

FORCE Fall Training Schedule - August 16th - November 14th

Girls	First Session	Training Location	Second Session	Training Location	Third Session	Training Location
2012-13	Tue 6:15-7:45pm	Lippold	Thu 5-6:30pm	Lippold 6	Fri 5-6:30pm	Lippold 6
2011	Wed 6:15-7:45pm	Lippold	Thu 4:30-6:00pm	Lippold 16E	Fri 6:15-7:45pm	Lippold 3
2010	Tue 6:15-7:45pm	Lippold	Thu 7-8:30pm	Lippold 16E	Fri 6:15-7:45pm	Lippold
2009	Mon 5:30-7:15pm	Lippold	Thu 5-6:30pm	Lippold 4	Fri 5-6:30pm	Lippold 4
2008 Elite	Mon 6:15-8pm	Lippold	Thu 5:30-7:15pm	Lippold 15E	Fri 5-6:30pm	Lippold 4
2008 Premier	Mon 5-6:30pm	Lippold	Thu 7:15-8:45pm	Lippold 15E	Fri 5-6:30pm	Lippold 4
2006	Tue 6-7:45pm	Lippold	Wed 5:30-7pm	Lippold	Thu 6:15-8pm	Lippold 15W
2005	Tue 5:15-7pm	Lippold	Wed 7:30-9pm	MAC	Thu 6:15-8pm	Lippold 14
2003-2004	Tue 6:45-8:30pm	Lippold	Wed 6-7:30pm	MAC	Thu 7:30-9:15pm	Lippold 14
Boys	First Session	Training Location	Second Session	Training Location	Third Session	Training Location
2014 Premier	Tue 4:45-6:15pm	Lippold	Wed 4:45-6:15pm	Lippold	Fri 5-6:30pm	Lippold
2013 Elite	Tue 4:45-6:15pm	Lippold	Wed 4:45-6:15pm	Lippold	Fri 5-6:30pm	Lippold
2013/14 Premier	Mon 6-7:30pm	Lippold	Wed 4:45-6:15pm	Lippold	Fri 5-6:30pm	Lippold
2012 Elite	Mon 5-6:30pm	Lippold	Thu 6:15-7:45pm	Lippold 7	Fri 5-6:30pm	Lippold
2011 Blue	Tue 5-6:30pm	Lippold	Wed 4:30-6pm	Lippold	Fri 6:30-8pm	Lippold
2011 White	Tue 4:30-6pm	Lippold	Thu 6:15-7:45pm	Lippold 7	Fri 6:30-8pm	Lippold
2010	Tue 6:30-8pm	Lippold	Wed 6-7:30pm	Lippold	Fri 6:30-8pm	Lippold
2009 Elite Blue	Tue 6-7:30pm	Lippold	Wed 6-7:30pm	MAC	Thu 4:45-6:30pm	Lippold 14
2009 Elite White	Mon 6:30-8pm	Lippold	Wed 4:30-6pm	MAC	Thu 5-6:30pm	Lippold 5
2008 Elite	Tue 7-8:30pm	Lippold	Wed 6-7:30pm	MAC	Thu 4:45-6:30pm	Lippold 14
2008 Premier	Mon 6:30-8pm	Lippold	Tue 7:30-9pm	Lippold	Wed 4:30-6pm	MAC
2007 Fall only	Mon 6-7:30pm	Lippold	Wed 7-8:30pm	Lippold	Thu 4:45-6:30pm	Lippold 14