

GOLD TEAM PROGRAMMING

U12— U14

10 Month Program (August - State Cup)

U15—U19

8 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