

# March 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	1	2	3	4	5
	SAQ	SAQ				
	Group training	once-a-week	Monday	through	Friday	
6	7	8	9	10	11	12
	SAQ	SAQ				
	Group training	once-a-week	Monday	through	Friday	
13	14	15	16	17	18	19
	Group training	once-a-week	Monday	through	Friday	
20	21	22	23	24	25	26
	Group training	once-a-week	Monday	through	Friday	
27	28	29	30	31	1	2
	Group training	once-a-week	Monday	through	Friday	

Notes: Group training is either a Regional or Age-group (POD) session

SAQ: Speed, Agility & Quickness training

Seattle United Program	Supplemental training that is optionally purchased in addition to team/club fees
NPSL Game	North Puget Sound League in which Regional/Select teams compete
State Cup Game	Founder's Cup or Challenge Cup
Tryouts	Dates on which all age-appropriate players tryout for a Seattle United team
Seattle United Function	Club events, tournaments, or fundraisers

# April 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
	Teams train	2 times-a-week	Monday	through	Friday	
3	4	5	6	7	8	9
	Group training	2 times-a-week	Monday	through	Friday	
10	11	12	13	14	15	16
	Group training	2 times-a-week	Monday	through	Friday	
17	18	19	20	21	22	23
	Group training	2 times-a-week	Monday	through	Friday	
					U12 Tryouts	U12 Tryouts
					Friday	
24	25	26	27	28	29	30
				U12 Offers	U12 Offers	
	U12 Tryouts		U10-U11 Tryouts	U10-U11 Tryouts		U10-U11 Tryouts

Notes:

Offers: Coach calls families to offer roster spots

Team training: Coaches have the option to train 3 times-a-week. Teams only continue to train if advancing in State Cup

Seattle United Program	Supplemental training that is optionally purchased in addition to team/club fees
NPSL Game	North Puget Sound League in which Regional/Select teams compete
State Cup Game	Founder's Cup or Challenge Cup
Tryouts	Dates on which all age-appropriate players tryout for a Seattle United team
Seattle United Function	Club events, tournaments, or fundraisers

# May 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
U12-U14 State Cup Final	U11 Tryout		U12 Rosters finalized	U11 Offers	U13-U14 Tryouts	U13-U14 Tryouts
<u>U12</u>	<u>Team</u>	<u>meetings</u>	<u>scheduled</u>	<u>for</u>	<u>this</u>	<u>week</u>
8	9	10	11	12	13	14
U13-U14 Tryouts			U11 Rosters finalized	U13-U14 Offers	U13-U14 Offers	
<u>U11</u>	<u>Team</u>	<u>meetings</u>	<u>scheduled</u>	<u>for</u>	<u>this</u>	<u>week</u>
15	16	17	18	19	20	21
			U13 Rosters finalized		Optional GT	
<u>U13 U14</u>	<u>Team</u> <u>U10-12 Teams</u>	<u>meetings</u> <u>2 times-a-week</u>	<u>scheduled</u> <u>Monday</u>	<u>for</u> <u>through</u>	<u>this</u> <u>Friday</u>	<u>week</u>
22	23	24	25	26	27	28
	<u>Teams train</u>	<u>2 times-a-week</u>	<u>Monday</u>	<u>through</u>	Optional GT <u>Friday</u>	
29	30	31	1	2	3	4
	Memorial Day					
	<u>Teams train</u>	<u>2 times-a-week</u>	<u>Monday</u>	<u>through</u>	<u>Friday</u>	

Notes: Team meetings must be scheduled within 10 days of final tryout date

Offers: Coach calls families to offer roster spots

GT: Group training led by Staff Coach or Regional Director

Seattle United Program	Supplemental training that is optionally purchased in addition to team/club fees
NPSL Game	North Puget Sound League in which Regional/Select teams compete
State Cup Game	Founder's Cup or Challenge Cup
Tryouts	Dates on which all age-appropriate players tryout for a Seattle United team
Seattle United Function	Club events, tournaments, or fundraisers

