

# EMFC Training Schedule

November 11, 2024 - January 2, 2024

\*\* changed 11-11-2024

Day	Date	Team	Name	Time	Location		
Mon	11-Nov	U15 G	Sporting Comp	6:35-8:05	LCC soccer field		
		U16 G	Brescia Comp	6:35-8:05	LCC soccer field		
		U12 B	Spurs Comp 1	6:35-8:05	LCC soccer field		
		U11 B	Inter Comp 2	5:00-6:30	LCC track field		
		U11 B	Inter Comp 1	5:00-6:30	LCC track field		
		U13 G	Man City Comp	5:00-6:30	LCC track field		
		U12 G	Wolfsburg Comp	5:00-6:30	LCC track field		
		U12 B	Spurs Comp 2	6:35-8:05	LCC track field		
		U13 G	Barcelona Comp 2	6:35-8:05	LCC track field		
		U17 B	Sevilla Comp	5:00-6:30	Bob Keefer #3		
		U14 G	Barcelona Comp 1	5:00-6:30	Bob Keefer #3		
		U16 B	Napoli Comp	5:00-6:30	Bob Keefer #3		
		U13 B	Atletico Comp	5:00-6:30	Bob Keefer #4		
		U14 B	Salzburg Comp 2	5:00-6:30	Bob Keefer #4		
		Tue	12-Nov	U16 B	Napoli Prem	6:35-8:05	LCC soccer field
				GK	U13/14/15 B/G Prem Goalkeeper Training	6:30-7:30	LCC soccer field
						6:35-8:05	LCC soccer field
				U13 B	Atletico Prem	5:00-6:30	LCC track field
U14 G	Barcelona Prem			5:00-6:30	LCC track field		
U11 G	Real Prem			5:00-6:30	LCC track field		
U12 G	Wolfsburg Prem			6:35-8:05	LCC track field		
U15 G	Sporting Prem			6:35-8:05	LCC track field		
U14 B	Salzburg Prem			6:35-8:05	LCC track field		
U19 B	Rangers Prem			5:00-6:30	Bob Keefer #4		
U15 B	Benfica Prem			5:00-6:30	Bob Keefer #4		
U11 B	Inter Prem 1 & 2			5:00-6:30	Bob Keefer #4		
U13 G	Man City Prem			6:35-8:05	Bob Keefer #4		
U17 B	Sevilla Prem			6:35-8:05	Bob Keefer #4		
U12 B	Spurs Prem 1 & 2			6:35-8:05	Bob Keefer #4		

Wed	13-Nov	U16 G	Brescia Comp	6:35-8:05	LCC soccer field
		U15 G	Sporting Comp	6:35-8:05	LCC soccer field
		U12 B	Spurs Comp 1	5:00-6:30	LCC track field
		U11 B	Inter Comp 1	5:00-6:30	LCC track field
		U12 G	Wolfsburg Comp	5:00-6:30	LCC track field
		U13 G	Man City Comp	5:00-6:30	LCC track field
		U13 G	Barcelona Comp 2	6:35-8:05	LCC track field
		U13 B	Atletico Comp	5:00-6:30	Bob Keefer #3
		U11 B	Inter Comp 2	5:00-6:30	Bob Keefer #3
		U12 B	Spurs Comp 2	6:35-8:05	Bob Keefer #3
		U14 B	Salzburg Comp 1	6:35-8:05	Bob Keefer #3
		U14 B	Salzburg Comp 2	6:35-8:05	Bob Keefer #3
		U17 B	Sevilla Comp	5:00-6:30	Bob Keefer #4
		U14 G	Barcelona Comp 1	5:00-6:30	Bob Keefer #4
		U16 B	Napoli Comp	5:00-6:30	Bob Keefer #4
Thu	14-Nov	GK	U16-19 B Goalkeeper Training	6:30-7:30	LCC soccer field
		U17 B	Sevilla Prem	6:35-8:05	LCC soccer field
		U19 B	Rangers Prem	6:35-8:05	LCC soccer field
		U15 B	Benfica Prem	5:00-6:30	LCC track field
		U14 G	Barcelona Prem	5:00-6:30	LCC track field
		U13 B	Atletico Prem	5:00-6:30	LCC track field
		U16 B	Napoli Prem	6:35-8:05	LCC track field
		U15 G	Sporting Prem	6:35-8:05	LCC track field
		U14 B	Salzburg Prem	6:35-8:05	LCC track field
		U11 G	Real Prem	5:00-6:30	Bob Keefer #3
		U12 G	Wolfsburg Prem	5:00-6:30	Bob Keefer #3
		U16 G	Brescia Prem	5:00-6:30	Bob Keefer #4
		U19 G	Paris Prem	5:00-6:30	Bob Keefer #4
		U11 B	Inter Prem 1 & 2	5:00-6:30	Bob Keefer #4
		GK	U16-19 G Goalkeeper Training	6:30-7:30	Bob Keefer #4
		U13 G	Man City Prem	6:35-8:05	Bob Keefer #4
		U17 G	Vantaa Prem	6:35-8:05	Bob Keefer #4
		U12 B	Spurs Prem 1 & 2	6:35-8:05	Bob Keefer #4

