

Hammer FC Training Schedule

If you have any questions regarding your team schedule, please contact your DoC.

Training Locations are Color Coded

Sherwod Elementary	Armory	RiversEdge Field #1	RiversEdge Field #2	RiversEdge Field #3
7080 Grantham Way	4100 Reading Road	5255 State Route 128	5255 State Route 128	5255 State Route 128

Women

	Week Of	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
U13P	15-Jan	8:30 am - 10:00 am			5:00 pm - 6:00 pm			10:00 am - 12:00 pm
	22-Jan	7:00 am - 8:30 am			5:00 pm - 6:00 pm			10:00 am - 12:00 pm
	29-Jan	10:00 am - 12:00 pm			5:00 pm - 6:00 pm			10:00 am - 12:00 pm
	5-Feb	8:30 am - 10:00 am			5:00 pm - 6:00 pm			10:00 am - 12:00 pm
	12-Feb	7:00 am - 8:30 am			5:00 pm - 6:00 pm			10:00 am - 12:00 pm
	19-Feb	8:30 am - 10:00 am			5:00 pm - 6:00 pm			10:00 am - 12:00 pm
	26-Feb	8:30 am - 10:00 am			5:00 pm - 6:00 pm			10:00 am - 12:00 pm
U13E	15-Jan	7:00 am - 8:30 am			5:00 pm - 6:00 pm			10:00 am - 12:00 pm
	22-Jan	7:00 am - 8:30 am			5:00 pm - 6:00 pm			10:00 am - 12:00 pm
	29-Jan	10:00 am - 12:00 pm			5:00 pm - 6:00 pm			10:00 am - 12:00 pm
	5-Feb	7:00 am - 8:30 am			5:00 pm - 6:00 pm			10:00 am - 12:00 pm
	12-Feb	10:00 am - 12:00 pm			5:00 pm - 6:00 pm			10:00 am - 12:00 pm
	19-Feb	7:00 am - 8:30 am			5:00 pm - 6:00 pm			10:00 am - 12:00 pm
	26-Feb	10:00 am - 12:00 pm			5:00 pm - 6:00 pm			10:00 am - 12:00 pm
U14P	15-Jan	10:00 am - 12:00 pm			6:00 pm - 7:00 pm			8:00 am - 10:00 am
	22-Jan	8:30 am - 10:00 am			6:00 pm - 7:00 pm			8:00 am - 10:00 am
	29-Jan	7:00 am - 8:30 am			6:00 pm - 7:00 pm			8:00 am - 10:00 am
	5-Feb	10:00 am - 12:00 pm			6:00 pm - 7:00 pm			8:00 am - 10:00 am
	12-Feb	10:00 am - 12:00 pm			6:00 pm - 7:00 pm			8:00 am - 10:00 am
	19-Feb	10:00 am - 12:00 pm			6:00 pm - 7:00 pm			8:00 am - 10:00 am
	26-Feb	7:00 am - 8:30 am			6:00 pm - 7:00 pm			8:00 am - 10:00 am
U14E	15-Jan	7:00 am - 8:30 am			6:00 pm - 7:00 pm			8:00 am - 10:00 am
	22-Jan	8:30 am - 10:00 am			6:00 pm - 7:00 pm			8:00 am - 10:00 am
	29-Jan	8:30 am - 10:00 am			6:00 pm - 7:00 pm			8:00 am - 10:00 am
	5-Feb	7:00 am - 8:30 am			6:00 pm - 7:00 pm			8:00 am - 10:00 am
	12-Feb	10:00 am - 12:00 pm			6:00 pm - 7:00 pm			8:00 am - 10:00 am
	19-Feb	7:00 am - 8:30 am			6:00 pm - 7:00 pm			8:00 am - 10:00 am
	26-Feb	10:00 am - 12:00 pm			6:00 pm - 7:00 pm			8:00 am - 10:00 am
U15P	15-Jan	10:00 am - 12:00 pm		4:45 pm - 6:00 pm			6:45 pm - 8:00 pm	
	22-Jan	10:00 am - 12:00 pm		4:45 pm - 6:00 pm			6:45 pm - 8:00 pm	
	29-Jan	7:00 am - 8:30 am		4:45 pm - 6:00 pm			6:45 pm - 8:00 pm	
	5-Feb	10:00 am - 12:00 pm		4:45 pm - 6:00 pm			6:45 pm - 8:00 pm	
