

# EVOLUTION SOCCER

## WEST BAY TRAINING SCHEDULE



2016-2017 SEASON

TERM 3 (23 APRIL – 1 JULY)

# EVOLUTION SOCCER **AGE GUIDE**

| AGE GROUP | AGE AS OF SEPT 1 <sup>ST</sup> 2016 | GUIDE                                 |
|-----------|-------------------------------------|---------------------------------------|
| UNDER 7   | 6 YEARS OLD                         | MAY TURN 7 THROUGHOUT THE YEAR        |
| UNDER 8   | 7 YEARS OLD                         | MAY TURN 8 THROUGHOUT THE YEAR        |
| UNDER 9   | 8 YEARS OLD                         | MAY TURN 9 THROUGHOUT THE YEAR        |
| UNDER 10  | 9 YEARS OLD                         | MAY TURN 10 THROUGHOUT THE YEAR       |
| UNDER 11  | 10 YEARS OLD                        | MAY TURN 11 THROUGHOUT THE YEAR       |
| UNDER 12  | 11 YEARS OLD                        | MAY TURN 12 THROUGHOUT THE YEAR       |
| UNDER 14  | 12 OR 13 YEARS OLD                  | MAY TURN 13 OR 14 THROUGHOUT THE YEAR |
| UNDER 16  | 14, 15 OR 16 YEARS OLD              | MAY TURN 15 OR 16 THROUGHOUT THE YEAR |

YOU'RE CHILD'S AGE GROUP IS DETERMINED BY THEIR AGE AS OF SEPTEMBER 1<sup>ST</sup>, 2016.

PLEASE NOTE THAT YOUR CHILD WILL STAY IN THE SAME AGE GROUP FOR THE ENTIRETY OF THE 2016-2017 SEASON (MUCH LIKE SCHOOL GRADES).

PLAYERS MAY BE ASKED TO MOVE TO A DIFFERENT TEAM AT ANY STAGE OF THE SEASON TO ALIGN WITH THEIR RESPECTIVE ABILITIES AND DEVELOPMENT, AS PER THE COACH'S DISCRETION.

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## TERM 3 TRAINING SCHEDULE 2016/2017

| TEAM                 | SUNDAY    | MONDAY    | TUESDAY   | WEDNESDAY | THURSDAY  | FRIDAY      | SATURDAY    |
|----------------------|-----------|-----------|-----------|-----------|-----------|-------------|-------------|
| U7 RED, BLUE & GREEN | 5.45-6.45 |           |           |           |           | 8.00-9.00   |             |
| U8 RED               |           |           | 5.30-6.30 |           |           | 9.00-10.00  |             |
| U8 BLUE              |           |           | 4.30-5.30 |           |           | 9.00-10.00  |             |
| U9 RED & BLUE        |           |           |           | 4.30-5.30 |           | 10.00-11.00 |             |
| U10 RED & BLUE       |           |           |           | 5.30-6.30 |           |             | 8.00-9.15   |
| U12 RED              |           | 5.30-6.30 |           |           |           |             | 9.15-10.30  |
| U12 BLUE             |           | 4.30-5.30 |           |           |           |             | 9.15-10.30  |
| U14 RED              |           |           |           |           | 5.45-7.00 |             | 10.30-11.45 |
| U16 RED              |           |           |           |           | 5.45-7.00 |             | 10.30-11.45 |