

KEMPTVILLE DISTRICT SOCCER CLUB

2009 OUT-DOOR SEASON

CLUB TRAINING SCHEDULE

MAY. 2009

HALF DAY COACHING THE COACHES GOALKEEPING/TEAM TRAINING SESSIONS (HOUSE AND COMPETITIVE)

VENUE	AGE-GROUP	MONTH	DAY / DATE	DATES	YEAR	TIME	HRS	SESSION	TYPE
						2:00 PM - 6:00 PM			
Kcat Administration Office	ALL COACHES	MAY	SUNDAY / 3	2:00 - 3:00 3:00 - 4:30 4:00 - 5:30 5:30 - 6:00		One-on-One Goalkeeping Training with Coaches Team Session session with Goalkeeping Training Coaches Practical Session with a Team Feedback/Comments/End			

COACHES TRAINING SESSIONS (HOUSE AND COMPETITIVE)

VENUE	AGE-GROUP	MONTH	DAY	DATES	YEAR	TIME	HRS	SESSION	TYPE
South Gower	U9 - U11	MAY	Saturday	2	2009	12:30 PM - 2:00 PM	1.5	SESSION I	COMPETITIVE
South Gower	U13 - U18	MAY	Saturday	2	2009	2:00 PM - 3:30PM	1.5	SESSION I	COMPETITIVE
South Gower	U5 - U7	MAY	Saturday	23	2009	11:00 AM -12:30 PM	1.5	SESSION II	HOUSE
South Gower	U9 - U11	MAY	Saturday	23	2009	12:30 PM - 2:00 PM	1.5	SESSION II	HOUSE & COMPETITIVE
South Gower	U13 - U18	MAY	Saturday	23	2009	2:00 PM - 3:30PM	1.5	SESSION II	HOUSE & COMPETITIVE

COACHES MEETING SESSIONS (HOUSE AND COMPETITIVE)

HGDHS Gym	U9 - 11	MAY	Friday	8	2009	7:30 PM - 9:30 PM	2	SESSION I	COMPETITIVE
South Branch	U12 - U14	MAY	Tuesday	12	2009	8:30 PM - 10:00 PM	2	SESSION I	COMPETITIVE
South Branch	U15 - U18	MAY	Friday	15	2009	7:30 PM - 9:30 PM	2	SESSION I	COMPETITIVE

COACHES TRAINING SESSIONS (HOUSE)

South Gower	U5 - U7	MAY	Saturday	30	2009	9:30 AM -11:00 AM	1.5	SESSION I	HOUSE
South Gower	U9 - U11	MAY	Saturday	30	2009	11:00 AM - 12:30 PM	1.5	SESSION I	HOUSE

South Gower	U13 - U18	MAY	Saturday	30	2009	2:00 PM - 3:30PM	1.5	SESSION I	HOUSE
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COMPETITIVE TEAMS AND COACHES TRAINING SESSIONS

South Gower	U9 - U10	MAY	Saturday	30	2009	12:30 PM - 2:00 PM	1.5	SESSION I	COMPETITIVE
South Gower	U11 - U12	MAY	Saturday	30	2009	3:30 PM - 5:00 PM	1.5	SESSION I	COMPETITIVE
South Gower	U13 - U14	MAY	Saturday	30	2009	5:00 PM - 6:30 PM	1.5	SESSION I	COMPETITIVE
South Gower	U15 - U18	MAY	Saturday	30	2009	6:30 PM - 8:00 PM	1.5	SESSION I	COMPETITIVE

GOALKEEPERS TRAINING SESSIONS

South Gower	U9 - U11	MAY	Saturday	9	2009	10:00 AM - 11:30 AM	1.5	SESSION I	HOUSE & COMPETITIVE
South Gower	U12 - U14	MAY	Saturday	9	2009	11:30 AM - 1:00 PM	1.5	SESSION I	HOUSE & COMPETITIVE
South Gower	U15 - U18	MAY	Saturday	9	2009	1:00 PM - 2:30 PM	1.5	SESSION I	HOUSE & COMPETITIVE

JUNE. 2009

COACHES MEETING SESSIONS (HOUSE)

South Gower	U5 - U7	JUNE	Monday	1	2009	5:30 PM - 6:30 PM	1	SESSION I	HOUSE
South Gower	U9 - U11	JUNE	Monday	1	2009	6:30 PM - 7:30 PM	1	SESSION I	HOUSE
South Gower	U12 - U14	JUNE	Monday	1	2009	7:30 PM - 8:30 PM	1	SESSION I	HOUSE
South Gower	U15 - U18	JUNE	Monday	1	2009	8:30 PM - 9:30 PM	1	SESSION I	HOUSE

COACHES TRAINING SESSIONS (HOUSE AND COMPETITIVE)

