

# **GOLD TEAM PROGRAMMING**

## **U12— U14**

10 Month Program ( August - State Cup )

## **U15—U19**

6 Month Program ( October - State Cup)

### **Training Schedule:**

Fall 3X Week (Cool Springs, Century Field)

Winter 2X Week (Cool Springs)

Spring 3X Week (Cool Springs, Century Field)

### **League Play:**

PAWest Local USYSA

GLC - Regional USYSA

National League PRO - National USYSA

### **Tournaments: (5 Total)**

Fall - 2 Events

Spring - 2 Events

State Cup - Local



**PROGRAMMING**