



**Functional Training  
Times  
U13-U18 5pm - 6pm  
CPI Fields**

**All players are encouraged to bring a ball to each session**

**Fall Dates**

Sunday Sept 11<sup>th</sup>  
Midfielders

Sunday Sept 18<sup>th</sup>  
Forwards

Sunday Sept 25<sup>th</sup>  
Defenders

Sunday Oct 2<sup>nd</sup>  
Midfielders

Sunday Oct 16<sup>th</sup>  
Forwards

Sunday Oct 23<sup>rd</sup>  
Defenders

Sunday Oct 30<sup>th</sup>  
Midfielders

Sunday Nov 6<sup>th</sup>  
Forwards

Sunday Nov 13<sup>th</sup>  
Defenders

**Spring Dates**

Sunday Feb 12<sup>th</sup>  
Forwards

Sunday Feb 19<sup>th</sup>  
Defenders

Sunday Feb 26<sup>th</sup>  
Midfielders

Sunday March 4<sup>th</sup>  
Forwards

Sunday March 11<sup>th</sup>  
Defenders

Sunday March 18<sup>th</sup>  
Midfielders

Sunday March 25<sup>th</sup>  
Forwards

Sunday April 1<sup>st</sup>  
Defenders

Sunday April 15<sup>th</sup>  
Midfielders