



Fall 2021 – Training Schedule

| Quantum Field 7980 Quantum Drive | Times | Monday | Tuesday | Wednesday | Thursday |
|-------------------------------------|-----------|----------------|-----------------|----------------|-----------------|
| | 5:00–6:30 | U13/U14 Eagles | U13/U14 Phoenix | U13/U14 Eagles | U13/U14 Phoenix |
| | 6:30–8:00 | U15/U16 Eagles | U15/U16 Phoenix | U15/U16 Eagles | U15/U16 Phoenix |

| Ken Lawrence #2 8081 Jones Branch Dr. | Times | Monday | Tuesday | Wednesday | Thursday |
|--|-----------|-----------|-----------|-----------|----------|
| | 5:00–6:30 | U11 Girls | U9 Girls | U11 Boys | U9 Boys |
| | 6:30–8:00 | U12 Girls | U10 Girls | U12 Boys | U10 Boys |

| Luther Jackson 3020 Gallows Rd | Times | Monday | Wednesday |
|-----------------------------------|-----------|----------|-----------|
| | 5:00–6:15 | U11 Boys | U11 Girls |
| | 6:15–7:30 | U12 Boys | U12 Girls |

| Marshall 7731 Leesburg Pike | Times | Monday | Tuesday | Wednesday | Thursday |
|--------------------------------|-----------|----------------|-----------------|----------------|-----------------|
| | 5:45–7:00 | | U9 Boys | | U9 Girls |
| | 7:00–8:15 | U19 Boys | U10 Boys | U19 Boys | U10 Girls |
| | 8:15–9:30 | U17/U19 Eagles | U17/U19 Phoenix | U17/U19 Eagles | U17/U19 Phoenix |

| Oakton #3 2900 Sutton Road, Vienna | Times | Monday | Tuesday | Wednesday | Thursday |
|---------------------------------------|-----------|---------------|--------------|---------------|--------------|
| | 6:30–7:45 | U15/U16 Girls | U13/U14 Boys | U15/U16 Girls | U13/U14 Boys |
| | 7:45–9:00 | U17/U19 Girls | U15/U16 Boys | U17/U19 Girls | U15/16 Boys |

| Nottoway 9537 Courthouse Road, Vienna | Times | Tuesday | Thursday |
|--|-----------|---------------|---------------|
| | 5:00–6:30 | U13/U14 Girls | U13/U14 Girls |



Fall 2021 – Eagles & Phoenix Friday Schedule

Eagles

| Time | Age Group | Location | Address |
|-----------|----------------|----------------|--------------------|
| 5:00–6:00 | U11/U12 Eagles | Nottoway Park | 9601 Courthouse Rd |
| 5:00–6:00 | U17/U19 Eagles | Luther Jackson | 3020 Gallows Rd |
| 6:00–7:00 | U15/U16 Eagles | Luther Jackson | 3020 Gallows Rd |
| 7:00–8:00 | U13/U14 Eagles | Luther Jackson | 3020 Gallows Rd |

Phoenix

| Time | Age Group | Location | Address |
|-----------|-----------------|---------------|--------------------|
| 5:00–6:00 | U11/U12 Phoenix | Nottoway Park | 9601 Courthouse Rd |
| 5:00–6:00 | U17/U19 Phoenix | Quantum Field | 7980 Quantum Drive |
| 6:00–7:00 | U15/U16 Phoenix | Quantum Field | 7980 Quantum Drive |
| 7:00–8:00 | U13/U14 Phoenix | Quantum Field | 7980 Quantum Drive |



Fall 2021 – Eagles & Phoenix EP Training Schedule



| Eagles | | | |
|-----------|------------|-----------|-----------------------|
| Time | Age Group | Day | Location |
| 5:00-6:00 | U13 Eagles | Tuesdays | McLean Sport & Health |
| 6:00-7:00 | U14 Eagles | Tuesdays | |
| 7:00-8:00 | U15 Eagles | Tuesdays | |
| 5:00-6:00 | U16 Eagles | Thursdays | 1800 Old Meadow Rd |
| 6:00-7:00 | U17 Eagles | Thursdays | |
| 7:00-8:00 | U19 eagles | Thursdays | |

| Phoenix | | | |
|-----------|-------------|------------|-----------------------|
| Time | Age Group | Day | Location |
| 5:00-6:00 | U13 Phoenix | Mondays | McLean Sport & Health |
| 6:00-7:00 | U14 Phoenix | Mondays | |
| 7:00-8:00 | U15 Phoenix | Mondays | |
| 5:00-6:00 | U16 Phoenix | Wednesdays | 1800 Old Meadow Rd |
| 6:00-7:00 | U17 Phoenix | Wednesdays | |
| 7:00-8:00 | U19 Phoenix | Wednesdays | |

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