

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. The sessions are **completely optional**
3. Most coaches have been assigned to practice with a trainer during their normal practice day and time
4. 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
- 5. Coaches should attend these sessions with their team**
6. 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
7. 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 George Vesely at protrainercoordinator@aysohinsdale.org to reschedule your session with at least 48 hours notice
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

Last Minute Cancellation Policy

1. You should try to notify the trainers of your cancellation as soon as possible
2. Contact your assigned trainer per trainer contact info below to inform him of your cancellation
3. Send an email notice of cancellation to George Vesely

Make-Up Policy

If your training session is canceled due to poor weather and/or field conditions, you may re-schedule it yourself using the guidelines above

Trainer Contact Information

Chelsey Newport email address: chelsey.dummett@uksocca.com

cell phone number:

Nick Wood email address: nicholas.wood@uksocca.com

cell phone number: 909-965-9982

AYSO Region 210 Trainer Coordinator Contact Information

George Vesely email address: protrainercoordinator@aysohinsdale.org

George Vesely mobile phone number: 630-880-8240

Professional Training Sessions - Fall 2011								
Team Assignments								
Updated:	10/24/2011							
		29-Aug	30-Aug	31-Aug	1-Sep	2-Sep	3-Sep	
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Alex	11:00 AM	xxx	xxx	xxx	xxx	xxx	n/a	
	1:00 PM	xxx	xxx	xxx	xxx	xxx	n/a	
	2:00 PM	xxx	xxx	xxx	xxx	xxx	n/a	
	3:00 PM	xxx	xxx	xxx	xxx	xxx	xxx	
	4:00 PM	xxx	xxx	xxx	xxx	xxx	xxx	
	5:00 PM	xxx	U19	xxx	xxx	xxx	xxx	
	6:00 PM	kick-off mtg	U19	xxx	xxx	xxx	xxx	
	7:00 PM	kick-off mtg	xxx	xxx	xxx	xxx	xxx	
Lloyd	11:00 AM	xxx	xxx	xxx	xxx	xxx	n/a	
	1:00 PM	xxx	xxx	xxx	xxx	xxx	n/a	
	2:00 PM	xxx	xxx	xxx	xxx	xxx	n/a	
	3:00 PM	xxx	xxx	xxx	xxx	xxx	xxx	
	4:00 PM	xxx	xxx	xxx	xxx	xxx	xxx	
	5:00 PM	xxx	U19	xxx	xxx	xxx	xxx	
	6:00 PM	kick-off mtg	U19	xxx	xxx	xxx	xxx	
	7:00 PM	kick-off mtg	xxx	xxx	xxx	xxx	xxx	
	xxx =	Time not available for professional trainers						
		All weekday training sessions will take place at Veeck Park on the east field						

Professional Training Sessions - Fall 2011								
Team Assignments								
Updated:	10/24/2011							
		5-Sep	6-Sep	7-Sep	8-Sep	9-Sep	10-Sep	
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		(Labor Day)						
Jack	11:00 AM	xxx	xxx	xxx	xxx	xxx	U5	
	1:00 PM	xxx	xxx	xxx	xxx	xxx	U19	
	2:00 PM	xxx	xxx	xxx	xxx	xxx	U19	
	3:00 PM	xxx	xxx	xxx	xxx	xxx	xxx	
	4:00 PM			2716	1607 & 2614	2718	xxx	
	5:00 PM		1003	1809	1618	2806 & 2904	xxx	
	6:00 PM		1212	U5 skills	U5 skills	1209	xxx	
	7:00 PM						xxx	
Karl	11:00 AM	xxx	xxx	xxx	xxx	xxx	U5	
	1:00 PM	xxx	xxx	xxx	xxx	xxx	U19	
	2:00 PM	xxx	xxx	xxx	xxx	xxx	U19	
	3:00 PM	xxx	xxx	xxx	xxx	xxx	xxx	
	4:00 PM		1616	1603	1201		xxx	
	5:00 PM		U19	2707 & 2804	2605 & 2613	1210	xxx	
	6:00 PM		U19	1910	2812 & 2819	2206	xxx	
	7:00 PM					2208	xxx	
	xxx =	Time not available for professional trainers						
		All weekday training sessions will take place at Veeck Park on the east field						

