

FORCE Spring Training Schedule - April 2nd - June 10th

Girls	Coach	First Session	Training Location	Second Session	Training Location	Scrimmage Session	Training Location
09-10E	Matt Morrison	Mon 4:30-6:00	16W	Wed 4:30-5:30	16W	Thu 6:00-7:30	16W
08E	Elo Alinkas	Tue 4:30-6:00	7W	Thu 6:00-7:30	15E	Fri 6:30-7:30 (S1)	7
08P	Matt Morrison	Tue 4:30-6:00	16E	Thu 6:00-7:30	16W	Fri 6:30-7:30 (S1)	7
06E	Marcin Simson	Mon 4:30-6:00	7W	Thu 6:00-7:30	6	Fri 4:30-5:30 (S2)	2
05E	Rafa Heck	Tue 5:30-7:00	16W	Thu 5:30-7:00	14S	Fri 5:45-7:15 (S3)	5
05P	Marcin Simson	Wed 4:30-6:00	14S	Thu 6:00-7:30	6	Fri 5:45-7:15 (S3)	5
04E	Chris Rockall	Tue 5:30-7:00	2	Thu 6:00-7:30	14N	Fri 5:30-7:00 (S4)	1
03 (8th Grade)	Chris Rockall	Mon 6:00-7:30	14N	Wed 6:00-7:30	14S	Fri 5:30-7:00 (S4)	1

Boys	Coach	First Session	Training Location	Second Session	Training Location	Scrimmage Session	Training Location
10E	Matt Morrison	Wed 5:30-7:00	16W	Thu 4:30-6:00	16W	Fri 6:30-7:30 (S1)	7
09E	Elo Alinkas	Mon 5:00-6:30	7E	Wed 4:30-6:00	16E	Fri 5:30-6:30 (S5)	7
08E	Mike Chwistek	Mon 5:00-6:30	15W	Wed 6:00-7:30	15W	Fri 5:30-6:30 (S5)	7
08P	Billy Klekovic	Mon 5:00-6:30	16E	Wed 6:00-7:30	15E	Fri 5:30-6:30 (S5)	7
07E	Marcin Simson	Mon 6:00-7:30	7W	Thu 4:30-6:00	6	Fri 4:30-5:30 (S2)	2
07P	Matt Morrison	Mon 6:00-7:30	16W	Wed 7:00-8:30	16W	Fri 4:30-5:30 (S2)	2
06E	Mariano Klaric	Mon 5:00-6:30	15E	Thu 6:30-8:00	15W	Fri 5:30-6:30 (S6)	2
06P	Mariano Klaric	Tue 6:30-8:00	15W	Thu 5:00-6:30	15W	Fri 5:30-6:30 (S6)	2
05E	AJ Cappello	Mon 6:30-8:00	14S	Thu 4:30-6:00	5	Fri 6:30-8:00 (S7)	14
05P	Mike Chwistek	Mon 6:30-8:00	15W	Wed 4:30-6:00	15W	Fri 6:30-8:00 (S7)	14
04E	Kristian Rockall	Mon 5:00-6:30	14S	Wed 6:00-7:30	4	Thu 7:30-9:00 (S8)	15
04P	Mariano Klaric	Tue 5:00-6:30	15W	Wed 5:00-6:30	14N	Fri 6:30-8:00 (S7)	14
02E	AJ Cappello	Tue 5:30-7:00	14N	Wed 6:00-7:30	5	Thu 6:00-7:30 (S9)	5
02-03E	Diego Cevallos	Tue 5:30-7:00	14S	Wed 6:00-7:30	5	Thu 6:00-7:30 (S9)	5
02-03P	Mariano Klaric	Mon 6:30-8:00	15E	Wed 6:30-8:00	14N	Thu 7:30-9:00 (S8)	15
00-01E+	Diego / Rafa	Tue 7:00-9:00	14	Wed 7:00-8:00	Paradigm	Thu 7:00-9:00 (S10)	14
00-01E	Diego Cevallos	Tue 4:00-5:30	14S	Wed 4:30-6:00	5	Thu 7:00-9:00 (S10)	14
Youth Academy	Matt Morrison	Wed 4:30-5:30	16W	X		X	
Goalkeeper Training	Cristiano Costa	Tue 8:00-9:00 (99-03)	16E	Wed 8:00-9:00 (99-03)	15E		
Goalkeeper Training	Billy Klekovic	Mon 6:30-7:30 (2008-2010)	16E	Tue 7:00-8:00 (04-07)	16E		
Goalkeeper Training	Elo Alinkas	Mon 6:30-7:30 (2008-2010)	16E	Wed 7:30-8:30 (04-07)	16E		

Scrimmage sessions are highlighted in GRAY. The code (e.g S5) will show who you are matched up to scrimmage against. Please note this is not a field location

Individual Performance Programs	Coaches	Birth Year	Training Location	Day / Time	Fee	Dates
Finishing Class	Elo Alinkas	2010-2008	15E	Tue 7:00-8:00	\$90.00	Apr 10,17,24 May 1,8,15
	AJ Cappello	2005-2007	16W	Tue 7:00-8:00	\$90.00	Apr 10,17,24 May 1,8,15
	Mike Chwistek	2004-2002	15W	Wed 7:30-8:30	\$90.00	Apr 11,18,25 May 2,9,16
Goalie Camp	Elo Alinkas	2008-2010	7W	Tue 6:00-7:00	\$90.00	Apr 10,17,24 May 1,8,15
Friday Skills & 1vs1	Elo Alinkas	2010-2008	9	Fri 4:45-5:30	\$80.00	Apr 13, 20, 27 May 4, 11, 18
	Billy Klekovic	2007-2006			\$80.00	
	Mike Chwistek	2005-2004			\$80.00	
Friday Skills & 1vs1	Matt Morrison	2010-2008	9	Fri 5:45-6:30	\$80.00	Apr 13, 20, 27 May 4, 11, 18
	Kristian Rockall	2007-2006			\$80.00	
	AJ Cappello	2005-2004			\$80.00	

Sign your player up for two classes from our Individual Performance Academy and save \$10 per class!