

2010 TKO Premier Winter Training Schedule

Academy Program (8 weeks) Feb1 - Mar 24

	Monday		Tuesday		Wed		Thur
Osh	all girls	5-610	11B/12Bb	5-610	9B/10B	5-610	
Osh mini	all girls	5-610	11B/12Bb	5-610	9B/10B	5-610	

Premier Program (10 weeks) Jan. 17 - Mar 24

	17-Jan		24-Jan		31-Jan		7-Feb		14-Feb		21-Feb		28-Feb		7-Mar		14-Mar		21-Mar	
12Bw	8-920	B	1040-12	B	920-10-40	B	8-915	C	1040-12	B	920-1040	B	8-920	B	1030-1145	C	920-10-40	B	8-920	B
12Bblk	920-10-40	B	8-920	B	1040-12	B	915-1030	C	8-920	B	1040-12	B	920-10-40	B	8-915	C	1040-12	B	920-10-40	B
13B	8-915	C	1145-1	C	1030-1145	C	920-10-40	B	8-915	C	1145-1	C	1030-1145	C	920-10-40	B	8-915	C	1145-1	C
13G	1040-12	B	920-10-40	B	8-920	B	1030-1145	C	920-10-40	B	8-920	B	1040-12	B	915-1030	C	8-920	B	1040-12	B
14B	915-1030	C	8-915	C	1145-1	C	1040-12	B	915-1030	C	8-915	C	1145-1	C	1040-12	B	915-1030	C	8-915	C
15Bw	1030-1145	C	915-1030	C	8-915	C	530-7	B	1030-1145	C	915-1030	C	7-830	B	1145-1	C	1030-1145	C	915-1030	C
16B	1145-1	C	1030-1145	C	915-1030	C	8-920	B	1145-1	C	1030-1145	C	530-7	B	8-920	B	1145-1	C	1030-1145	C
17B	6-715	C	715-830	C	6-715	C	715-830	C	6-715	C	7-830	B	6-715	C	715-830	C	6-715	C	715-830	C
18B	715-830	C	6-715	C	715-830	C	6-715	C	715-830	C	6-715	C	715-830	C	6-715	C	715-830	C	6-715	C
	20-Jan		27-Jan		3-Feb		10-Feb		17-Feb		24-Feb		3-Mar		10-Mar		17-Mar		24-Mar	
14G	530-7	B	530-7	B	1145-1	C	530-7	B	530-7	B	915-1030	C	530-7	B	530-7	B	530-7	B	530-7	B
15Bbl	7-830	B	7-830	B	7-830	B	7-830	B	715-830	C	8-915	C	7-830	B	7-830	B	7-830	B	7-830	B

Goalkeeper Program (12 weeks) Jan. 7- Mar 25

						Thur	
Osh							
Osh mini						15B-18B	445-545
						9s-14s	545-645

High School Girls Program (8 weeks) Jan. 21 - Mar 11

						Thur	
Osh						15-18G	445-545
Osh Train						15-18G	6-7p

The 15Bw will change days with the 14G (15B will be Feb.3 and 14G will be Feb.7)

The 15Bw will change days with the 15Bbl (15w will be Feb.24 and 15b will be Feb.28)

The 17B will change days with the 15Bbl (17B will be Feb.17 and 15B will be Feb.21)

The 16B will change days with the 14G (16B will be Feb.24 and 14G will be Feb.28)