Fri	15-Nov	U16 B	Napoli Prem	6:35-8:05	LCC soccer field	
		U17 B	Sevilla Prem	6:35-8:05	LCC soccer field	
		U19 B	Rangers Prem	6:35-8:05	LCC soccer field	
		U13 B	Atletico Prem	5:00-6:30	LCC track field	
		U15 B	Benfica Prem	5:00-6:30	LCC track field	
		U11 G	Real Prem	5:00-6:30	LCC track field	
		U12 G	Wolfsburg Prem	6:35-8:05	LCC track field	
		U14 B	Salzburg Prem	6:35-8:05	LCC track field	
		U14 G	Barcelona Prem	5:00-6:30	Bob Keefer #2	
		U13 G	Man City Prem	5:00-6:30	Bob Keefer #2	
		U16 G	Brescia Prem	5:00-6:30	Bob Keefer #1	
		U19 G	Paris Prem	5:00-6:30	Bob Keefer #1	
		U15 G	Sporting Prem	6:35-8:05	Bob Keefer #1	
		U17 G	Vantaa Prem	6:35-8:05	Bob Keefer #1	
		Sat	16-Nov	U13 B	Atletico Comp vs CFC 12B Black	10:00
U14 G	Barcelona Comp2 vs Oregon Surf 11G Blue			11:30	LCC Soccer field	
U17 G	Vantaa Prem vs UO Club			3:00	LCC Soccer field	
U11 B	Inter Comp 1 vs FC Portland 14B White			11:30	LCC track field	
U12 B	Spurs Prem 2 vs FC Salmon Creek 13B White			1:00	LCC track field	
U12 G	Wolfsburg Comp vs Oregon Surf 13G White			2:30	LCC track field	
U11 B	Inter Prem 2 vs United PDX 14B Pre Prem Blu			4:00	LCC track field	
Sun	17-Nov			U13 G	Man City Prem vs Seattle Celtic GA	10:00
		U14 G	Barcelona Prem vs Seattle Celtic GA	12:00	LCC soccer field	
Mon	18-Nov	U16 G	Brescia Comp	5:00-6:30	LCC soccer field	
		U17 B	Sevilla Comp	5:00-6:30	LCC soccer field	
		U19 G	Paris Comp	6:35-8:05	LCC soccer field	
		U16 B	Napoli Comp	6:35-8:05	LCC soccer field	
					5:00-6:30	LCC track field
		U15 B	Benfica Comp	5:00-6:30	LCC track field	
		U15 G	Sporting Comp	6:35-8:05	LCC track field	
		U14 G	Barcelona Comp 1 & 2	6:35-8:05	LCC track field	