# June 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
	Memorial Day				Optional GT	Coaching Education Weekend
	<u>Teams train</u>	<u>2 times-a-week</u>	<u>Monday</u>	<u>through</u>	<u>Friday</u>	
5	6	7	8	9	10	11
ATP 1 of 4	SAQ	SAQ				
Coaching Education Weekend					Optional GT (Girls)	
	<u>Teams train</u>	<u>2 times-a-week</u>	<u>Monday</u>	<u>through</u>	<u>Friday</u>	
12	13	14	15	16	17	18
ATP 2 of 4	SAQ	SAQ				
					Optional GT (Boys)	
	<u>Teams train</u>	<u>2 times-a-week</u>	<u>Monday</u>	<u>through</u>	<u>Friday</u>	
19	20	21	22	23	24	25
ATP 3 of 4	SAQ	SAQ			Optional GT	
	<u>Teams train</u>	<u>2 times-a-week</u>	<u>Monday</u>	<u>through</u>	<u>Friday</u>	
26	27	28	29	30	1	2
ATP 4 of 4	SAQ	SAQ		Scholarship Golf Tournament	Optional GT	
	<u>Teams train</u>	<u>2 times-a-week</u>	<u>Monday</u>	<u>through</u>	<u>Friday</u>	

Notes: Teams take 14 days off (days determined by the coach) over the Summer months, June to August. Blank weekends in June to August on this calendar are possible tournament dates.

Team training: Training is PM unless noted otherwise.

GT: Group training led by Staff Coach or Regional Director

ATP: Advanced Training Program

SAQ: Speed, Agility & Quickness training

Seattle United Program	Supplemental training that is optionally purchased in addition to team/club fees
NPSL Game	North Puget Sound League in which Regional/Select teams compete
State Cup Game	Founder's Cup or Challenge Cup
Tryouts	Dates on which all age-appropriate players tryout for a Seattle United team
Seattle United Function	Club events, tournaments, or fundraisers

# July 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
	Teams train	2 times-a-week	Monday	through	Optional GT Friday	
3	4	5	6	7	8	9
	SAQ	SAQ				
			SOCCERFEST	SOCCERFEST	SOCCERFEST	SOCCERFEST
	Teams train	2 times-a-week	Monday	through	Friday	
10	11	12	13	14	15	16
SOCCERFEST Staff Game	SAQ	SAQ				
	Teams train	2 times-a-week	Monday	through	Friday	
17	18	19	20	21	22	23
	SAQ	SAQ				
	Teams train	2 times-a-week	Monday	through	Optional GT Friday	
24	25	26	27	28	29	30
	SAQ	SAQ				
	ATP 1 of 4	ATP 2 of 4	ATP 3 of 4	ATP 4 of 4	Optional GT	
	Teams train	2 times-a-week	Monday	through	Friday	
31	1	2	3	4	5	6
	Teams train	2 times-a-week	Monday	through	Seattle United Select Tournament	Seattle United Select Tournament

Notes: Teams take 14 days off (days determined by the coach) over the Summer months, June to August. Blank weekends in June to August on this calendar are possible tournament dates.

Team training: Training is PM unless noted otherwise.

GT: Group training led by Staff Coach or Regional Director. AM Group training is tentative and scheduled on a week-to-week basis

ATP: Advanced Training Program

SAQ: Speed, Agility & Quickness training

Seattle United Program	Supplemental training that is optionally purchased in addition to team/club fees
NPSL Game	North Puget Sound League in which Regional/Select teams compete
State Cup Game	Founder's Cup or Challenge Cup
Tryouts	Dates on which all age-appropriate players tryout for a Seattle United team
Seattle United Function	Club events, tournaments, or fundraisers

# August 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
	SAQ	SAQ			Seattle United Select Tournament	Seattle United Select Tournament
	Teams train	2 times-a-week	Monday	through	Friday	
7	8	9	10	11	12	13
Seattle United Select Tournament	SAQ	SAQ			Celebrate Shoreline Tournament	Celebrate Shoreline Tournament
	Teams train	2 times-a-week	Monday	through	Friday	
14	15	16	17	18	19	20
P.F. Overnight Camp	Peter Fewing Overnight Camp	Peter Fewing Overnight Camp	Peter Fewing Overnight Camp		Optional GT	
Celebrate Shoreline Tournament	Teams train	2 times-a-week	Monday	through	Friday	
21	22	23	24	25	26	27
	ATP 1 of 4	ATP 2 of 4	ATP 3 of 4	ATP 4 of 4	Optional GT	
	Teams train	2 times-a-week	Monday	through	Friday	
28	29	30	31	1	2	3
			Zoom Report 1 of 2			
	Teams train	2 times-a-week	Monday	through	Friday	

Notes: Teams take 14 days off (days determined by the coach) over the Summer months, June to August. Blank weekends in June to August on this calendar are possible tournament dates.

