

General Guidelines

1. All weekday training sessions will take place at Veeck Park on the east field (Veeck is located on 47th Street, just west of I-294)
2. All Sunday coach clinics will take place at the Clarendon Hills Park District Community Center, which is located at 315 Chicago Avenue
3. All of these sessions - both weekday practices and Sunday coach clinics - are **completely optional**
4. Most coaches have been assigned to practice with a trainer during their normal practice day and time
5. The training sessions are to give players exposure to a professional trainer's techniques, as well as for coaches to gain additional knowledge about how to run an effective practice
- 6. Coaches should attend these sessions with their team**
7. The practice sessions will operate under the same field closure rules as regular practices and games - check our website daily for the status of practice/game playability
8. If you have a particular skill or technique that you'd like to work on during your trainer session, please contact them ahead of time

Reschedule Policy

1. Go to our website: www.aysohinsdale.org - the professional trainer schedule will be located on the Practice Schedule page
2. Find an available time slot
3. Contact Gillian at xox_gibby_xox@hotmail.co.uk to reschedule your session
4. All rescheduled sessions are at the discretion of the professional trainers

Availability Guidelines

1. Any open time slots are available to any team
2. You may practice with either of the trainers
3. The limit is two teams per practice slot, except for U14 where the limit is one team
4. If you would like to join another team, please make sure the age is within one or two years of your division
(for example, a U7 girls team can practice with a U8 girls team, but it's not appropriate for a U6 boys team to practice with a U12 boys team)
5. You may mix boys and girls teams, however, also follow the age guidelines above (e.g., U6 boys and U7 girls together is fine)

Number of Sessions

1. We have "pre-scheduled" one session for each team
2. You may schedule one more session for your team
3. We will send a message to all coaches later in the season if there is availability for teams to have more than two sessions

Cancellation Policy

1. You should try to notify the trainers of your cancellation as soon as possible
2. Contact Gillian at xox_gibby_xox@hotmail.co.uk to inform her of your cancellation

Sunday Coach Clinics

1. You may attend any and all sessions that interest you
2. They will include both "classroom" instruction and "hands-on" practice
3. These sessions are meant to educate coaches on practice techniques - **please do not bring your teams to these sessions**
4. Please wear indoor training attire (i.e., no cleats)

Make-Up Policy

1. If your training session is canceled due to poor weather and/or field conditions, you may re-schedule it yourself using the guidelines above
2. We have access to an indoor facility (HCHS field house) on Saturday afternoons to conduct make-up sessions, if necessary; you will be contacted by the trainer if your Saturday make-up session will be held indoors
3. If your team is eligible for a Saturday afternoon make-up session, you will be contacted by the professional trainer

Trainer Contact Information

Gillian's email address: xox_gibby_xox@hotmail.co.uk
David's email address: baillied1@hotmail.com

Gillian's cell phone number: 480-213-4280
David's cell phone number: 773-537-5488

Professional Training Sessions - Fall 2009								
Team Assignments								
Updated:	10/22/2009							
		31-Aug	1-Sep	2-Sep	3-Sep	4-Sep	5-Sep	6-Sep
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gillian	11:00 AM	xxx	xxx	xxx	xxx	xxx	n/a	xxx
	2:00 PM	xxx	xxx	xxx	xxx	xxx	xxx	xxx
	3:00 PM	xxx	xxx	xxx	xxx	xxx	xxx	xxx
	4:00 PM	xxx				2718 & 2804	xxx	xxx
	5:00 PM	xxx		2913	2003	2817	xxx	xxx
	6:00 PM	kick-off mtg		1403	1905		xxx	xxx
	7:00 PM	kick-off mtg					xxx	xxx
David	11:00 AM	xxx	xxx	xxx	xxx	xxx	n/a	xxx
	1:00 PM	xxx	xxx	xxx	xxx	xxx	n/a	xxx
	2:00 PM	xxx	xxx	xxx	xxx	xxx	n/a	xxx
	3:00 PM	xxx	xxx	xxx	xxx	xxx	xxx	xxx
	4:00 PM	xxx				1622 & 1706	xxx	xxx
	5:00 PM	xxx	U19	1617	1618		xxx	xxx
	6:00 PM	kick-off mtg	U19	1609		1209	xxx	xxx
	7:00 PM	kick-off mtg					xxx	xxx
	xxx =	Time not available for professional trainers						
	reserved =	Indoor space reserved for practices canceled due to poor weather and/or field conditions						
		All weekday training sessions will take place at Veeck Park on the east field						
		All Sunday coach clinics will take place at the Clarendon Hills Park District Community Center,						
		located at 315 Chicago Avenue						

