

TIME	SUN
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TIME	MON	TUE	WED	THUR	FRI
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TIME	SAT
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Noon	Academy Boys
1pm	Academy Girls
2pm	U11 Boys
3pm	U13 Girls
4pm	U14 Boys
5pm	U14 Girls
6pm	U11-18 Keepers
7:30	U17 Boys
9pm	U17 Boys

4pm	OPEN	Academy Boys	Academy Girls	U10 Girls	U8-U10 Keepers
5pm	U10 Boys	U11 Girls	U12 Boys	OPEN	U14 Boys
6pm	U11 Boys	U13 Boys	U13 Girls	U14 Girls	U15/U16 Girls
7pm					
7:30	U15 Boys	U15/U16 Girls	U15 Boys	U16 Boys	U12 Girls
9:00	OPEN	U18 Girls	U18 Boys	U18 Girls	OPEN

8am	U10 Boys
9am	U10 Girls
10am	U13 Boys
11am	U11 Girls
Noon	U12 Boys
1pm	U12 Girls
2:30	NIFA Boys Clinic
4:00	NIFA Girls Clinic
5:30	Jr Irish Clinic
7pm	Coaches Play

All Academy through U14 receive two 1 hr training sessions each week

All U15 through U19 receive one 1.5 hours training session each week

Keepers receive one training session each week

Optional Clinics are offered for NIFA and Jr Irish players on Saturdays