Zoom Report: Player evaluations completed at the end of 1) Summer tournaments and 2) Fall season.

Team training: Training is PM unless noted otherwise.

GT: Group training led by Staff Coach or Regional Director.

ATP: Advanced Training Program

SAQ: Speed, Agility & Quickness training are 10 consecutive weeks.

Seattle United Program	Supplemental training that is optionally purchased in addition to team/club fees
NPSL Game	North Puget Sound League in which Regional/Select teams compete
State Cup Game	Founder's Cup or Challenge Cup
Tryouts	Dates on which all age-appropriate players tryout for a Seattle United team
Seattle United Function	Club events, tournaments, or fundraisers

# September 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
	<u>Teams train</u>	<u>2 times-a-week</u>	<u>Monday</u>	<u>through</u>	<u>Friday</u>	
4	5	6	7	8	9	10
	<u>Teams train</u>	<u>2 times-a-week</u>	<u>Monday</u>	<u>through</u>	<u>Friday</u>	NPSL Game
11	12	13	14	15	16	17
	SAQ	SAQ				NPSL Game
	<u>Teams train</u>	<u>2 times-a-week</u>	<u>Monday</u>	<u>through</u>	<u>Friday</u>	
18	19	20	21	22	23	24
	SAQ	SAQ				NPSL Game
	<u>Teams train</u>	<u>2 times-a-week</u>	<u>Monday</u>	<u>through</u>	<u>Friday</u>	
25	26	27	28	29	30	1
	SAQ	SAQ				NPSL Game
	<u>Teams train</u>	<u>2 times-a-week</u>	<u>Monday</u>	<u>through</u>	<u>Friday</u>	

Notes: Fall NPSL seasons are 12-14 games

SAQ: Speed, Agility & Quickness training

Seattle United Program	Supplemental training that is optionally purchased in addition to team/club fees
NPSL Game	North Puget Sound League in which Regional/Select teams compete
State Cup Game	Founder's Cup or Challenge Cup
Tryouts	Dates on which all age-appropriate players tryout for a Seattle United team
Seattle United Function	Club events, tournaments, or fundraisers

# October 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
						NPSL Game
	<u>Teams train</u>	<u>2 times-a-week</u>	<u>Monday</u>	<u>through</u>	<u>Friday</u>	
2	3	4	5	6	7	8
						NPSL Game
	<u>Teams train</u>	<u>2 times-a-week</u>	<u>Monday</u>	<u>through</u>	<u>Friday</u>	
9	10	11	12	13	14	15
ATP 1 of 4	SAQ	SAQ				NPSL Game
	<u>Teams train</u>	<u>2 times-a-week</u>	<u>Monday</u>	<u>through</u>	<u>Friday</u>	
16	17	18	19	20	21	22
ATP 2 of 4	SAQ	SAQ				NPSL Game
	<u>Teams train</u>	<u>2 times-a-week</u>	<u>Monday</u>	<u>through</u>	<u>Friday</u>	
23	24	25	26	27	28	29
ATP 3 of 4	SAQ	SAQ				NPSL Game
	<u>Teams train</u>	<u>2 times-a-week</u>	<u>Monday</u>	<u>through</u>	<u>Friday</u>	
30	31	1	2	3	4	5
ATP 4 of 4	SAQ	SAQ				NPSL Game
	<u>Teams train</u>	<u>2 times-a-week</u>	<u>Monday</u>	<u>through</u>	<u>Friday</u>	

ATP: Advanced Training Program

SAQ: Speed, Agility & Quickness training

Seattle United Program	Supplemental training that is optionally purchased in addition to team/club fees
NPSL Game	North Puget Sound League in which Regional/Select teams compete
State Cup Game	Founder's Cup or Challenge Cup
Tryouts	Dates on which all age-appropriate players tryout for a Seattle United team
Seattle United Function	Club events, tournaments, or fundraisers