Professional Training Sessions - Fall 2009								
Team Assignments								
Updated:	10/22/2009							
		7-Sep	8-Sep	9-Sep	10-Sep	11-Sep	12-Sep	13-Sep
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		(Labor Day)						
Gillian	11:00 AM	xxx	xxx	xxx	xxx	xxx	U5	xxx
	2:00 PM	xxx	xxx	xxx	xxx	xxx	xxx	U6/U7 Coach Clinic
	3:00 PM	xxx	xxx	xxx	xxx	xxx	reserved	U8/U9 Coach Clinic
	4:00 PM		2914 & 2904	2802	2722 & 2806	2905	reserved	xxx
	5:00 PM		2909 & 2813	2810 & 2614	2903 & 2910	2606 & 2706	xxx	xxx
	6:00 PM		1910 & 2719	2208	2708 & 2712	1401	xxx	xxx
	7:00 PM		2204	1404	2002 & 2009	1601	xxx	xxx
David	11:00 AM	xxx	xxx	xxx	xxx	xxx	U5	xxx
	1:00 PM	xxx	xxx	xxx	xxx	xxx	U19	xxx
	2:00 PM	xxx	xxx	xxx	xxx	xxx	U19	U10/U12 Coach Clinic
	3:00 PM	xxx	xxx	xxx	xxx	xxx	reserved	U14/U19 Coach Clinic
	4:00 PM		1901 & 1902	1819	1713	1810 & 1912	reserved	xxx
	5:00 PM		U19	1005 & 1907	1911 & 1707	1001 & 1003	xxx	xxx
	6:00 PM		U19	1808 & 1816	1806	1208 & 1801	xxx	xxx
	7:00 PM		1202	1207	2801		xxx	xxx
	xxx =	Time not available for professional trainers						
	reserved =	Indoor space reserved for practices canceled due to poor weather and/or field conditions						
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Professional Training Sessions - Fall 2009								
Team Assignments								
Updated:	10/22/2009							
		14-Sep	15-Sep	16-Sep	17-Sep	18-Sep	19-Sep	20-Sep
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gillian	11:00 AM	xxx	xxx	xxx	xxx	xxx	U5	xxx
	2:00 PM	xxx	xxx	xxx	xxx	xxx	xxx	xxx
	3:00 PM	xxx	xxx	xxx	xxx	xxx	reserved	xxx
	4:00 PM	1402	1626	2705	2603	2803	reserved	xxx
	5:00 PM	2004	1004 & 2007		2203	2202 & 2205	xxx	xxx
	6:00 PM	2207	1008 & 2907	2901 & 2904	2209	1403	xxx	xxx
	7:00 PM	1409	2206 & 2214	2707	2201	1907	xxx	xxx
David	11:00 AM	xxx	xxx	xxx	xxx	xxx	U5	xxx
	1:00 PM	xxx	xxx	xxx	xxx	xxx	U19	xxx
	2:00 PM	xxx	xxx	xxx	xxx	xxx	U19	xxx
	3:00 PM	xxx	xxx	xxx	xxx	xxx	reserved	xxx
	4:00 PM	1906	1625	1903	2722 & 2717	1716 & 1711	reserved	xxx
	5:00 PM	2616 & 2608	U19	1817 & 1712	1821 & 1616	1006 & 1007	xxx	xxx
	6:00 PM	1005	U19	1822 & 1823	1809 & 1811	1721	xxx	xxx
	7:00 PM	1204		1908	2001	1008	xxx	xxx
	xxx =	Time not available for professional trainers						
	reserved =	Indoor space reserved for practices canceled due to poor weather and/or field conditions						
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Professional Training Sessions - Fall 2009								
Team Assignments								
Updated:	10/22/2009							
		21-Sep	22-Sep	23-Sep	24-Sep	25-Sep	26-Sep	27-Sep
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gillian	11:00 AM	xxx	xxx	xxx	xxx	xxx	U5	xxx
