



WINTER TRAINING 2020

Chesapeake United Soccer Club offers great training opportunities throughout the winter months to keep your player at the top of their game and increase their development in the off-season. For eight weeks, outdoor technical training will be offered on Wednesday nights beginning January 8 and indoor futsal games will be played on Sundays beginning January 5. Winter Training is open to ALL players born between 2016 and 2002 whether or not they are members of CUSC. All sessions are run by the professional coaching staff at CUSC. Players are encouraged to attend all sixteen sessions of Winter Training, both indoor and outdoor, though this is not required. For more information and registration, please follow the links below.

INDOOR (FUTSAL) GAMES - SUNDAYS

| | |
|-------------|-----------------------------------|
| 11:00-11:50 | 2012-2016 (Academy & First Start) |
| 11:50-12:40 | 2011 |
| 12:40-1:30 | 2010 |
| 1:30-2:20 | 2009 |
| 2:20-3:10 | 2008 |
| 3:10-4:00 | 2006 & 2007 |
| 4:00-4:50 | 2002-2005 |

OUTDOOR TRAINING - WEDNESDAYS

FIRST START & ACADEMY AGES:

(BIRTH YEARS **2016-2012**): **6-6:45pm**

COMPETITIVE & ADVANCED AGES:

(BIRTH YEARS **2011 - 2009**) + Goalkeepers: **6-7pm**

(BIRTH YEARS **2008 - 2002**) + Goalkeepers: **7-8pm**

Sundays (INDOOR): JANUARY 5, 12, 19, 26 // FEBRUARY 2, 9, 16, 23

Location: Great Bridge High School Gymnasium (301 Hanbury Rd W, Chesapeake)

Wednesdays (OUTDOOR): JANUARY 8, 15, 22, 29 // FEBRUARY 5, 12, 19, 26

Location: Hugo Owens Middle School (1997 Horseback Run, Chesapeake)

2012-2016 Players: \$125 per player / includes ALL 16 Winter Training Events

2001-2011 Players: \$150 per player / includes ALL 16 Winter Training Events

Winter Training is **INCLUDED in the year round fees for CUSC Competitive Program Players - No registration required**

****2016-2002: ALL PLAYERS CLICK HERE TO REGISTER FOR WINTER 2020****

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