

Training and Goal tending practices at Rockman Complex Fields 2 and 3 only					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30-7:00 PM					No Practice or Training
5:30-7:00 PM		U-10 Boys Metrostars	U-10 Boys Eagles	U-14 Boys Fury	
5:30-7:00 PM		U-10 Girls Angels	U-12 Boys Galaxy	U-14 Girls Angels FC	
5:30-7:00 PM		Rockets	NJ Eagles		
5:30-7:00 PM		U-12 Girls Wolfpack	US Arsenal		
6:00-7:30 PM	Goal tending				
7:00-8:30 PM		Tigers	FC Hearts	Red Bulls	
7:00-8:30 PM		Thunder	Evolution	U-17 Girls Sky-Blue	
7:00-8:30 PM		U-17 Boys Cosmos	U-17 Boys Scorpions		
7:00-8:30 PM		U-14 Boys Blue Devils	U-14 Boys Ajax		