	2:00 PM	xxx	xxx	xxx	xxx	xxx	xxx	xxx
	3:00 PM	xxx	xxx	xxx	xxx	xxx	reserved	xxx
	4:00 PM	1407	2610	2618 & 2619	2620 & 2816	2718 & 2804	reserved	xxx
	5:00 PM	2902 & 2701	2715 & 1709	2213 & 1205	2807 & 2607	2006 & 2814	xxx	xxx
	6:00 PM	2005 & 2008	2716 & 2812	2710 & 2707	2613 & 2611	1406	xxx	xxx
	7:00 PM	1408	2723	2012	1603	2906	xxx	xxx
David	11:00 AM	xxx	xxx	xxx	xxx	xxx	U5	xxx
	1:00 PM	xxx	xxx	xxx	xxx	xxx	U19	xxx
	2:00 PM	xxx	xxx	xxx	xxx	xxx	U19	xxx
	3:00 PM	xxx	xxx	xxx	xxx	xxx	reserved	xxx
	4:00 PM	1717		1622	2003	1622 & 1706	reserved	xxx
	5:00 PM	1802 & 1807	U19	1715 & 1605	1805 & 1723	1002	xxx	xxx
	6:00 PM	1824 & 1722	U19	1719 & 1705	1820 & 1815	1209	xxx	xxx
	7:00 PM		1803	1702	2002		xxx	xxx
	xxx =	Time not available for professional trainers						
	reserved =	Indoor space reserved for practices canceled due to poor weather and/or field conditions						
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Professional Training Sessions - Fall 2009								
Team Assignments								
Updated:	10/22/2009							
		28-Sep	29-Sep	30-Sep	1-Oct	2-Oct	3-Oct	4-Oct
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gillian	11:00 AM	xxx	xxx	xxx	xxx	xxx	U5	xxx
	2:00 PM	xxx	xxx	xxx	xxx	xxx	xxx	xxx
	3:00 PM	xxx	xxx	xxx	xxx	xxx	reserved	xxx
	4:00 PM	2605	1602 & 1708	2805	2210 & 1405	2803 & 2905	reserved	Coach Clinic
	5:00 PM	2617 & 2801	2912 & 1703	2811 & 2008	2809 & 2815	2908 & 1904	xxx	xxx
	6:00 PM	2720 & 2724	2813	2721 & 2615	2709	2212	xxx	xxx
	7:00 PM		2003	2207	1210	2206	xxx	xxx
David	11:00 AM	xxx	xxx	xxx	xxx	xxx	U5	xxx
	1:00 PM	xxx	xxx	xxx	xxx	xxx	U19	xxx
	2:00 PM	xxx	xxx	xxx	xxx	xxx	U19	xxx
	3:00 PM	xxx	xxx	xxx	xxx	xxx	reserved	xxx
	4:00 PM	1620 & 1619	1625	1910	2717 & 2722	1204	reserved	Coach Clinic
	5:00 PM	1813 & 1818	U19	1610 & 1615	1607 & 1601	2011 & 1909	xxx	xxx
	6:00 PM	1710	U19	1609 & 1626	1704 & 1617	1210	xxx	xxx
	7:00 PM	1203	1803	1908	1201	1007	xxx	xxx
	xxx =	Time not available for professional trainers						
	reserved =	Indoor space reserved for practices canceled due to poor weather and/or field conditions						
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Professional Training Sessions - Fall 2009								
Team Assignments								
Updated:	10/22/2009							
		5-Oct	6-Oct	7-Oct	8-Oct	9-Oct	10-Oct	11-Oct
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gillian	11:00 AM	xxx	xxx	xxx	xxx	xxx	U5	xxx
	2:00 PM	xxx	xxx	xxx	xxx	xxx	xxx	xxx
	3:00 PM	xxx	xxx	xxx	xxx	xxx	reserved	xxx
	4:00 PM	2913 & 2817	2201	2614	2717 & 2722	2604	reserved	xxx
	5:00 PM	2703 & 2714	2601 & 1612	2903	1602 & 1708	2010 & 2211	xxx	xxx
