

# PSC Winter Training Program Schedule 2009-2010

## January

### 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, January 4

5:30-6:30 – U8 and U9 Boys  
6:30-7:30 – U10 and U11 Boys  
7:30-8:30 – U11 Girls and U12 Girls Elite

### Tuesday, January 5

5:30-6:30 – U9 Girls  
6:30-7:30 – U10 Girls  
7:30-8:30 – U8 Girls

### Thursday, January 7

5:30-6:30 – U13 and U14 Boys  
6:30-7:30 – U10 Girls Premier  
7:30-8:30 – U12 Girls Premier

### Monday, January 11

5:30-6:30 – U11 Girls and U12 Girls Elite  
6:30-7:30 – U8 and U9 Boys  
7:30-8:30 – U10 and U11 Boys

### Tuesday, January 12

5:30-6:30 – U9 Girls  
6:30-7:30 – U12 Girls Premier  
7:30-8:30 – U10 Girls Premier

### Thursday, January 14

5:30-6:30 – U10 Girls  
6:30-7:30 – U8 Girls  
7:30-8:30 – U13 and U14 Boys

### Monday, January 18

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

### Tuesday, January 19

5:30-6:30 – U13 and U14 Boys  
6:30-7:30 – U10 Girls Premier  
7:30-8:30 – U12 Girls Premier

### Thursday, January 21

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

### Monday, January 25

5:30-6:30 – U8 Girls  
6:30-7:30 – U10 and U11 Boys  
7:30-8:30 – U8 and U9 Boys

### Tuesday, January 26

5:30-6:30 – U11 Girls and U12 Girls Elite  
6:30-7:30 – U10 Girls  
7:30-8:30 – U9 Girls

### Thursday, January 28

5:30-6:30 – U13 and U14 Boys  
6:30-7:30 – U12 Girls Premier  
7:30-8:30 – U10 Girls Premier

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](mailto:coach.casperson@gmail.com) or 614-216-0876 if you cannot make it to your training group and need to train with another group.