# November 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
ATP 4 of 4	SAQ	SAQ				NPSL Game
	<u>Teams train</u>	<u>2 times-a-week</u>	<u>Monday</u>	<u>through</u>	<u>Friday</u>	
6	7	8	9	10	11	12
	<u>Teams train</u>	<u>2 times-a-week</u>	<u>Monday</u>	<u>through</u>	<u>Friday</u>	NPSL Game
13	14	15	16	17	18	19
	SAQ	SAQ				NPSL Game
	<u>Teams train</u>	<u>2 times-a-week</u>	<u>Monday</u>	<u>through</u>	<u>Friday</u>	
20	21	22	23	24	25	26
NSPL Makeup weekend	TIME OFF	TIME OFF	TIME OFF	Thanksgiving TIME OFF	TIME OFF	TIME OFF
27	28	29	30	1	2	3
	<u>Teams train</u>	<u>2 times-a-week</u>	Zoom Report 2 of 2			NSPL Makeup weekend
	<u>Teams train</u>	<u>2 times-a-week</u>	<u>Monday</u>	<u>through</u>	<u>Friday</u>	

Notes:

SAQ: Speed, Agility & Quickness training

ATP: Advanced Training Program

Zoom Report: Player evaluations completed at the end of 1) Summer tournaments and 2) Fall season.

Seattle United Program	Supplemental training that is optionally purchased in addition to team/club fees
NPSL Game	North Puget Sound League in which Regional/Select teams compete
State Cup Game	Founder's Cup or Challenge Cup
Tryouts	Dates on which all age-appropriate players tryout for a Seattle United team
Seattle United Function	Club events, tournaments, or fundraisers

# December 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
						NSPL Makeup weekend
	<u>Teams train</u>	<u>2 times-a-week</u>	<u>Monday</u>	<u>through</u>	<u>Friday</u>	
4	5	6	7	8	9	10
						State Cup Game
	<u>Teams train</u>	<u>2 times-a-week</u>	<u>Monday</u>	<u>through</u>	<u>Friday</u>	
11	12	13	14	15	16	17
TIME OFF	TIME OFF	TIME OFF	TIME OFF	TIME OFF	TIME OFF	TIME OFF
18	19	20	21	22	23	24
TIME OFF	TIME OFF	TIME OFF	TIME OFF	TIME OFF	TIME OFF	TIME OFF
25	26	27	28	29	30	31
TIME OFF	TIME OFF	ATP 1 of 4	ATP 2 of 4	ATP 3 of 4	ATP 4 of 4	New Year's Eve
TIME OFF	TIME OFF	TIME OFF	TIME OFF	TIME OFF	TIME OFF	TIME OFF

Notes:

ATP: Advanced Training Program

Seattle United Program	Supplemental training that is optionally purchased in addition to team/club fees
NPSL Game	North Puget Sound League in which Regional/Select teams compete
State Cup Game	Founder's Cup or Challenge Cup
Tryouts	Dates on which all age-appropriate players tryout for a Seattle United team
Seattle United Function	Club events, tournaments, or fundraisers

# January 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
New Year's Day						State Cup Game
	<u>Teams train</u>	<u>2 times-a-week</u>	<u>Monday</u>	<u>through</u>	<u>Friday</u>	
8	9	10	11	12	13	14
						State Cup Game
	<u>Teams train</u>	<u>2 times-a-week</u>	<u>Monday</u>	<u>through</u>	<u>Friday</u>	
15	16	17	18	19	20	21
						State Cup Game
	<u>Teams train</u>	<u>2 times-a-week</u>	<u>Monday</u>	<u>through</u>	<u>Friday</u>	
22	23	24	25	26	27	28
						State Cup Quarter-Final
	<u>Teams train</u>	<u>2 times-a-week</u>	<u>Monday</u>	<u>through</u>	<u>Friday</u>	
29	30	31	1	2	3	4
						State Cup Semi-Final
	<u>Teams train</u>	<u>2 times-a-week</u>	<u>Monday</u>	<u>through</u>	<u>Friday</u>	