	6:00 PM	2602 & 2609	2704 & 2622	2802	2818	2702 & 2723	xxx	xxx
	7:00 PM		1709 & 2715	2707	1208		xxx	xxx
David	11:00 AM	xxx	xxx	xxx	xxx	xxx	U5	xxx
	1:00 PM	xxx	xxx	xxx	xxx	xxx	U19	xxx
	2:00 PM	xxx	xxx	xxx	xxx	xxx	U19	xxx
	3:00 PM	xxx	xxx	xxx	xxx	xxx	reserved	xxx
	4:00 PM	2806	2209	1702	1402	1002 & 1911	reserved	xxx
	5:00 PM	1812 & 1611	U19	1623 & 1618	1720 & 1724	1804 & 1814	xxx	xxx
	6:00 PM	1606 & 1619	U19	1903	1718 & 1603	2612 & 2621	xxx	xxx
	7:00 PM		1401	1809	2204	1007	xxx	xxx
	xxx =	Time not available for professional trainers						
	reserved =	Indoor space reserved for practices canceled due to poor weather and/or field conditions						
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Professional Training Sessions - Fall 2009								
Team Assignments								
Updated:	10/22/2009							
		12-Oct	13-Oct	14-Oct	15-Oct	16-Oct	17-Oct	18-Oct
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gillian	11:00 AM	xxx	xxx	xxx	xxx	xxx	U5	xxx
	1:00 PM	xxx	xxx	xxx	xxx	xxx	U19	xxx
	2:00 PM	xxx	xxx	xxx	xxx	xxx	U19	xxx
	3:00 PM	xxx	xxx	xxx	xxx	xxx	reserved	xxx
	4:00 PM	2005	1902	2914	2708 & 1805	1716	reserved	xxx
	5:00 PM	1006	2912	1707	2807 & 2711	2906 & 2911	xxx	xxx
	6:00 PM	1005	1613 & 1608	1819 & 1823	2206	1705 & 721	xxx	xxx
	7:00 PM		2715 & 1709	1008	1402		xxx	xxx
David	11:00 AM	xxx	xxx	xxx	xxx	xxx	U5	xxx
	1:00 PM	xxx	xxx	xxx	xxx	xxx	U19	xxx
	2:00 PM	xxx	xxx	xxx	xxx	xxx	U19	xxx
	3:00 PM	xxx	xxx	xxx	xxx	xxx	reserved	xxx
	4:00 PM	2808	2904	1408	2210	1405	reserved	xxx
	5:00 PM	2713	U19	2710	2203	2604 & 2605	xxx	xxx
	6:00 PM	1811	U19	1606	1604 & 1614	1624 & 1701	xxx	xxx
	7:00 PM		2007 & 1004	1008	2002		xxx	xxx
	xxx =	Time not available for professional trainers						
	reserved =	Indoor space reserved for practices canceled due to poor weather and/or field conditions						
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Professional Training Sessions - Fall 2009								
Team Assignments								
Updated:	10/22/2009							
		19-Oct	20-Oct	21-Oct	22-Oct	23-Oct	24-Oct	25-Oct
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gillian	11:00 AM	xxx	xxx	xxx	xxx	xxx	U5	xxx
	1:00 PM	xxx	xxx	xxx	xxx	xxx	U19	xxx
	2:00 PM	xxx	xxx	xxx	xxx	xxx	U19	xxx
	3:00 PM	xxx	xxx	xxx	xxx		reserved	xxx
	4:00 PM	2005	2209	1901	1815 & 1713	1716	reserved	xxx
	5:00 PM	2616 & 2608	2003	2903	1206	2606	xxx	xxx
	6:00 PM	1606	2205	1403	1806	1406	xxx	xxx
	7:00 PM	1203	2715 & 1709	2707	2007 & 1004	xxx	xxx	xxx
David	11:00 AM	xxx	xxx	xxx	xxx	xxx	U5	xxx
	1:00 PM	xxx	xxx	xxx	xxx	xxx	U19	xxx
	2:00 PM	xxx	xxx	xxx	xxx	xxx	U19	xxx
	3:00 PM	xxx	xxx	xxx	xxx	xxx	reserved	xxx