	12-Feb	10:00 am - 12:00 pm		4:45 pm - 6:00 pm			6:45 pm - 8:00 pm	
	19-Feb	10:00 am - 12:00 pm		4:45 pm - 6:00 pm			6:45 pm - 8:00 pm	
	26-Feb	10:00 am - 12:00 pm		4:45 pm - 6:00 pm			6:45 pm - 8:00 pm	
U15E	15-Jan			4:45 pm - 6:00 pm	5:00 pm - 7:00 pm		7:00 pm - 8:15 pm	
	22-Jan			4:45 pm - 6:00 pm	5:00 pm - 7:00 pm		7:00 pm - 8:15 pm	
	29-Jan			4:45 pm - 6:00 pm	5:00 pm - 7:00 pm		7:00 pm - 8:15 pm	
	5-Feb			4:45 pm - 6:00 pm	5:00 pm - 7:00 pm		7:00 pm - 8:15 pm	
	12-Feb			4:45 pm - 6:00 pm	5:00 pm - 7:00 pm		7:00 pm - 8:15 pm	
	19-Feb			4:45 pm - 6:00 pm	5:00 pm - 7:00 pm		7:00 pm - 8:15 pm	
	26-Feb			4:45 pm - 6:00 pm	5:00 pm - 7:00 pm		7:00 pm - 8:15 pm	
U16P	15-Jan			4:30 pm - 5:45 pm			6:45 pm - 8:00 pm	
	22-Jan			4:30 pm - 5:45 pm			6:45 pm - 8:00 pm	
	29-Jan	7:00 am - 8:30 am		4:30 pm - 5:45 pm			6:45 pm - 8:00 pm	
	5-Feb	7:00 am - 8:30 am		4:30 pm - 5:45 pm			6:45 pm - 8:00 pm	
	12-Feb	7:00 am - 8:30 am		4:30 pm - 5:45 pm			6:45 pm - 8:00 pm	
	19-Feb	7:00 am - 8:30 am		4:30 pm - 5:45 pm			6:45 pm - 8:00 pm	
	26-Feb	8:30 am - 10:00 am		4:30 pm - 5:45 pm			6:45 pm - 8:00 pm	
U16E	15-Jan			4:45 pm - 6:00 pm	7:00 pm - 9:00 pm		7:00 pm - 8:15 pm	
	22-Jan			4:45 pm - 6:00 pm	7:00 pm - 9:00 pm		7:00 pm - 8:15 pm	
	29-Jan			4:45 pm - 6:00 pm	7:00 pm - 9:00 pm		7:00 pm - 8:15 pm	
	5-Feb			4:45 pm - 6:00 pm	7:00 pm - 9:00 pm		7:00 pm - 8:15 pm	
	12-Feb			4:45 pm - 6:00 pm	7:00 pm - 9:00 pm		7:00 pm - 8:15 pm	
	19-Feb			4:45 pm - 6:00 pm	7:00 pm - 9:00 pm		7:00 pm - 8:15 pm	
	26-Feb			4:45 pm - 6:00 pm	7:00 pm - 9:00 pm		7:00 pm - 8:15 pm	
U17P	15-Jan			4:30 pm - 5:45 pm			6:00 pm - 7:15 pm	
	22-Jan			4:30 pm - 5:45 pm			6:00 pm - 7:15 pm	
	29-Jan	8:30 am - 10:00 am		4:30 pm - 5:45 pm			6:00 pm - 7:15 pm	
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U17E	15-Jan			4:45 pm - 6:00 pm	5:00 pm - 7:00 pm		7:00 pm - 8:15 pm	
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	29-Jan			4:45 pm - 6:00 pm	5:00 pm - 7:00 pm		7:00 pm - 8:15 pm	
	5-Feb			4:45 pm - 6:00 pm	7:00 pm - 9:00 pm		7:00 pm - 8:15 pm	
	12-Feb			4:45 pm - 6:00 pm	7:00 pm - 9:00 pm		7:00 pm - 8:15 pm	
	19-Feb			4:45 pm - 6:00 pm	7:00 pm - 9:00 pm		7:00 pm - 8:15 pm	
	26-Feb			4:45 pm - 6:00 pm	7:00 pm - 9:00 pm		7:00 pm - 8:15 pm	
U18P	15-Jan	10:00 am - 12:00 pm		4:30 pm - 5:45 pm			6:00 pm - 7:15 pm	
	22-Jan	10:00 am - 12:00 pm		4:30 pm - 5:45 pm			6:00 pm - 7:15 pm	
	29-Jan	10:00 am - 12:00 pm		4:30 pm - 5:45 pm			6:00 pm - 7:15 pm	
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	26-Feb	7:00 am - 8:30 am		4:30 pm - 5:45 pm			6:00 pm - 7:15 pm	