



Arsenal Excellence Training 2008-2009

Training Starts the Week of November 10th, 2008

Time Blocks

1 Hour
1 1/2 Hour

Weeks of Training

November	10th - 14th 17th - 21st
December	1st - 5th 8th - 12th
January	9th Friday Only 12th - 16th 19th - 23rd 26th - 30th
February	2nd - 6th 9th - 13th 16th - 20th

Monday	5:00 – 6:00 pm		6:00 – 7:00 pm		7:30 – 9:00 pm	
			6:00 – 7:30 pm			
	C2 U11G 97-98 White 97-98 Black	C1 U12G 96-97 Red	C2 U11G 97-98 97-98 Red	C1 U18B United	C2 U15B Extreme	C1 U14B 94-95
B2 U12B 96-97 Red 96-97 White	B1 U11B 97-98 Red 97-98 White	B2 U17G 91-92	B1 U16G 92-93	B2 U18G Primo	B1 U16G Attack	
A2 U12G 96-97	A1 U12G 96-97 White	A2 U16B Veleno	A1 U16B Rebels	A2 U15G 93-94	A1 U15G Niko	

Tuesday	5:00 – 6:00 pm		6:00 – 7:30 pm		7:30 – 8:30 pm		7:30 – 9:00 pm	
	C2 U9 Developmental	C1 U9 Developmental	C2 U14G Adrenalin	C1 U13G 95-96 Red	C2 U10 Developmental	C1 U10 Developmental		
B2 U9 Developmental	B1 U9 Developmental	B2 U15B Warriors	B1 U13B 95-96 Red	B2 U10 Developmental	B1 U10 Developmental			
A2 U12G 96-97 White 96-97 Red	A1 U11G 97-98 White 97-98 Black	A2 U13G 95-96	A1 U14G 94-95	A2 U13G 95-96 White	A1 U13B 95-96 White			

Wednesday	5:00 – 6:00 pm		6:00 – 7:30 pm		7:30 – 9:00 pm	
	5:00 – 6:30 pm		6:30 – 8:00 pm			
	C2 U18G Primo	C1 U17G 91-92	C2 U18B United	C1 U16B Veleno	C2 C1	C1
B2 U12B 97-98 Red	B1 U12B 97-98 White	B2 U16G Attack	B1 U16G 92-93	B2 U16B Rebels	B1	
A2 U11B 97-98 Red	A1 U11B 97-98 White	A2 U14B 94-95	A1 U15B Extreme	A2 U15G 93-94	A1 U15G Niko	

Thursday	5:00 – 6:00 pm		6:00 – 7:30 pm		7:30 – 8:30 pm		7:30 – 9:00 pm	
	C2 U9 Developmental	C1 U9 Developmental	C2 U14G Adrenalin	C1 U13G 95-96 Red	C2 U10 Developmental	C1 U10 Developmental		
B2 U9 Developmental	B1 U9 Developmental	B2 U15B Warriors	B1 U13B 95-96 Red	B2 U10 Developmental	B1 U10 Developmental			
A2 U12G 96-97	A1 U11G 97-98 97-98 Red	A2 U13G 95-96	A1 U14G 94-95	A2 U13G 95-96 White	A1 U13B 95-96 White			

Street Soccer Game Night

Friday	5:00 - 6:00 pm		6:00 - 7:00 pm		7:00 - 8:00 pm	
	Girls U15 - U18 Game Night	Girls U15 - U18 Game Night	Girls U11 - U12 Game Night	Girls U11 - U12 Game Night	Girls U13 - U14 Game Night	Girls U13 - U14 Game Night
Boys U15 - U18 Game Night	Girls U15 - U18 Game Night	Girls U11 - U12 Game Night	Girls U11 - U12 Game Night	Boys U11 - U12 Game Night	Girls U13 - U14 Game Night	
Boys U15 - U18 Game Night	Boys U15 - U18 Game Night	Boys U13 - U14 Game Night	Boys U13 - U14 Game Night	Boys U11 - U12 Game Night	Boys U11 - U12 Game Night	



Arsenal X-Edge Winter Schedule 2008-09

All training to be held at the Xplosive Edge located inside the OSC



Day Time

Monday	5:15pm-6:00pm	91-92 (U17G)	Rebels (U16B)		
Monday	6:30pm-7:15pm	Primo (U18G)	93-94 (U15G)	94-95 (U14B)	
Monday	7:45pm-8:30pm	United (U18B)	92-93 (U16G)	Veleno (U16B)	

Tuesday	5:15pm-6:00pm	95-96 Red (U13G)	95-96 Red (U13B)	94-95 (U14G)	
Tuesday	6:30pm-7:15pm	95-96 White (U13G)	95-96 White (U13B)		
Tuesday	7:45pm-8:30pm	Warriors (U14B)	Adrenaline (U14G)	95-96 (U13G)	

Wednesday	5:15pm-6:00pm	92-93 (U16G)	United (U18B)	94-95 (U14B)	
Wednesday	6:30pm-7:15pm	93-94 (U15G)	Primo (U18G)	91-92 (U17G)	Rebels (U16B)
Wednesday	7:45pm-8:30pm	Veleno (U16B)			

Thursday	5:15pm-6:00pm	Warriors (U15B)	Adrenaline (U14G)	95-96 (U13G)	
Thursday	6:30pm-7:15pm	95-96 White (U13G)	95-96 White (U13B)		
Thursday	7:45pm-8:30pm	95-96 Red (U13G)	95-96 Red (U13B)	94-95 (U14G)	