South Gower	U5 - U7	JUNE	Friday	12	2009	5:30 PM - 7:00 PM	1.5	SESSION IV	HOUSE
South Gower	U9 - U11	JUNE	Friday	12	2009	7:00 PM - 8:30 PM	1.5	SESSION I	HOUSE
South Gower	U12 - U14	JUNE	Friday	19	2009	5:30 PM - 7:00 PM	1.5	SESSION I	HOUSE
South Gower	U15 - U18	JUNE	Friday	19	2009	7:00 PM - 8:30 PM	1.5	SESSION IV	HOUSE

HOUSE LEAGUE TEAMS AND COACHES TRAINING SESSIONS

South Gower	U5 BOYS	JUNE	Monday	8	2009	6:30 PM - 7:30 PM	1	SESSION I	HOUSE
South Gower	U5 GIRLS	JUNE	Thursday	25	2009	6:30 PM - 7:30 PM	1	SESSION I	HOUSE
South Gower	U5 BOYS	JUNE	Monday	15	2009	6:30 PM - 7:30 PM	1	SESSION II	HOUSE
South Gower	U5 GIRLS	JUNE	Thursday	11	2009	6:30 PM - 7:30 PM	1	SESSION II	HOUSE
South Gower	U7 GIRLS	JUNE	Tuesday	2	2009	6:30 PM - 7:30 PM	1	SESSION I	HOUSE
South Gower	U7 BOYS	JUNE	Wednesday	17	2009	6:30 PM - 7:30 PM	1	SESSION II	HOUSE
South Gower	U7 GIRLS	JUNE	Tuesday	9	2009	6:30 PM - 7:30 PM	1	SESSION I	HOUSE
South Gower	U7 BOYS	JUNE	Wednesday	10	2009	6:30 PM - 7:30 PM	1	SESSION II	HOUSE

South Gower	U9 BOYS	JUNE	Friday	26	2009	5:30 PM - 7:00 PM	1.5	SESSION I	HOUSE
South Gower	U9 GIRLS	JUNE	Friday	26	2009	7:00 PM - 8:30 PM	1.5	SESSION I	HOUSE

HOUSE LEAGUE TEAMS AND COACHES TRAINING SESSIONS

South Gower	U11 - U14	JUNE	Saturday	13	2009	5:30 PM - 7:00 PM	1.5	SESSION I	HOUSE
South Gower	U15 - U18	JUNE	Saturday	13	2009	7:00 PM - 8:30 PM	1.5	SESSION I	HOUSE

COMPETITIVE TEAMS AND COACHES TRAINING SESSIONS

South Gower	U9 - U10	JUNE	Sunday	28	2009	2:30 PM - 4:00 PM	1.5	SESSION II	COMPETITIVE
South Gower	U11 - U12	JUNE	Sunday	28	2009	4:00 PM - 5:30 PM	1.5	SESSION II	COMPETITIVE
South Gower	U13 - U14	JUNE	Sunday	28	2009	5:30 PM - 7:00 PM	1.5	SESSION II	COMPETITIVE
South Gower	U15 - U18	JUNE	Sunday	28	2009	7:00 PM - 8:30 PM	1.5	SESSION II	COMPETITIVE

GOALKEEPERS TRAINING SESSIONS

South Gower	U9 -U11	JUNE	Sunday	14	2009	10:00 AM - 11:30 PM	1.5	SESSION II	HOUSE & COMPETITIVE
South Gower	U12 - U14	JUNE	Sunday	14	2009	11:30 PM - 1:00 PM	1.5	SESSION II	HOUSE & COMPETITIVE
South Gower	U15 - U18	JUNE	Sunday	14	2009	1:00 PM - 2:30 PM	1.5	SESSION II	HOUSE & COMPETITIVE

Frank to Run...

