

Fitness/Futsal Schedule

Boys Premier Teams	Day	Time	Drop-off Field	Pick-up Time	Pick-up Field
U8 Boys	Wednesday	4:00 PM	WRP HR #6	5:45 PM	WRP HR #2
U9 Boys	Wednesday	4:00 PM	WRP HR #8	5:45 PM	WRP HR #4
U10 Boys	Wednesday	5:00 PM	WRP HR #8	6:45 PM	WRP HR #2
U11 Boys	Wednesday	6:00 PM	WRP HR #8	7:45 PM	WRP HR #2
U12 Boys	Wednesday	7:00 PM	WRP HR #8	8:45 PM	WRP HR #2
U13 Boys Black-white	Wednesday	6:00 PM	WRP HR #1	7:45 PM	WRP HR #4
U13 Boys Blue-Gold	Wednesday	7:00 PM	WRP HR #1	8:45 PM	WRP HR #4
U14 Boys Black-white	Wednesday	8:00 PM	WRP HR #8	9:45 PM	WRP HR #2
U14 Boys Blue-Gold	Wednesday	8:00 PM	WRP HR #1	9:45 PM	WRP HR #4
U15 Boys	Monday	5:00 PM	WRP HR #1	6:45 PM	WRP HR #4
U16 Boys	Monday	6:00 PM	WRP HR #1	7:45 PM	WRP HR #4
U17 Boys	Monday	7:00 PM	WRP HR #1	8:45 PM	WRP HR #4
U18 Boys	Wednesday	4:00 PM	WRP HR #2	5:45 PM	WRP HR #1
U19 Boys	Wednesday	4:00 PM	WRP HR #4	5:45 PM	WRP HR #1

Important information:

- Practices are mandatory.
- Player must bring cleats or turf shoes, running shoes, ball, water and a snack for every practice.
- The duration of the session is 1:45 h. The first 45 minutes, players perform conditioning exercises followed by 45 minutes of futsal training with a 10-15 min transition between fields.
- Check schedule for drop-off and pick up.
- Parents are welcome to watch the practice from the stands next to each hockey rink. Please do not stand in between hockey rinks while players are training.