

2020-2021 NEW WAVE Program Info

Elite/Premier/Select

| Fall (August - November) | Program | Grades | Practice | Number of Hours | Note |
|--|----------------------------|-------------------------|-----------------------------|--|---|
| August 9 thru October 25 | Fall League | 5th thru 8th graders | 2days/week | 2 to 2 1/2 hours each day | league play on Sundays @ NWAC |
| | | | Thursdays | 5:00 p.m. - 7:00 p.m.; 7:00 p.m. - 9:30 p.m. | 6 to 8 days |
| | | | Sunday 8/9, 16, 23 | 4:00-6:00 pm; 6:00-8:30 pm | 3 matches/day |
| | | | | | intrasquad play |
| August 10th thru August 26th | Varsity Blues Scrimmage | 9th thru 12th | 2days/week for 3 weeks | 1-2 hours/day | *players create own teams |
| | | | M/W | 5:00 p.m. - 7:00 p.m. | |
| September 1 | Tryouts | 15's, 16's, 17's, 18's* | 9/1/20 | 7:00 p.m. - 9:00 p.m. | *invitation for returning players; accept on line and register; no need to attend |
| | | 12's, 13's, 14's** | 9/1/20 | 4:30 p.m. - 6:30 p.m. | **not required for those in fall league; new comers register on line |
| | | | | | |
| September 2 | Tryouts Make Ups | 12's - 18's | 9/2/20 | 5:00 p.m. - 7:30 p.m. | |
| 9/14/20 - 10/30/20 (8 weeks) | Preseason Training | | | | |
| | | TRAVEL 15's thru 18's | 2days/week | 2 hrs/day | skills training evaluation of skill |
| | | SELECT 15's and 16's | 2days/week | 2 hrs/day | skills training evaluation of skill |
| | | | | | MFC training OPTIONAL - contact MFC for details |
| November- February 12, 2021 11/1/20 - 2/12/21 (13 weeks) | Regular Season | | | | |
| | | TRAVEL 15's thru 18's | 3 days/week | | MFC training begins; 2x/week |
| | | | 2 team practices | 2 hrs/day | Season to continue May 3, 2021 |
| | | | position practice; 1 MFC | 2 hr | |
| | | | | | |
| | | SELECT 15's and 16's | 2 days/week | | MFC training OPTION |
| | 2 team practices | 2 hrs/day | SEASON ENDS mid May | | |

| February 14 - May 1 (10 weeks) | | | | | |
|---|---------------------------|-----------|----------------|-------------------------------|--|
| | BREAK | HS season | | | |
| May 3 - June 21 (approx) (7 weeks) E/P | Regular Season (con't) | | | | |
| May 3 - Mid May (approx) (approx 3 weeks) S | | TRAVEL | 15's thru 18's | 3 days/week | MFC training OPTIONAL - contact MFC for details |
| | | | | 2 team practices | 2 hrs/day |
| | | | | position practice; 1 MFC | 2 hr |
| | | SELECT | 15's and 16's | 2 days/week | MFC training OPTION |
| | | | | 2 team practices | 2 hrs/day |
| | | | | | SEASON ENDS mid May |
| November - June 11/1/20 - 6/14/21 (approx end) (28 weeks) | | | | | |
| | Regular Season | | | | |
| | | TRAVEL | 13's and 14's | 3 days/week | MFC training begins; 1x/week |
| | | | | 2 team practices | 2 hrs/day |
| | | | | 1 position practice; 1 MFC | 2 hr |
| | | | | | |
| November - March 11/1/20 - 3/19/21 (approx) (18 weeks) | | SELECT | 13 s and 14's | 2 days/week | MFC training OPTION |
| | | | | 2 team practices | 2 hrs/day |
| November - June 11/1/20 - 6/14/21 (approx end) (28 weeks) | | | | | |
| | Regular Season | | | | |
| | | TRAVEL | 11's and 12's | 2 days/week | |
| | | | | 2 team practices | 2 hrs/day |
| November - March 11/1/20 - 3/19/21 (approx) (18 weeks) | | SELECT | 12's | 2 days/week | |
| | | | | 2 team practices | 2 hrs/day |
| February - April 2/15/21 - 4/30/21 (10 weeks) | | | | | |
| | Regular Season | | | | |
| | | SELECT | 10's and 11's | 1 days/week | |
| | | | | 1 team practices | 1 1/2 hrs/day |