

Day, Date	Time	Court 5	Court 6
Tuesday, January 2	4:00-5:00pm	Fitness/Speed High School	
	5:00-6:00pm	Fitness/Speed Session 2 2012-2010	
	6:00-7:00pm	Fitness/Speed Session 2 2015-2013	
	7:00-8:00pm	Goalkeeper Training Group 1	
	8:00-9:00pm	Goalkeeper Training Group 2	
Thursday, January 4	5:30-6:30pm	2015G Team	2014G-2013G Team
	6:30-7:30pm	2012B Team	
	7:30-8:30pm	2011B Team	
Sunday, January 7	4:00-5:00pm	2007B-2006B Team	
	5:00-6:00pm	2009B-2008B Team	
Monday, January 8	5:00-6:00pm	2012G-2010G Team	
	6:00-7:00pm	Juniors: 2017-2015 Girls	Juniors: 2019-2018
	7:00-8:00pm	Juniors: 2017-2015 Boys	
Tuesday, January 9	4:00-5:00pm	Fitness/Speed High School	
	5:00-6:00pm	Fitness/Speed Session 2 2012-2010	
	6:00-7:00pm	Fitness/Speed Session 2 2015-2013	
	7:00-8:00pm	Goalkeeper Training Group 1	
	8:00-9:00pm	Goalkeeper Training Group 2	
Wednesday, January 10	5:30-6:30pm	2015B Team	2016B Team
	6:30-7:30pm	2014B Team	2013B Team
	7:30-8:30pm	2010B Team	
Thursday, January 11	5:30-6:30pm	2015G Team	2014G-2013G Team
	6:30-7:30pm	2012B Team	
	7:30-8:30pm	2011B Team	
Sunday, January 14	4:00-5:00pm	2007B-2006B Team	
	5:00-6:00pm	2009B-2008B Team	
Monday, January 15	5:00-6:00pm	2012G-2010G Team	
	6:00-7:00pm	Juniors: 2017-2015 Girls	Juniors: 2019-2018
	7:00-8:00pm	Juniors: 2017-2015 Boys	
Tuesday, January 16	4:00-5:00pm	Fitness/Speed High School	
	5:00-6:00pm	Fitness/Speed Session 2 2012-2010	
	6:00-7:00pm	Fitness/Speed Session 2 2015-2013	
	7:00-8:00pm	Goalkeeper Training Group 1	
	8:00-9:00pm	Goalkeeper Training Group 2	
Wednesday, January 17	5:30-6:30pm	2015B Team	2016B Team
	6:30-7:30pm	2014B Team	2013B Team
	7:30-8:30pm	2010B Team	
Thursday, January 18	5:30-6:30pm	2015G Team	2014G-2013G Team
	6:30-7:30pm	2012B Team	
	7:30-8:30pm	2011B Team	

## PRIDE SC Winter Training Schedule January 2024

ALL SESSIONS AT EASTSIDE ATHLETICS

Day, Date	Time	Court 5	Court 6
Sunday, January 21	4:00-5:00pm	2007B-2006B Team	
	5:00-6:00pm	2009B-2008B Team	
Monday, January 22	5:00-6:00pm	2012G-2010G Team	
	6:00-7:00pm	Juniors: 2017-2015 Girls	Juniors: 2019-2018
	7:00-8:00pm	Juniors: 2017-2015 Boys	
Tuesday, January 23	5:00-6:00pm	Fitness/Speed Session 2 2012-2010	
	6:00-7:00pm	Fitness/Speed Session 2 2015-2013	
	7:00-8:00pm	Goalkeeper Training Group 1	
	8:00-9:00pm	Goalkeeper Training Group 2	
Wednesday, January 24	5:30-6:30pm	2015B Team	2016B Team
	6:30-7:30pm	2014B Team	2013B Team
	7:30-8:30pm	2010B Team	
Thursday, January 25	5:30-6:30pm	2015G Team	2014G-2013G Team
	6:30-7:30pm	2012B Team	
	7:30-8:30pm	2011B Team	
Sunday, January 28	4:00-5:00pm	2007B-2006B Team	
	5:00-6:00pm	2009B-2008B Team	
Monday, January 29	5:00-6:00pm	2012G-2010G Team	
	6:00-7:00pm	Juniors: 2017-2015 Girls	Juniors: 2019-2018
	7:00-8:00pm	Juniors: 2017-2015 Boys	
Tuesday, January 30	5:00-6:00pm	Fitness/Speed Session 2 2012-2010	
	6:00-7:00pm	Fitness/Speed Session 2 2015-2013	
	7:00-8:00pm	Goalkeeper Training Group 1	
	8:00-9:00pm	Goalkeeper Training Group 2	
Wednesday, January 31	5:30-6:30pm	2015B Team	2016B Team
	6:30-7:30pm	2014B Team	2013B Team
	7:30-8:30pm	2010B Team	
Thursday, February 1	5:30-6:30pm	2015G Team	2014G-2013G Team
	6:30-7:30pm	2012B Team	
	7:30-8:30pm	2011B Team	