Tue	19-Nov	U15 B	Benfica Prem	5:00-6:30	LCC soccer field	
		U16 B	Napoli Prem	6:35-8:05	LCC soccer field	
		U17 B	Sevilla Prem	6:35-8:05	LCC soccer field	
		U19 B	Rangers Prem	6:35-8:05	LCC soccer field	
		U13 B	Atletico Prem	5:00-6:30	LCC track field	
		U14 G	Barcelona Prem	5:00-6:30	LCC track field	
		U15 G	Sporting Prem	6:35-8:05	LCC track field	
		GK	U13/14/15 B/G Prem Goalkeeper Training	6:30-7:30	LCC track field	
		U14 B	Salzburg Prem	6:35-8:05	LCC track field	
		U16 G	Brescia Prem	5:00-6:30	Bob Keefer #1	
		U19 G	Paris Prem	5:00-6:30	Bob Keefer #1	
		U13 G	Man City Prem	6:35-8:05	Bob Keefer #1	
		U17 G	Vantaa Prem	6:35-8:05	Bob Keefer #1	
Wed	20-Nov	U16 G	Brescia Comp	5:00-6:30	LCC soccer field	
		U17 B	Sevilla Comp	5:00-6:30	LCC soccer field	
		U19 G	Paris Comp	6:35-8:05	LCC soccer field	
		U16 B	Napoli Comp	6:35-8:05	LCC soccer field	
		U15 B	Benfica Comp	5:00-6:30	LCC track field	
				5:00-6:30	LCC track field	
		U15 G	Sporting Comp	6:35-8:05	LCC track field	
				6:35-8:05	LCC track field	
	Thu	21-Nov	U15 B	Benfica Prem	5:00-6:30	LCC soccer field
			U16 B	Napoli Prem	6:35-8:05	LCC soccer field
GK			U16-19 B Goalkeeper Training	6:30-7:30	LCC soccer field	
U17 B			Sevilla Prem	6:35-8:05	LCC soccer field	
U19 B			Rangers Prem	6:35-8:05	LCC soccer field	
		U13 B	Atletico Prem	5:00-6:30	LCC track field	
		U14 G	Barcelona Prem	5:00-6:30	LCC track field	
		U15 G	Sporting Prem	6:35-8:05	LCC track field	
		U14 B	Salzburg Prem	6:35-8:05	LCC track field	
		U16 G	Brescia Prem	5:00-6:30	Bob Keefer #1	
		U19 G	Paris Prem	5:00-6:30	Bob Keefer #1	
		GK	U16-19 G Goalkeeper Training	6:30-7:30	Bob Keefer #1	
		U13 G	Man City Prem	6:35-8:05	Bob Keefer #1	
	U17 G	Vantaa Prem	6:35-8:05	Bob Keefer #1		

Fri	22-Nov	U15 B	Benfica Prem	5:00-6:30	LCC soccer field
		U16 B	Napoli Prem	6:35-8:05	LCC soccer field
		U17 B	Sevilla Prem	6:35-8:05	LCC soccer field
		U19 B	Rangers Prem	6:35-8:05	LCC soccer field
		U13 B	Atletico Prem	5:00-6:30	LCC track field
		U14 G	Barcelona Prem	5:00-6:30	LCC track field
		U15 G	Sporting Prem	6:35-8:05	LCC track field
		U14 B	Salzburg Prem	6:35-8:05	LCC track field
		U16 G	Brescia Prem	5:00-6:30	Bob Keefer #1
		U19 G	Paris Prem	5:00-6:30	Bob Keefer #1
		U13 G	Man City Prem	6:35-8:05	Bob Keefer #1
		U17 G	Vantaa Prem	6:35-8:05	Bob Keefer #1
Sat	23-Nov	USSF D	USSF D Coaching License	8:00-4:00	LCC track field
Sun	24-Nov	U13 B	Atletico Prem vs FC Portland ECRL	10:00	Bob Keefer #1
		U14 B	Salzburg Prem vs FC Portland ECRL	12:00	Bob Keefer #1
		U16 B	Napoli Prem vs FC Portland ECRL	2:00	Bob Keefer #1
		U15 B	Benfica Prem vs FC Portland ECRL	10:00	Bob Keefer #2
		U17 B	Sevilla Prem vs FC Portland ECRL	12:00	Bob Keefer #2
		U19 B	Rangers Prem vs FC Portland ECRL	2:00	Bob Keefer #2
		USSF D	USSF D Coaching License	8:00-4:00	LCC track field
Nov 25 - 1-Dec		Thanksgiving Break No Training			
30-Nov	GK	GoalKeeper Camp		TBD	TBD
Mon	2-Dec	U16 G	Brescia Comp	5:00-6:30	LCC soccer field
		U17 B	Sevilla Comp	5:00-6:30	LCC soccer field
		U19 G	Paris Comp	6:35-8:05	LCC soccer field
		U16 B	Napoli Comp	6:35-8:05	LCC soccer field
		U15 B	Benfica Comp	5:00-6:30	LCC track field
				5:00-6:30	LCC track field
		U15 G	Sporting Comp	6:35-8:05	LCC track field
				6:35-8:05	LCC track field

