



ACCEPTED NPL CLUBS



NPL SCHEDULE

U13-U14 teams will play one schedule spanning three traditional seasons (fall-winter-summer) which will equate to approximately 18-20 matches.

U15-U19 teams will play one schedule spanning two traditional seasons (winter-summer) which will equate to approximately 14-16 matches.

TEAM TRAINING SCHEDULE

- Three training sessions per week in all seasons
- One additional training session per week offered through Soccer 1st Program in Winter

ADDITIONAL EVENTS

WINTER

SPRING

SUMMER



ADDITIONAL TRAINING AND PROGRAMMING