JULY. 2009

HOUSE LEAGUE/COMPETITIVE TEAMS AND COACHES TRAINING SESSIONS

South Gower	U5 GIRLS	JULY	Thursday	2	2009	6:30 PM - 7:30 PM	1	SESSION III	HOUSE
South Gower	U5 BOYS	JULY	Monday	6	2009	6:30 PM - 7:30 PM	1	SESSION III	HOUSE
South Gower	U5 GIRLS	JULY	Thursday	9	2009	6:30 PM - 7:30 PM	1	SESSION IV	HOUSE
South Gower	U5 BOYS	JULY	Monday	13	2009	6:30 PM - 7:30 PM	1	SESSION IV	HOUSE
South Gower	U7 GIRLS	JULY	Tuesday	7	2009	6:30 PM - 7:30 PM	1	SESSION III	HOUSE
South Gower	U7 BOYS	JULY	Wednesdays	8	2009	6:30 PM - 7:30 PM	1	SESSION III	HOUSE
South Gower	U7 GIRLS	JULY	Tuesday	14	2009	6:30 PM - 7:30 PM	1	SESSION IV	HOUSE
South Gower	U7 BOYS	JULY	Wednesdays	15	2009	6:30 PM - 7:30 PM	1	SESSION IV	HOUSE
South Gower	U9 BOYS	JULY	Saturday	18	2009	10:00 AM - 11:30 PM	1	SESSION III	HOUSE
South Gower	U9 GIRLS	JULY	Saturday	18	2009	11:30 AM - 1:00 PM	1	SESSION III	HOUSE
South Gower	U15 - U18	JULY	Saturday	18	2009	1:00 PM - 2:30 PM	1.5	SESSION II	HOUSE
South Gower	U11- U14	JULY	Saturday	18	2009	2:30 PM - 4:00 PM	1.5	SESSION II	HOUSE
South Gower	U15 - U18	JULY	Saturday	18	2009	4:00 PM - 5:30 PM	1.5	SESSION III	COMPETITIVE

HOUSE LEAGUE TEAMS AND COACHES TRAINING SESSIONS

South Gower	U9 BOYS	JULY	Sunday	19	2009	9:00 AM - 10:30 AM	1.5	SESSION II	HOUSE
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South Gower	U9 GIRLS	JULY	Sunday	19	2009	10:30 AM - 12:00 PM	1.5	SESSION II	HOUSE
South Gower	U11- U14	JULY	Sunday	19	2009	12:30 PM - 2:00 PM	1.5	SESSION I	HOUSE
South Gower	U15 - U18	JULY	Sunday	19	2009	2:00 PM - 3:30PM	1.5	SESSION I	HOUSE
South Gower	U15 - U18	JULY	Sunday	19	2009	4:00 PM - 5:30 PM	1.5	SESSION I	HOUSE

HOUSE/COMPETITIVE TEAMS AND COACHES TRAINING SESSIONS

South Gower	U9 BOYS	JULY	Saturday	25	2009	10:00 AM - 11:30 PM	1	SESSION IV	HOUSE
South Gower	U9 GIRLS	JULY	Saturday	25	2009	11:30 AM - 1:00 PM	1	SESSION IV	HOUSE
South Gower	U15 - U18	JULY	Saturday	25	2009	1:00 PM - 2:30 PM	1.5	SESSION II	HOUSE
South Gower	U11 - U14	JULY	Saturday	25	2009	2:30 PM - 4:00 PM	1.5	SESSION II	HOUSE
South Gower	U13 - U14	JULY	Saturday	25	2009	4:00 PM - 5:30 PM	1.5	SESSION III	COMPETITIVE

AUGUST. 2009

GOALKEEPERS TRAINING SESSIONS

South Gower	U9 -U11	AUGUST	Saturday	1	2009	9:30 AM - 11:00 PM	1.5	SESSION III	HOUSE & COMPETITIVE
South Gower	U12 - U14	AUGUST	Saturday	1	2009	11:00 AM - 1:30 PM	1.5	SESSION III	HOUSE & COMPETITIVE
South Gower	U15 - U18	AUGUST	Saturday	1	2009	1:30 PM - 3:00 PM	1.5	SESSION III	HOUSE & COMPETITIVE

HOUSE LEAGUE/COMPETITIVE TEAMS AND COACHES TRAINING SESSIONS

South Gower	U11 - U14	AUGUST	Saturday	1	2009	2:00 PM - 3:30 PM	1.5	SESSION III	HOUSE
South Gower	U15 - U18	AUGUST	Saturday	1	2009	3:30 PM - 5:00 PM	1.5	SESSION III	HOUSE
South Gower	U11- U14	AUGUST	Saturday	1	2009	5:00 PM - 6:30 PM	1.5	SESSION III	HOUSE
South Gower	U15 - U18	AUGUST	Saturday	8	2009	12:30 PM - 2:00 PM	1.5	SESSION III	HOUSE
South Gower	U11 - U14	AUGUST	Saturday	8	2009	2:00 PM - 3:30PM	1.5	SESSION III	HOUSE
South Gower	U11 - U12	AUGUST	Saturday	8	2009	4:00 PM - 5:30 PM	1.5	SESSION III	COMPETITIVE
South Gower	U15 - U18	AUGUST	Saturday	15	2009	12:30 PM - 2:00 PM	1.5	SESSION II	HOUSE
South Gower	U11- U14	AUGUST	Saturday	15	2009	2:00 PM - 3:30PM	1.5	SESSION II	HOUSE
South Gower	U9 - U10	AUGUST	Saturday	15	2009	3:30 PM - 5:00 PM	1.5	SESSION III	COMPETITIVE
South Gower	U11 - U14	AUGUST	Saturday	22	2009	2:00 PM - 3:30PM	1.5	SESSION II	HOUSE