



NASA United FC

Training Schedule – SPRING 2024

Dated: 3/8/24

2017 Girls

MARCH

SUNDAY	MONDAY	WEDNESDAY	FRIDAY	SATURDAY
3/17	3/18	3/20	3/22	3/23
3/24 at GW 10:00 – 11:00am	3/25	3/27	3/29	3/30 at GW 10:00 – 11:00am
3/31 OFF (Easter)				

APRIL

SUNDAY	MONDAY	WEDNESDAY	FRIDAY	SATURDAY
	4/1	4/3	4/5	4/6 at GW 10:00 – 11:00am
4/7	4/8 at PCTI 6:45 – 7:45pm	4/10	4/12 at PCTI 6:45 – 7:45pm	4/13 at GW 10:00 – 11:00am
4/14	4/15 at PCTI 6:45 – 7:45pm	4/17	4/19 at PCTI 6:45 – 7:45pm	4/20
4/21	4/22 at PCTI 6:45 – 7:45pm	4/24	4/26 at PCTI 6:45 – 7:45pm	4/27
4/28	4/29 at PCTI 6:45 – 7:45pm			

MAY

SUNDAY	MONDAY	WEDNESDAY	FRIDAY	SATURDAY
		5/1	5/3 at PCTI 6:45 – 7:45pm	5/4
5/5	5/6 at PCTI 6:45 – 7:45pm	5/8	5/10 at PCTI 6:45 – 7:45pm	5/11
5/12	5/13 at PCTI 6:45 – 7:45pm	5/15	5/17 at PCTI 6:45 – 7:45pm	5/18
OFF (Mother's Day)	6:45 – 7:45pm		6:45 – 7:45pm	
5/19	5/20 at PCTI 6:45 – 7:45pm	5/22	5/24 OFF (Memorial)	5/25 OFF (Memorial)
5/26 OFF (Memorial)	5/27 OFF (Memorial)	5/29	5/31 at PCTI 6:45 – 7:45pm	

JUNE

SUNDAY	MONDAY	WEDNESDAY	FRIDAY	SATURDAY
				6/1
6/2	6/3 at PCTI Make-Up Day	6/5	6/7 at PCTI Make-Up Day	6/8
6/9	6/10	6/12	6/14	6/15

HOME FIELDS:

PCTI 45 Reinhardt Rd Wayne, NJ	JFK School 1310 Ratzler Rd Wayne, NJ	George Washington School (GW) 68 Lenox Rd Wayne, NJ
Daily Locations: Monday – Lower Field Friday – Lower Field	Daily Locations: Wednesday – Main Field	Daily Locations: Saturday & Sunday – Field #2

FIELDS ARE NOT AVAILABLE FOR TRAINING ON THE FOLLOWING DATES:

- Sunday, 3/31 - Easter
- Sunday, 5/12 - Mother's Day
- Friday, 5/24 - Memorial Day Weekend
- Saturday, 5/25 - Memorial Day Weekend
- Sunday, 5/26 - Memorial Day Weekend
- Monday, 5/27 - Memorial Day Weekend

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 should contact the coaching staff.
- 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 club 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.
- No foul language will be accepted.
- Represent NASA United FC in a positive way.
- If above rules are not followed, disciplinary action may include reduced playing time or suspension.