

Hammer FC Training Schedule

**Our regular Fall training schedule begins Monday August 15 and remains the same through October 28 for U7/8-U14.
If you have any questions regarding your team schedule, please contact your DoC.**

Girls						
		Monday	Tuesday	Wednesday	Thursday	Friday
U7/8		4:30 - 5:45		4:30 - 5:45		
U9		6:00 - 7:30		6:00 - 7:30		
U10		4:45 - 6:15		4:45 - 6:15		
U11	Premier	6:00 - 7:30		6:00 - 7:30	6:00 - 7:30	
	Elite	6:00 - 7:30	6:00 - 7:30		6:00 - 7:30	
	Academy	6:00 - 7:30	6:00 - 7:30		5:00 - 6:45	
	Keeper			6:30 - 7:30		
U12	Premier	6:15 - 7:45		4:45 - 6:15	6:15 - 7:45	
	Elite	7:30 - 9:00	7:30 - 9:00		7:30 - 9:00	
	Academy	7:30 - 9:00	7:30 - 9:00		7:30 - 9:00	
	Keeper			6:30 - 7:30		
U13	Premier	6:45 - 8:15		6:30 - 8:00	6:30 - 8:00	
	Elite	6:45 - 8:15		5:00 - 6:45	5:00 - 6:30	
	Keeper		5:30 - 6:30	5:30 - 6:30		
U14	Premier	5:00 - 6:30	5:00 - 6:45		6:30 - 8:00	
	Elite	5:00 - 6:30	7:00 - 8:45		5:00 - 6:30	
	Keeper		5:30 - 6:30	5:30 - 6:30		
Boys						
		Monday	Tuesday	Wednesday	Thursday	Friday
U7/8			4:30 - 5:45		4:30 - 5:45	
U9			6:00 - 7:30		6:00 - 7:30	
U10	Premier	5:00 - 6:15			5:00 - 6:15	
	Elite/Acad		5:00 - 6:30		5:00 - 6:30	
U11	Premier	6:15 - 7:30		5:00 - 6:30	5:00 - 6:30	
	Elite	5:00 - 6:30		6:30 - 8:00	5:00 - 6:30	
	Academy	5:00 - 6:30		5:00 - 6:30	5:00 - 6:30	
	Keeper			5:00 - 6:00		
U12	Premier	6:15 - 7:30	6:15 - 7:30		6:15 - 7:30	
	Elite	6:15 - 7:30	5:45 - 7:15		6:15 - 7:30	
	Keeper			5:00 - 6:00		
U13	Premier	6:00 - 7:30	5:30 - 7:00		5:30 - 7:00	
	Keeper	5:00 - 6:00		6:00 - 7:00		
U14	Premier	6:00 - 7:30	7:00 - 8:30		7:00 - 8:30	
	Keeper	5:00 - 6:00		6:00 - 7:00		

Rain Make Up Date

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