

Middlesex United Soccer Club

Conditioning Sessions 2010

Strathroy Community Christian School

Mondays

Ball Skills	February 22	March 1	March 8	March 22	March 29
6:00 - 7:00pm	U10 - U11 Girls	U10 - U11 Girls	U10 - U11 Girls	U10 - U11 Girls	U10 - U11 Girls
7:00 - 8:00pm	U13 Boys	U13 Boys	U13 Boys	U13 Boys	U13 Boys
8:00 - 9:00 pm	U14-15 Boys	U14-15 Boys	U14-15 Boys	U14-15 Boys	U14-15 Boys
9:00 - 10:00 pm	U16-17-18 Boys	U16-17-18 Boys	U16-17-18 Boys	U16-17-18 Boys	U16-17-18 Boys
	U10 & U11 Girls = U11 Team		U16 & U17 Boys = U17 Team		

Strathroy & District Colligate Institute

Tuesday & Thursday

Ball Skills	February 23-25	March 2-4	March 9-11	March 23-25	March 30-April 1
6:00 - 7:15pm	U14 Girls	U14 Girls	U14 Girls	U14 Girls	U14 Girls

Strathroy & District Colligate Institute

Tuesday & Thursday

Ball Skills	February 23-25	March 2-4	March 9-11	March 23-25	March 30-April 1
7:15 - 8:30pm	U13 Girls	U13 Girls	U13 Girls	U13 Girls	U13 Girls
	U12 & U13 Girls = U13 Team				

Strathroy Community Christian School

Wednesdays

Ball Skills	February 24	March 3	March 10	March 24	March 31
6:00 - 7:00pm	U10 Boys	U10 Boys	U10 Boys	U10 Boys	U10 Boys
7:00 - 8:00pm	U11 Boys	U11 Boys	U11 Boys	U11 Boys	U11 Boys
8:00 - 9:00 pm	Men	Men	Men	Men	Men
9:00 - 10:00 pm	Men	Men	Men	Men	Men

Strathroy Community Christian School

Thursdays

Ball Skills	February 25	March 4	March 11	March 25	April 1
6:00 - 7:00pm	U9 Boys	U9 Boys	U9 Boys	U9 Boys	U9 Boys
7:00 - 8:00pm	U12 Boys	U12 Boys	U12 Boys	U12 Boys	U12 Boys
8:00 - 9:00 pm	U15-16 Girls	U15-16 Girls	U15-16 Girls	U15-16 Girls	U15-16 Girls
9:00 - 10:00 pm	U17-18 Girls - Ladies	U17-18 Girls - Ladies	U17-18 Girls - Ladies	U17-18 Girls - Ladies	U17-18 Girls - Ladies
	U17 & U18 Girls = U18 Team				

Tryouts will begin the first week of April depending on the weather

Noted Changes to the Sessions

Remember: No Smoking Allowed at the School