightning
DeCou8 4						
DeCou7 1	U10G Bulldogs (MV)	U10G Bulldogs (MV)	U10G Bulldogs (MV)	U12B Vipers (MV)	U12B Vipers (MV)	U12B Vipers (MV)
DeCou7 2	U10G Warriors (DO)	U10G Warriors (DO)	U10G Warriors (DO)	U13B Cosmos	U13B Cosmos	U13B Cosmos
DeCou7 3	U8B Sharks	U8B Sharks	U8B Sharks	U17B Hammerheads	U17B Hammerheads	U17B Hammerheads
DeCou7 4						
Wednesday						
DeCou8 1	Goalie Training	Goalie Training	Goalie Training	SJSA (HS Rec)	SJSA (HS Rec)	SJSA (HS Rec)
DeCou8 2	Rec Training	Rec Training	Rec Training	SJSA (HS Rec)	SJSA (HS Rec)	SJSA (HS Rec)
DeCou8 3	Rec Training	Rec Training	Rec Training	SJSA (HS Rec)	SJSA (HS Rec)	SJSA (HS Rec)
DeCou8 4	Rec Training	Rec Training	Rec Training	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	U14B Flash	U14B Flash	U14B Flash
Thursday						
DeCou8 1	U10B Bulldogs (DO)	U10B Bulldogs (DO)	U10B Bulldogs (DO)	U13G Red Devils (AR)	U13G Red Devils (AR)	U13G Red Devils (AR)
DeCou8 2	U8G Wildcats	U8G Wildcats	U8G Wildcats	U14G Phantoms (TL)	U14G Phantoms (TL)	U14G Phantoms (TL)
DeCou8 3	U9G Destroyers (TL)	U9G Destroyers (TL)	U9G Destroyers (TL)	U14G Shadow	U14G Shadow	U14G Shadow
DeCou8 4	U9G Strikers (AR)	U9G Strikers (AR)	U9G Strikers (AR)	U15G Lady Knights (NC)	U15G Lady Knights (NC)	U15G Lady Knights (NC)
DeCou8 5	U8G Daredevils	U8G Daredevils	U8G Daredevils			
DeCou7 1	U11G Dynamite (NC)	U11G Dynamite (NC)	U11G Dynamite (NC)	U12B Vipers	U12B Vipers	U12B Vipers
DeCou7 2	U11G Explosion	U11G Explosion	U11G Explosion	U13B Cosmos	U13B Cosmos	U13B Cosmos
DeCou7 3	U10G Bulldogs	U10G Bulldogs	U10G Bulldogs	U13B Wolfpack (DO)	U13B Wolfpack (DO)	U13B Wolfpack (DO)
DeCou7 4	U10G Ch Bombers	U10G Ch Bombers	U10G Ch Bombers	U14B Cougars	U14B Cougars	U14B Cougars
DeCou7 5	U10G Warriors	U10G Warriors	U10G Warriors			
Johnson 1	U9B Scorpions	U9B Scorpions	U9B Scorpions	U15B Crushers	U15B Crushers	U15B Crushers
Johnson 2	U9B Cobras	U9B Cobras	U9B Cobras			
Johnson 3	U10B Chargers (MV)	U10B Chargers (MV)	U10B Chargers (MV)			
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	U8B Sharks	U8B Sharks	U8B Sharks	U12G Fire	U12G Fire	U12G Fire
DeCou7 2	U11B Tsunami (MV)	U11B Tsunami (MV)	U11B Tsunami (MV)			
DeCou7 3						
DeCou7 4						
Sunday						
DeCou8 1	U17B Hammerheads	U17B Hammerheads	U17B Hammerheads	U16B Phoenix 95	U16B Phoenix 95	U16B Phoenix 95
DeCou8 2	U15B Crushers	U15B Crushers	U15B Crushers	U17B Phoenix 94	U17B Phoenix 94	U17B Phoenix 94
DeCou8 3	U12G Fire	U12G Fire	U12G Fire			

* rotate every other week

Trainers: Tony Lindgren TL (TL), Carlea Lindgren (CL), Alyse Reed (AR), Dave Ortega DO (DO), Mario Vega MV (MV)
 Quinn Washington (QW) Mike Danyo (MD), Neil Condon (NC)