



NASA United FC

Winter Indoor Training

Dated: 10/23/23

2023/2024 Schedule

DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12/3	12/4	12/5	12/6	12/7	12/8	12/9
12/10 @ ISP 9:30am – 2019, 2018, 2017 10:30am – 2016, 2015, 2014 11:30am - 2013, 2012, 2011, 2010	12/11	12/12	12/13	12/14	12/15	12/16
12/17 @ ISP 9:30am – 2019, 2018, 2017 10:30am – 2016, 2015, 2014 11:30am - 2013, 2012, 2011, 2010	12/18	12/19	12/20	12/21	12/22	12/23
12/24	12/25	12/26	12/27	12/28	12/29	12/30
OFF (Christmas)						

JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12/31	1/1	1/2	1/3	1/4	1/5	1/6
OFF (New Year)						
1/7 @ ISP 9:30am – 2019, 2018, 2017 10:30am – 2016, 2015, 2014 11:30am - 2013, 2012, 2011, 2010	1/8	1/9	1/10	1/11	1/12	1/13
1/14 @ ISP 9:30am – 2019, 2018, 2017 10:30am – 2016, 2015, 2014 11:30am - 2013, 2012, 2011, 2010	1/15	1/16	1/17	1/18	1/19	1/20
1/21 @ ISP 9:30am – 2019, 2018, 2017 10:30am – 2016, 2015, 2014 11:30am - 2013, 2012, 2011, 2010	1/22	1/23	1/24	1/25	1/26	1/27
1/28 @ ISP 9:30am – 2019, 2018, 2017 10:30am – 2016, 2015, 2014 11:30am - 2013, 2012, 2011, 2010	1/29	1/30	1/31			

FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			2/1	2/2	2/3	2/4
2/4 @ ISP 9:30am – 2019, 2018, 2017 10:30am – 2016, 2015, 2014 11:30am - 2013, 2012, 2011, 2010	2/5	2/6	2/7	2/8	2/9	2/10

2/11 @ ISP	2/12	2/13	2/14	2/15	2/16	2/17
9:30am – 2019, 2018, 2017 10:30am – 2016, 2015, 2014 11:30am - 2013, 2012, 2011, 2010						
2/18 @ ISP	2/19	2/20	2/21	2/22	2/23	2/24
9:30am – 2019, 2018, 2017 10:30am – 2016, 2015, 2014 11:30am - 2013, 2012, 2011, 2010						
2/25 @ ISP	2/26	2/27	2/28			
9:30am – 2019, 2018, 2017 10:30am – 2016, 2015, 2014 11:30am - 2013, 2012, 2011, 2010						

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					3/1	3/2
3/3 @ ISP	3/4	3/5	3/6	3/7	3/8	3/9
Make-Up Day (if necessary)						

INDOOR FIELD LOCATION:

Indoor Sports Plex (ISP)
519 River Rd, 3rd FL
Garfield, NJ 07026

Daily Location:
 Sunday – Main Field (3rd fl)

FIELD IS NOT AVAILABLE FOR TRAINING ON THE FOLLOWING DATES:

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

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

PLEASE FOLLOW FACILITY RULES:

- Fields are to be used for NASA practices only. Parents, siblings or friends 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 training area at the end of their training session.
- 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:** White training t-shirt, black shorts, white socks, indoor soccer shoes, soccer ball & shin guards.
- Players should arrive 10-15 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.

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.