Notes: Teams continue to train only if advancing in State Cup

<b>Seattle United Program</b>	Supplemental training that is optionally purchased in addition to team/club fees
<b>NPSL Game</b>	North Puget Sound League in which Regional/Select teams compete
<b>State Cup Game</b>	Founder's Cup or Challenge Cup
<b>Tryouts</b>	Dates on which all age-appropriate players tryout for a Seattle United team
<b>Seattle United Function</b>	Club events, tournaments, or fundraisers

# February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
						State Cup Semi-Final
	Teams train	2 times-a-week	Monday	through	Friday	
5	6	7	8	9	10	11
State Cup Final						
	TIME OFF	TIME OFF	TIME OFF	TIME OFF	TIME OFF	TIME OFF
12	13	14	15	16	17	18
TIME OFF	TIME OFF	TIME OFF	TIME OFF	TIME OFF	TIME OFF	TIME OFF
19	20	21	22	23	24	25
TIME OFF	TIME OFF	TIME OFF	TIME OFF	TIME OFF	TIME OFF	TIME OFF
26	27	28	29	1	2	3
TIME OFF	TIME OFF	TIME OFF	TIME OFF	TIME OFF	TIME OFF	TIME OFF

Notes: Teams continue to train only if advancing in State Cup

Seattle United Program	Supplemental training that is optionally purchased in addition to team/club fees
NPSL Game	North Puget Sound League in which Regional/Select teams compete
State Cup Game	Founder's Cup or Challenge Cup
Tryouts	Dates on which all age-appropriate players tryout for a Seattle United team
Seattle United Function	Club events, tournaments, or fundraisers

# March 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	1	2	3
TIME OFF	TIME OFF	TIME OFF	TIME OFF	TIME OFF	TIME OFF	TIME OFF
4	5	6	7	8	9	10
	<u>Group training</u>	<u>once-a-week</u>	<u>Monday</u>	<u>through</u>	<u>Friday</u>	
11	12	13	14	15	16	17
	<u>Group training</u>	<u>once-a-week</u>	<u>Monday</u>	<u>through</u>	<u>Friday</u>	
18	19	20	21	22	23	24
	<u>Group training</u>	<u>once-a-week</u>	<u>Monday</u>	<u>through</u>	<u>Friday</u>	
25	26	27	28	29	30	31
	<u>Group training</u>	<u>once-a-week</u>	<u>Monday</u>	<u>through</u>	<u>Friday</u>	

Notes: Group training is either a Regional or Age-group (POD) session

Seattle United Program	Supplemental training that is optionally purchased in addition to team/club fees
NPSL Game	North Puget Sound League in which Regional/Select teams compete
State Cup Game	Founder's Cup or Challenge Cup
Tryouts	Dates on which all age-appropriate players tryout for a Seattle United team
Seattle United Function	Club events, tournaments, or fundraisers

# April 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Group training	once-a-week	Monday	through	Friday	
8	9	10	11	12	13	14
	Group training	2 times-a-week	Monday	through	Friday	
15	16	17	18	19	20	21
	Group training	2 times-a-week	Monday	through	Friday	
22	23	24	25	26	27	28
	Group training	2 times-a-week	Monday	through	Friday	
29	30	1	2	3	4	5

Notes: Group training is either a Regional or Age-group (POD) session

Seattle United Program	Supplemental training that is optionally purchased in addition to team/club fees
NPSL Game	North Puget Sound League in which Regional/Select teams compete
State Cup Game	Founder's Cup or Challenge Cup
Tryouts	Dates on which all age-appropriate players tryout for a Seattle United team
Seattle United Function	Club events, tournaments, or fundraisers

# May 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4	5
		U11-U12 Tryouts	U11-U12 Tryouts	U11-U12 Tryouts		
6	7	8	9	10	11	12
		U13-U14 Tryouts	U13-U14 Tryouts	U13-U14 Tryouts		
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

Notes: Tryout dates are tentative and set by WSYSA

Seattle United Program	Supplemental training that is optionally purchased in addition to team/club fees
NPSL Game	North Puget Sound League in which Regional/Select teams compete
State Cup Game	Founder's Cup or Challenge Cup
Tryouts	Dates on which all age-appropriate players tryout for a Seattle United team
Seattle United Function	Club events, tournaments, or fundraisers