	4:00 PM	1906	2911	2614 & 1624	1402	1622 & 1706	reserved	xxx
	5:00 PM	1621	U19	2012	2708	2205	xxx	xxx
	6:00 PM	2808 & 2807	U19	2616	2002	1801 & 1721	xxx	xxx
	7:00 PM	1703	1401	2002	1409	xxx	xxx	xxx
	xxx =	Time not available for professional trainers						
	reserved =	Indoor space reserved for practices canceled due to poor weather and/or field conditions						
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Professional Training Sessions - Fall 2009								
Team Assignments								
Updated:	10/22/2009							
		26-Oct	27-Oct	28-Oct	29-Oct	30-Oct	31-Oct	1-Nov
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gillian	11:00 AM	xxx	xxx	xxx	xxx	xxx	U5	xxx
	1:00 PM	xxx	xxx	xxx	xxx	xxx	U19	xxx
	2:00 PM	xxx	xxx	xxx	xxx	xxx	U19	xxx
	3:00 PM	xxx	xxx	xxx	xxx	xxx	reserved	xxx
	4:00 PM	1402	2610	2207	2722 & 2712	1204	reserved	xxx
	5:00 PM	1813 & 1802	2911	2004	2723 & 2711	1007	xxx	xxx
	6:00 PM	1606	xxx	2707 & 2602	2818	1210	xxx	xxx
	7:00 PM		xxx	1207			xxx	xxx
David	11:00 AM	xxx	xxx	xxx	xxx	xxx	U5	xxx
	1:00 PM	xxx	xxx	xxx	xxx	xxx	U19	xxx
	2:00 PM	xxx	xxx	xxx	xxx	xxx	U19	xxx
	3:00 PM	xxx	xxx	xxx	xxx	xxx	reserved	xxx
	4:00 PM	2213		2201	2210	1405	reserved	xxx
	5:00 PM	2005	U19	2721 & 2802	1708 & 1602	2006 & 2814	xxx	xxx
	6:00 PM	1204	U19	1005	2007 & 1004	2010	xxx	xxx
	7:00 PM		xxx	1624			xxx	xxx
	xxx =	Time not available for professional trainers						
	reserved =	Indoor space reserved for practices canceled due to poor weather and/or field conditions						
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Professional Training Sessions - Fall 2009								
Team Assignments								
Updated:	10/22/2009							
		2-Nov	3-Nov	4-Nov	5-Nov	6-Nov	7-Nov	8-Nov
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gillian	11:00 AM	xxx	xxx	xxx	xxx	xxx	U5	xxx
	1:00 PM	xxx	xxx	xxx	xxx	xxx	U19	xxx
	2:00 PM	xxx	xxx	xxx	xxx	xxx	U19	xxx
	3:00 PM	xxx	xxx	xxx	xxx	xxx	reserved	xxx
	4:00 PM	xxx			1403		reserved	xxx
	5:00 PM	xxx		1809	2711 & 2709	2906	xxx	xxx
	6:00 PM	xxx		1624	2002		xxx	xxx
	7:00 PM	xxx			1201		xxx	xxx
David	11:00 AM	xxx	xxx	xxx	xxx	xxx	U5	xxx
	1:00 PM	xxx	xxx	xxx	xxx	xxx	U19	xxx
	2:00 PM	xxx	xxx	xxx	xxx	xxx	U19	xxx
	3:00 PM	xxx	xxx	xxx	xxx	xxx	reserved	xxx
	4:00 PM			2201	1402		reserved	xxx
	5:00 PM		U19	1823	2708	2610 & 2713	xxx	xxx
	6:00 PM		U19		2204	2010	xxx	xxx
	7:00 PM				2007 & 1004		xxx	xxx
	xxx =	Time not available for professional trainers						
	reserved =	Indoor space reserved for practices canceled due to poor weather and/or field conditions						
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