

PSC Winter Training Program Schedule 2009-2010

February

Training Groups

U13 and U14 Boys	U12 Girls Premier
U11 Girls and U12 Girls Elite	U10 and U11 Boys
U10 Girls Premier	U10 Girls
U9 Girls	U8 and U9 Boys
U8 Girls	

Monday, February 1

5:30-6:30 – U8 and U9 Boys
6:30-7:30 – U8 Girls
7:30-8:30 – U11 Girls and U12 Girls Elite

Tuesday, February 2

5:30-6:30 – U10 and U11 Boys
6:30-7:30 – U10 Girls Premier
7:30-8:30 – U12 Girls Premier

Thursday, February 4

5:30-6:30 – U9 Girls
6:30-7:30 – U10 Girls
7:30-8:30 – U13 and U14 Boys

Friday, February 5

5:30-6:30 – U11 Girls and U12 Girls Elite
6:30-7:30 – U8 and U9 Boys
7:30-8:30 – U8 Girls

Sunday, February 7 (Make-up sessions from January 7 and January 18)

2:00-3:00 – U10-U11 Boys and U13-U14 Boys
3:00-4:00 – U10 Girls and U10 Girls Premier
4:00-5:00 – U11 Girls and U12 Girls Elite and Premier

Monday, February 8

5:30-6:30 – U12 Girls Premier
6:30-7:30 – U10 Girls Premier
7:30-8:30 – U10 and U11 Boys

Tuesday, February 9

5:30-6:30 – U13 and U14 Boys
6:30-7:30 – U9 Girls
7:30-8:30 – U10 Girls

Thursday, February 11

5:30-6:30 – U8 Girls
6:30-7:30 – U11 Girls and U12 Girls Elite
7:30-8:30 – U8 and U9 Boys

Friday, February 12

5:30-6:30 – U10 and U11 Boys
6:30-7:30 – U12 Girls Premier
7:30-8:30 – U10 Girls Premier

Monday, February 15

5:30-6:30 – U10 Girls
6:30-7:30 – U13 and U14 Boys
7:30-8:30 – U9 Girls

Tuesday, February 16

5:30-6:30 – U8 and U9 Boys
6:30-7:30 – U8 Girls
7:30-8:30 – U11 Girls and U12 Girls Elite

Thursday, February 18

5:30-6:30 – U10 and U11 Boys
6:30-7:30 – U10 Girls Premier
7:30-8:30 – U12 Girls Premier

Friday, February 19
5:30-6:30 – U9 Girls
6:30-7:30 – U10 Girls
7:30-8:30 – U13 and U14 Boys

Monday, February 22
5:30-6:30 – U11 Girls and U12 Girls Elite
6:30-7:30 – U8 and U9 Boys
7:30-8:30 – U8 Girls

Tuesday, February 23
5:30-6:30 – U10 Girls Premier
6:30-7:30 – U12 Girls Premier
7:30-8:30 – U10 and U11 Boys

Thursday, February 25
5:30-6:30 – U13 and U14 Boys
6:30-7:30 – U9 Girls
7:30-8:30 – U10 Girls

Friday, February 26 (Make-up sessions from December 14)
5:30-6:30 – U10 and U11 Boys
6:30-7:30 – U9 Girls
7:30-8:30 – U8 Girls

All sessions held at:
Asbury United Methodist South
4760 Winchester Pike
Columbus, OH 43232

Sessions are flexible, please contact Mark Casperson at coach.casperson@gmail.com or 614-216-0876 if you cannot make it to your training group and need to train with another group.