NASA United FC

Training Schedule – WINTER 2019/2020

Updated: 11/19/19

U7 Barcelona 2013

DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12/1	12/2	12/3	12/4	12/5	12/6	12/7
12/8	12/9	12/10	12/11	12/12	12/13	12/14
		6:30 – 8:30pm				
12/15	12/16	12/17	12/18	12/19	12/20	12/21
		6:30 – 8:30pm				
12/22	12/23	12/24	12/25	12/26	12/27	12/28
		OFF				
12/29	12/30	12/31				
		OFF				

JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1/1	1/2	1/3	1/4
1/5	1/6	1/7	1/8	1/9	1/10	1/11
		6:30 – 8:30pm				
1/12	1/13	1/14	1/15	1/16	1/17	1/18
		6:30 – 8:30pm				
1/19	1/20	1/21	1/22	1/23	1/24	1/25
		6:30 – 8:30pm				
1/26	1/27	1/28	1/29	1/30	1/31	
		6:30 – 8:30pm				

FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						2/1
	2/3	2/4	2/5	2/6	2/7	2/8
		6:30 – 8:30pm				
	2/10	2/11	2/12	2/13	2/14	2/15
		6:30 – 8:30pm				
	2/17	2/18	2/19	2/20	2/21	2/22
		6:30 – 8:30pm				
	2/24	2/25	2/26	2/27	2/28	2/29
		6:30 – 8:30pm				

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3/1	3/2	3/3	3/4	3/5	3/6	3/7
		6:30 – 8:30pm				
3/8	3/9	3/10	3/11	3/12	3/12	3/13
		6:30 – 8:30pm				

FIELD LOCATION:

Turf City **1235 Route 23 South** **Wayne, NJ 07470**
Daily Locations: Tuesday – Small Field

FIELDS ARE NOT AVAILABLE FOR TRAINING ON THE FOLLOWING DATES:

- Tuesday, 12/24 - Christmas
- Tuesday, 12/31 - New Year

NOTE: If the fields are closed on another date, an updated list will be provided.

PLEASE FOLLOW FACILITY RULES:

- Fields are to be used for NASA practices only. Siblings, friends or parents are NOT allowed to use the fields.
- Parents are asked to stay in the designated area during practice.
- Players entering the field to practice must wait for previous training session to end and the teams to exit the field.
- Players must leave the field at the end of their training session.
- NO players or parents shall stay at the practice facility after the coaches leave the field.
- Water bottles and all other litter must be cleaned up after every use.
- Cars must park in designated parking areas only.
- **NO PETS, NO SMOKING and NO FOOD** allowed on any of the fields.

Please read the following Team Guidelines. All members of NASA United FC must follow the Team Guidelines as stated below. These guidelines are in place to help every player, coach and team within the club.

Training/Practices:

- **Training Attire:** Red training t-shirt, black shorts, white socks, soccer shoes, soccer ball & shin guards.
- Players should arrive 15 minutes early and be prepared in full training attire by the start of practice.
- If you cannot attend practice, parents are required to contact the coaching staff at least 1 day in advance.
- Parents are asked to remain on the sidelines, or in the designated area, throughout the training session.
- No player or parent should criticize, ridicule or disrespect another player, coach or parent.
- When practice is over, players are to gather their equipment and exit the training area immediately.
- Coaches will not meet with parents during practice time. Meetings will be scheduled on a separate day as agreed to by coaches and parents. Parents must email the coach to request a meeting.

Player Guidelines:

- Players are expected to give 100% effort during practices and games.
- Respect your coaches, teammates, referees, opposing coaches/players and spectators.
- Support, encourage and trust your teammates.
- Represent NASA United FC in a positive way.
- No foul language will be accepted.
- If above rules are not followed, disciplinary action may include reduced playing time or suspension.