

Fall Season 2011 – U13/14 Fitness Nights

Mondays	Tuesdays
<p><u>Weeks 1, 3, 5 & 7:</u> RVFC 98G, Storm & Rapids</p> <p>RVFC 98B & RVFC 99B</p> <p><u>Weeks 2, 4, 6 & 8:</u> Prestige & Thrill</p> <p>Man Utd & Palmeiras</p> <p>Girls sessions – Terry Granados Boys sessions – Parisi Speed School</p>	<p><u>Weeks 1, 3, 5, & 7:</u> Chaos, Radicals & Ambush</p> <p><u>Weeks 2, 4, 6 & 8:</u> Red Gunners & Strikers</p> <p>All sessions – Parisi Speed School</p>

- ❑ ***All sessions are 5-6pm***
- ❑ ***Monday sessions will be at Aztec Park, Tuesday sessions will be at Madison MS***
- ❑ ***8 week training period – starting September 5th week, ending October 24th week***
- ❑ ***Teams will attend alternate weeks throughout fall season***