Tue	3-Dec	U15 B	Benfica Prem	5:00-6:30	LCC soccer field
		U16 B	Napoli Prem	6:35-8:05	LCC soccer field
		U17 B	Sevilla Prem	6:35-8:05	LCC soccer field
		U19 B	Rangers Prem	6:35-8:05	LCC soccer field
		U13 B	Atletico Prem	5:00-6:30	LCC track field
		U14 G	Barcelona Prem	5:00-6:30	LCC track field
		GK	U13/14/15 B/G Prem Goalkeeper Training	6:30-7:30	LCC track field
		U15 G	Sporting Prem	6:35-8:05	LCC track field
		U14 B	Salzburg Prem	6:35-8:05	LCC track field
		U16 G	Brescia Prem	5:00-6:30	Bob Keefer
		U19 G	Paris Prem	5:00-6:30	Bob Keefer
		GK	U16-19 G Goalkeeper Training	6:30-7:30	Bob Keefer
		U13 G	Man City Prem	6:35-8:05	Bob Keefer
U17 G		Vantaa Prem	6:35-8:05	Bob Keefer	
Wed	4-Dec	U16 G	Brescia Comp	5:00-6:30	LCC soccer field
		U17 B	Sevilla Comp	5:00-6:30	LCC soccer field
		U19 G	Paris Comp	6:35-8:05	LCC soccer field
		U16 B	Napoli Comp	6:35-8:05	LCC soccer field
		U15 B	Benfica Comp	5:00-6:30	LCC track field
				5:00-6:30	LCC track field
		U15 G	Sporting Comp	6:35-8:05	LCC track field
				6:35-8:05	LCC track field
Thu	5-Dec	U15 B	Benfica Prem	5:00-6:30	LCC soccer field
		U16 B	Napoli Prem	6:35-8:05	LCC soccer field
		GK	U16-19 B Goalkeeper Training	6:30-7:30	LCC soccer field
		U17 B	Sevilla Prem	6:35-8:05	LCC soccer field
		U19 B	Rangers Prem	6:35-8:05	LCC soccer field
		U13 G	Man City Prem	5:00-6:30	LCC track field
		U13 B	Atletico Prem	5:00-6:30	LCC track field
		U14 G	Barcelona Prem	6:35-8:05	LCC track field
		U14 B	Salzburg Prem	6:35-8:05	LCC track field
Fri	6-Dec	U15 B	Benfica Prem	5:00-6:30	LCC soccer field
		U16 B	Napoli Prem	6:35-8:05	LCC soccer field
		U17 B	Sevilla Prem	6:35-8:05	LCC soccer field
		U19 B	Rangers Prem	6:35-8:05	LCC soccer field
		U13 G	Man City Prem	5:00-6:30	LCC track field
		U13 B	Atletico Prem	5:00-6:30	LCC track field
		U14 G	Barcelona Prem	6:35-8:05	LCC track field
		U14 B	Salzburg Prem	6:35-8:05	LCC track field
Sat	7-Dec	USSF	Coaching Course	8:00-4:00	LCC track field
Sun	8-Dec	USSF	Coaching Course	8:00-4:00	LCC track field

