



## DST FALL 2010 PRACTICE SCHEDULE

### SENIOR PROGRAM

BEGINS MONDAY, SEPTEMBER 13, 2010

GROUP	LOCATION	SAT.	SUN.	MON.	TUES.	WED.	THURS.	FRI.
<b>NATIONALS*</b> Season begins 9/7/2010	DSFC NC am	7:00-10:00am	8:00-11:00am	5:30-7:00am		5:30-7:00am		5:30-7:00am
	DSFC NC pm			3:30-6:30pm	3:30-6:30pm	3:30-6:30pm	3:30-6:30pm	3:30-6:30pm
<b>SENIORS*</b> 9/13/10-11/14/10 Site specific training groups will be selected by the Senior Group Coaching Staff.	UD CIP		12:00-2:00pm	4:30-7:00pm				4:30-7:00pm
	DSFC NC							
	DSFC PC pm			3:30-6:30pm		3:30-5:30pm		3:30-6:30pm
	PS DUPONT	7:00-10:00am				3:30-6:00pm		3:30-6:00pm
	MCKEAN					4:00-6:30pm		4:00-6:30pm
	DSFC PC am (state date TBA)				5:30-7:00am		5:30-7:00am	
<b>HIGH SCHOOL PREP</b> Sept 13- Nov 11	UD CIP		12:00-2:00pm	5:30-7:00pm				5:30-7:00pm
	MCKEAN				6:30-8:00pm	6:30-8:00pm		
	CONCORD		3:00-5:00pm		6:30-8:00pm	6:30-8:00pm	6:30-8:00pm	
	PS DUPONT			6:30-8:00pm		6:30-8:00pm		

\* Includes Dryland



### DST AGE GROUP "DAWGS"

BEGINS MONDAY, SEPTEMBER 13, 2010



GROUP	LOCATION	SAT.	SUN.	MON.	TUES.	WED.	THURS.	FRI.
<b>SUPERS</b>  S = South C=Central N= North	<b>S</b>	UD CIP		12:00-2:00pm	5:00-7:00pm			5:00-7:00pm
		DSFC NC	10:00-12:00pm					
		MCKEAN (until 11/12)				6:00-8:00pm	6:00-8:00pm	
		DSFC PC		7:00-9:00am				
	<b>C</b>	UD CIP		12:00-2:00pm				
		DSFC NC	10:00-12:00pm		6:00-8:00pm	6:00-8:00pm	6:00-8:00pm	6:00-8:00pm
	<b>N</b>	UD CIP		12:00-2:00pm				
		DSFC NC	10:00-12:00pm					
		CONCORD		3:00-5:00pm		6:30-8:15pm		6:30-8:15pm
		PS DUPONT			6:00-8:00pm		6:00-8:00pm	5:30-7:30pm
<b>MIGHTY</b>	UD CIP	10:30am-12:00pm			5:30-7:00pm	5:30-7:00pm	5:30-7:00pm	5:30-7:00pm
	DSFC NC			7:00-8:30pm	7:00-8:30pm	7:00-8:30pm	7:00-8:30pm	
	DSFC PC		9:00-10:30am	7:00-8:30pm	5:00-6:30pm	7:00-8:30pm		7:00-8:30pm
	CONCORD		3:00-4:30pm		6:30-8:00pm		6:30-8:00pm	
	PS DUPONT			5:30-7:00pm		5:30-7:00pm		5:30-7:00pm
<b>WONDER</b>	UD CIP	10:30am-12:00pm		5:30-7:00pm	5:30-7:00pm	5:30-7:00pm	5:30-7:00pm	
	DSFC NC			6:00-7:30pm	6:00-7:30pm	6:00-7:30pm	6:00-7:30pm	
	DSFC PC		10:30am-12:00pm	5:30-7:00pm		5:30-7:00pm	5:00-6:30pm	5:30-7:00pm
	CONCORD		3:00-4:30pm		5:30-7:00pm		5:30-7:00pm	
	PS DUPONT			5:30-7:00pm		5:30-7:00pm		5:30-7:00pm
<b>PUPS</b>	UD CIP	10:30-11:30am						
	NEWARK SC			5:30-6:30pm		5:30-6:30pm		5:30-6:30pm
	DSFC NC				6:00-7:00pm		6:00-7:00pm	
	DSFC PC - level 1		9:00-10:00am	5:30-6:30pm		5:30-6:30pm		5:30-6:30pm
	DSFC PC - level 2		10:00-11:00am	6:30-7:30pm		6:30-7:30pm		6:30-7:30pm
	CONCORD		3:00-4:00pm		5:30-6:30pm		5:30-6:30pm	
	PS DUPONT				5:30-6:30pm		5:30-6:30pm	5:30-6:30pm

\* Includes Dryland

