

	NCP 4E	NCP 8N	NCP 8S	NCP 9N	NCP 9S
Monday					
5:00-6:30 pm		2013 Boys Rush	2009 Boys Nero	GK	2005 Boys Rush
6:30-8:00 pm		2008 Boys Rush	2011 Boys Rush	GK	HS girls Open
Tuesday					
5:00-6:30 pm	Academy	2013 Boys Rush	2010 Boys Nero	2006 Boys Rush	2007 Boys Rush
6:30-8:00 pm	Academy	2008 Boys Rush	2010 Boys Rush	2006 Girls Rush	2009 Girls Rush
Wednesday					
5:00-6:30 pm	Academy	2009 Girls Nero	2009 Boys Nero	2006 Girls Rush	2005 Boys Rush
6:30-8:00 pm	Academy		2011 Boys Rush	2006 Boys Rush	
Thursday					
5:00-6:30 pm	Cosmos	2008 Boys Rush	2010 Boys Rush	GK	2007 Boys Rush
6:30-8:00 pm		2009 Girls Nero	2010 Boys Nero	GK	2009 Girls Rush

	NCP 10N	NCP 10S	NCP 12N	NCP 12S
Monday				
5:00-6:30 pm	2008 Girls Rush	HS Girls Open	2004 Boys Rush	2012 Boys Rush/Nero
6:30-8:00 pm	2006 Girls Nero	HS Girls Open	2003 Boys Rush	2002 Boys Rush
Tuesday				
5:00-6:30 pm	2011 Girls Rush	2007 Boys Nero	2004 Boys Nero	2011 Boys Nero
6:30-8:00 pm	2008 Boys Nero	2009 Boys Rush		Cosmos
Wednesday				
5:00-6:30 pm	2008 Girls Rush	HS Girls Open	2003 Boys Rush	2012 Boys Nero
6:30-8:00 pm	2006 Girls Nero	2008 Boys Nero	2004 Boys Rush	2002 Boys Rush
Thursday				
5:00-6:30 pm	2011 Girls Rush	2007 Boys Nero		2012 Boys Rush
6:30-8:00 pm	2008 Boys Nero	2009 Boys Rush	2004 Boys Nero	2011 Boys Nero

GK Training-Mondays/Thursdays NCP 9N

5-5:50 4v4 and 7v7 teams

5:50-6:50 9v9 teams

6:50-8 11v11 teams

Spring Training will begin the week of April 6