Mon	9-Dec	U16 G	Brescia Comp	5:00-6:30	LCC soccer field	
		U17 B	Sevilla Comp	5:00-6:30	LCC soccer field	
		U19 G	Paris Comp	6:35-8:05	LCC soccer field	
		U16 B	Napoli Comp	6:35-8:05	LCC soccer field	
	U15 B	Benfica Comp	5:00-6:30	LCC track field		
			5:00-6:30	LCC track field		
		Sporting Comp	6:35-8:05	LCC track field		
			6:35-8:05	LCC track field		
	Tue	10-Dec	U13 G	Man City Prem	5:00-6:30	LCC soccer field
			U15 B	Benfica Prem	5:00-6:30	LCC soccer field
U16 B			Napoli Prem	6:35-8:05	LCC soccer field	
U17 B			Sevilla Prem	6:35-8:05	LCC soccer field	
U19 B			Rangers Prem	6:35-8:05	LCC soccer field	
U13 B		Atletico Prem	5:00-6:30	LCC track field		
			5:00-6:30	LCC track field		
		GK	U13/14/15 B/G Prem Goalkeeper Training	6:30-7:30	LCC track field	
		U15 G	Sporting Prem	6:35-8:05	LCC track field	
		U14 B	Salzburg Prem	6:35-8:05	LCC track field	
Wed	11-Dec	U16 G	Brescia Comp	5:00-6:30	LCC soccer field	
		U17 B	Sevilla Comp	5:00-6:30	LCC soccer field	
		U19 G	Paris Comp	6:35-8:05	LCC soccer field	
		U16 B	Napoli Comp	6:35-8:05	LCC soccer field	
	U15 B	Benfica Comp	5:00-6:30	LCC track field		
			5:00-6:30	LCC track field		
		Sporting Comp	6:35-8:05	LCC track field		
			6:35-8:05	LCC track field		
	Thu	12-Dec	U15 B	Benfica Prem	5:00-6:30	LCC soccer field
			U16 B	Napoli Prem	6:35-8:05	LCC soccer field
GK			U16-19 B Goalkeeper Training	6:30-7:30	LCC soccer field	
U17 B			Sevilla Prem	6:35-8:05	LCC soccer field	
U19 B			Rangers Prem	6:35-8:05	LCC soccer field	
U13 B		Atletico Prem	5:00-6:30	LCC track field		
			5:00-6:30	LCC track field		
		U14 G	Barcelona Prem	5:00-6:30	LCC track field	
		U15 G	Sporting Prem	6:35-8:05	LCC track field	
		U14 B	Salzburg Prem	6:35-8:05	LCC track field	
U16 G	Brescia Prem	5:00-6:30	Bob Keefer			
U19 G	Paris Prem	5:00-6:30	Bob Keefer			
GK	U16-19 G Goalkeeper Training	6:30-7:30	Bob Keefer			
U13 G	Man City Prem	6:35-8:05	Bob Keefer			
U17 G	Vantaa Prem	6:35-8:05	Bob Keefer			

Fri	13-Dec	U15 B	Benfica Prem	5:00-6:30	LCC soccer field
		U16 B	Napoli Prem	6:35-8:05	LCC soccer field
		U17 B	Sevilla Prem	6:35-8:05	LCC soccer field
		U19 B	Rangers Prem	6:35-8:05	LCC soccer field
		U13 B	Atletico Prem	5:00-6:30	LCC track field
		U14 G	Barcelona Prem	5:00-6:30	LCC track field
		U15 G	Sporting Prem	6:35-8:05	LCC track field
		U14 B	Salzburg Prem	6:35-8:05	LCC track field
		U16 G	Brescia Prem	5:00-6:30	Bob Keefer
		U19 G	Paris Prem	5:00-6:30	Bob Keefer
		U13 G	Man City Prem	6:35-8:05	Bob Keefer
		U17 G	Vantaa Prem	6:35-8:05	Bob Keefer
Sat	14-Dec	U15 B	Benfica Prem vs Capital FC ECRL	10:00	Bob Keefer #1
		U17 B	Sevilla Prem vs Capital FC ECRL	12:00	Bob Keefer #1
		U19 B	Rangers Prem vs Capital FC ECRL	2:00	Bob Keefer #1
		U13 B	Atletico Prem vs Capital FC ECRL	10:00	Bob Keefer #2
		U14 B	Salzburg Prem vs Capital FC ECRL	12:00	Bob Keefer #2
		U16 B	Napoli Prem vs Capital FC ECRL	2:00	Bob Keefer #2
Sun	15-Dec	U13 B	Atletico Prem vs Westside Metro ECRL	10:00	Bob Keefer #1
		U14 B	Salzburg Prem vs Westside Metro ECRL	12:00	Bob Keefer #1
		U16 B	Napoli Prem vs Westside Metro ECRL	2:00	Bob Keefer #1
		U15 B	Benfica Prem vs Westside Metro ECRL	10:00	Bob Keefer #2
		U17 B	Sevilla Prem vs Westside Metro ECRL	12:00	Bob Keefer #2
		U19 B	Rangers Prem vs Westside Metro ECRL	2:00	Bob Keefer #2
Mon	16-Dec	U16 G	Brescia Comp	5:00-6:30	LCC soccer field
		U17 B	Sevilla Comp	5:00-6:30	LCC soccer field
		U19 G	Paris Comp	6:35-8:05	LCC soccer field
		U16 B	Napoli Comp	6:35-8:05	LCC soccer field
		U15 B	Benfica Comp	5:00-6:30	LCC track field
				5:00-6:30	LCC track field
		U15 G	Sporting Comp	6:35-8:05	LCC track field
				6:35-8:05	LCC track field



