



## MASTER TRAINING SCHEDULE

2008-2009

**KEYS:**

Team (Training Days)	Number	Facility	Letter
U18 Boys Blue (Tues., Wed., Thurs.)	1	CRSA: CRSA Training	A
U18 Girls Blue (Tues., Wed., Thurs.)	2	HSC: Sportzone	B
U17 Boys Blue (Tues., Wed., Thurs.)	3	ISC/Alliance: U of I Rec Fields	C
U17 Girls Blue (Mon., Tues., Thurs.)	4		
U18 Boys Silver (Mon., Wed.)	5		
U17 Boys Silver (Mon. (Opt.), Wed., Thurs.)	6		
U17 Girls Silver (Mon., Wed.)	7		



	<u>Monday</u>		<u>Tuesday</u>		<u>Wednesday</u>		<u>Thursday</u>		<u>Friday</u>		<u>Sat./Sun.</u>	
	<u>TEAM</u>	<u>FACILITY</u>	<u>TEAM</u>	<u>FACILITY</u>	<u>TEAM</u>	<u>FACILITY</u>	<u>TEAM</u>	<u>FACILITY</u>	<u>TEAM</u>	<u>FACILITY</u>	<u>TEAM</u>	<u>FACILITY</u>
6:30-8:00			3	C	3	B	3	C				
					5	B						
					6	B						
					7	B						
7:00-8:30					2	C	2	C				
8:00-9:30	4	B	4	B								
8:30-10:00	5	A	1	A	1	A	4	A				
	6	A (optional)	2	A			1	C				
	7	A					6	A				

If there is inclement weather, check the Training Facility Club Hotline:

Facility A: CRSA    319-368-4699    Facility B: HSC    319-294-5321    Facility C: U of I Rec Fields    319-353-3000  
 (Press #3, then #2) or ISC Hotline: 319-337-5479