

Spring 2010 Cape Express Soccer Club Training Schedule, 2/26/10

YOUTH TEAM TRAINING - U8 to U14, Goshen Lighted Field or Ft. Apache

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00 - 6:30	U10B Silver Bullet Waldron, G. Myagkov	U8B Rail Hawks Burhana, S. Myagkov	U9B Silver Streak Vodges, Dunbracco	U8G Hurricanes Rulon, Dunbracco	U8B Rail Hawks Burhana, S. Myagkov
	U10G Tidal Wave Masterson, Hickman	U9G Stingrays Sawyer, Murray	U10G Tidal Wave Masterson, Hickman	U9G Stingrays Sawyer, Murray	U9B Silver Streak Vodges, Dunbracco
	U8G Hurricanes - FA Rulon, Dunbracco	U10B Thunder - FA DeGeorge, Patterson		U10B Thunder - FA DeGeorge, Patterson	
		U13B Riptides - FA Saioni		U11G Shock Wave - FA Nardelli, S. Myagkov	
6:30 - 8:00	U14G Piranhas G. Myagkov, S. Gimeno	U11G Shock Wave Nardelli, S. Myagkov	U12B Derailers Edmunds, Hickman	U10B Silver Bullet Waldron, G. Myagkov	U9B Blue Crush Tricomby, Davis
	U12B Derailers Edmunds, Hickman	U11B Tsunami Roselli, Lassar	U14G Piranhas G. Myagkov, S. Gimeno	U11B Tsunami Roselli, Lassar	U14B Avalanche Lushok
	U14B Blizzard - FA Lucas	U9B Blue Crush - FA Tricomby, Davis	U14B Blizzard - FA Lucas	U12G Bulldogs - FA L. Gimeno, Karapanagiotis	
		U12G Bulldogs - FA Karapanagiotis	U14B Avalanche - FA Lushok	U13B Riptides - FA Saioni	

VARSITY TEAM TRAINING - U15 to U18, Goshen Football Field

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 - 8:00	U15G McKeown	U16B Lucas	U15G McKeown	U16B Lucas	
	U17G MacFarlane	U18B Duccilli	U17G MacFarlane	U18B Duccilli	

KEEPER TRAINING - Goshen and Ft. Apache

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 - 6:30		U8 - U11 B&G* Hickman	U12 - U14 B&G* - FA Lushok	U12 - U14 B&G* Lushok	U8 - U11 B&G* Lushok
6:30 - 8:00	U12 - U14 Tactical/Team Training** Lushok			Varsity U15 - U18 B&G* Lushok	

* COED, individual skill, keeper training

** Tactical keeper training with team, scheduled with specific team, at location where team trains

SPEED & AGILITY - Goshen and Ft. Apache

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 - 6:30	U14G Piranhas & U12B Derailers		U14B Blizzard & U14B Avalanche - FA	U12G Bulldogs & U13B Riptides - FA	
5:30 - 6:30			U15G & U17G	U16B & U18B	

CAPEROOS - K and 1st Grade

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 - 6:30	K and 1st Grade Goshen Fields Middle Township S. Myagkov		K and 1st Grade Consolidated School Lower Township K. Murray		

U8 - U14 Training begins week of February 15, 2010

Varsity Training begins week of February 15, 2010

Keeper Training begins week of February 22, 2010

Speed & Agility begins week of March 1, 2010

Middle Caperoos begins March 15, 2010

Lower Caperoos begins March 15, 2010

Goshen	Ft. Apache - FA
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