



Age Group	Practices and duration	Practice Days and Times
Jamboree (U5)	Saturday's only-30 mins activities/30 Mins games	
U6	Saturday's only-30 mins practice/30 mins games	
U8	1 hrs. practice per week plus Saturday game	Any day Monday Thru Friday 4:00-5:00 or 5:00 - 6:00 PM
U10	2 x 1 hrs. practices per week plus Saturday game	M/W or Tue/Thurs. 5:00-6:00
U12	2 x 1 hrs. practices per week plus Saturday game	M/W or Tue/Thurs. 5:00-6:00
U14	2 x 1 hrs. practices per week plus Saturday game	M/W or Tue/Thurs. 6:00 – 7:00 PM

Extra Areas can be used by any team except on Saturday's.

For ages U10, U12 and U14 coaches may offer optional training on Fridays.