Tue	17-Dec	U15 B	Benfica Prem	5:00-6:30	LCC soccer field		
		U16 B	Napoli Prem	6:35-8:05	LCC soccer field		
		U17 B	Sevilla Prem	6:35-8:05	LCC soccer field		
		U19 B	Rangers Prem	6:35-8:05	LCC soccer field		
					5:00-6:30	LCC track field	
		U14 G	Barcelona Prem	5:00-6:30	LCC track field		
		U15 G	Sporting Prem	6:35-8:05	LCC track field		
		GK	U13/14/15 B/G Prem Goalkeeper Training	6:30-7:30	LCC track field		
					5:00-6:30	Bob Keefer	
		U16 G	Brescia Prem	5:00-6:30	Bob Keefer		
		U19 G	Paris Prem	5:00-6:30	Bob Keefer		
		U13 G	Man City Prem	6:35-8:05	Bob Keefer		
					6:35-8:05	Bob Keefer	
Wed	18-Dec	U16 G	Brescia Comp	5:00-6:30	LCC soccer field		
		U17 B	Sevilla Comp	5:00-6:30	LCC soccer field		
		U19 G	Paris Comp	6:35-8:05	LCC soccer field		
		U16 B	Napoli Comp	6:35-8:05	LCC soccer field		
					5:00-6:30	LCC track field	
		U15 B	Benfica Comp	5:00-6:30	LCC track field		
		U15 G	Sporting Comp	6:35-8:05	LCC track field		
				6:35-8:05	LCC track field		
	Thu	19-Dec	U15 B	Benfica Prem	5:00-6:30	LCC soccer field	
			U17 B	Sevilla Prem	6:35-8:05	LCC soccer field	
			U19 B	Rangers Prem	6:35-8:05	LCC soccer field	
						5:30-6:30	LCC track field
			GK	U16-19 B/G Goalkeeper Training	5:30-6:30	LCC track field	
U14 G	Barcelona Prem		5:00-6:30	LCC track field			
U15 G	Sporting Prem		6:35-8:05	LCC track field			
				6:35-8:05	LCC track field		
				5:00-6:30	Bob Keefer		
	U16 G	Brescia Prem	5:00-6:30	Bob Keefer			
	U19 G	Paris Prem	5:00-6:30	Bob Keefer			
	U13 G	Man City Prem	6:35-8:05	Bob Keefer			
				6:35-8:05	Bob Keefer		

Fri	20-Dec	U15 B	Benfica Prem	5:00-6:30	LCC soccer field
		U16 B	Napoli Prem	6:35-8:05	LCC soccer field
		U17 B	Sevilla Prem	6:35-8:05	LCC soccer field
		U19 B	Rangers Prem	6:35-8:05	LCC soccer field
		U13 B	Atletico Prem	5:00-6:30	LCC track field
		U14 G	Barcelona Prem	5:00-6:30	LCC track field
		U15 G	Sporting Prem	6:35-8:05	LCC track field
		U14 B	Salzburg Prem	6:35-8:05	LCC track field
		U16 G	Brescia Prem	5:00-6:30	Bob Keefer
		U19 G	Paris Prem	5:00-6:30	Bob Keefer
		U13 G	Man City Prem	6:35-8:05	Bob Keefer
		U17 G	Vantaa Prem	6:35-8:05	Bob Keefer
Dec 21 - 2-Jan		Christmas Break No Training			