

Fall 2010 Cape Express Soccer Club Training Schedule, 7/26/10

YOUTH TEAM TRAINING - U8 to U14, Goshen or County Park East

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00 - 6:30	U9G Hurricanes Rulon, Dunbracco	U8G Comets Burhana, S. Myagkov	U9G Hurricanes Rulon, Dunbracco	U8G Comets Burhana, S. Myagkov	
	U11G Tidal Wave Masterson, Wallace	U8B United Gilbert, G. Myagkov	U11G Tidal Wave - CPE Masterson, Wallace	U9B Blackhawks Farrel, Lushok	
	U9B Blackhawks - CPE Farrel, Lushok	U10G Stingrays - CPE Jones, Duccilli/Rennie		U8B United - CPE Gilbert, G. Myagkov	
				U10G Stingrays - CPE Jones, Duccilli/Rennie	
6:30 - 8:00	U11B Silver Bullet Wallace, Patterson	U9B Railhawks Burhana, S. Myagkov	U10B Silver Streak Vodges, Lassor	U9B Railhawks Burhana, S. Myagkov	
	U13B Derailers Edmunds, Hickman	U13G Bulldogs L. Gimeno, G. Myagkov	U12B Tsunami Roselli, Lucas	U12G Shock Wave Nardelli, Davis	
	U10B Silver Streak - CPE Vodges, Lassor	U12G Shock Wave - CPE Nardelli, Davis	U11B Silver Bullet - CPE Wallace, Patterson	U13G Bulldogs - CPE L. Gimeno, G. Myagkov	
	U12B Tsunami - CPE Roselli, Lucas	U14B Riptides - CPE Saioni	U13B Derailers - CPE Edmunds, Hickman	U14B Riptides - CPE Saioni	

KEEPER TRAINING - Goshen and Ft. Apache

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 - 6:30		U8 - U11 B&G Lushok			
6:30 - 8:00	U12 - U14 B&G Lushok	U12 - U14 B&G - CPE* Lushok		U8 - U11 B&G Lushok	

*Start time for this session at CPE is 6:45

SPEED & AGILITY - Goshen and Ft. Apache

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 - 6:30	U11B Silver Bullet & U13B Derailers	U12G Shockwave & U14B Riptides - CPE	U12B Tsunami	U13G Bulldogs - CPE	
5:30 - 6:30					

CAPEROOS - K and 1st Grade

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 - 6:30	TO BE DETERMINED				

Goshen	County Park East
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U8 - U14 Training begins week of August 9, 2010
 Keeper Training begins week of August 23, 2010
 Speed & Agility begins week of September 6, 2010
 Middle Caperoos begins week of September 13, 2010
 Lower Caperoos begins week of September 13, 2010
 Varsity Training begins week of November 15, 2010