Professional Training Sessions - Fall 2011								
Team Assignments								
Updated:	10/24/2011							
		12-Sep	13-Sep	14-Sep	15-Sep	16-Sep	17-Sep	
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Chelsey	11:00 AM	xxx	xxx	xxx	xxx	xxx	U5	
	1:00 PM	xxx	xxx	xxx	xxx	xxx	U19	
	2:00 PM	xxx	xxx	xxx	xxx	xxx	U19	
	3:00 PM	xxx	xxx	xxx	xxx	xxx	xxx	
	4:00 PM	1609	2616 & 2603	2610	2908	1812	xxx	
	5:00 PM	2607	2807 & 2811	1611 & 1617	1911 & 1811	2902	xxx	
	6:00 PM	2814 & 2805	2007 & 2004	1903 & 1806	2207	2712	xxx	
	7:00 PM						xxx	
Nick	11:00 AM	xxx	xxx	xxx	xxx	xxx	U5	
	1:00 PM	xxx	xxx	xxx	xxx	xxx	U19	
	2:00 PM	xxx	xxx	xxx	xxx	xxx	U19	
	3:00 PM	xxx	xxx	xxx	xxx	xxx	xxx	
	4:00 PM	2606 & 2612	2808	1715 & 1716	2005	1613 & 1601	xxx	
	5:00 PM	1813 & 1717	U19	2903 & 2810	2601 & 1614	2818 & 1808	xxx	
	6:00 PM	2210	U19		1001 & 2001	2203 & 2002	xxx	
	7:00 PM	1004	2208		2201		xxx	
	xxx =	Time not available for professional trainers						
		All weekday training sessions will take place at Veeck Park on the east field						

Professional Training Sessions - Fall 2011							
Team Assignments							
Updated:	10/24/2011						
		19-Sep	20-Sep	21-Sep	22-Sep	23-Sep	24-Sep
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Chelsey	11:00 AM	xxx	xxx	xxx	xxx	xxx	U5
	1:00 PM	xxx	xxx	xxx	xxx	xxx	U19
	2:00 PM	xxx	xxx	xxx	xxx	xxx	U19
	3:00 PM	xxx	xxx	xxx	xxx	xxx	xxx
	4:00 PM	2809	2701	2910		2618 & 2709	xxx
	5:00 PM	1006 & 1007	2710 & 1702	1620	2205	1711 & 2604	xxx
	6:00 PM	1619 & 2602	1908 & 2913	1810	1902	2820 & 2702	xxx
	7:00 PM		2912				xxx
Nick	11:00 AM	xxx	xxx	xxx	xxx	xxx	U5
	1:00 PM	xxx	xxx	xxx	xxx	xxx	U19
	2:00 PM	xxx	xxx	xxx	xxx	xxx	U19
	3:00 PM	xxx	xxx	xxx	xxx	xxx	xxx
	4:00 PM	2717	2008	2711	1607	2905	xxx
	5:00 PM	1608 & 2608	U19	2706	2620 & 2704	1612 & 1713	xxx
	6:00 PM	1801 & 1719	U19	1704	1407	1710 & 1701	xxx
	7:00 PM	2002 & 2203	1706			2202	xxx
	xxx =	Time not available for professional trainers					
		All weekday training sessions will take place at Veeck Park on the east field					

Professional Training Sessions - Fall 2011							
Team Assignments							
Updated:	10/24/2011	RAIN			RAIN		
		fields closed			fields closed		
		26-Sep	27-Sep	28-Sep	29-Sep	30-Sep	1-Oct
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Chelsey	11:00 AM	xxx	xxx	xxx	xxx	xxx	U5
	1:00 PM	xxx	xxx	xxx	xxx	xxx	U19
	2:00 PM	xxx	xxx	xxx	xxx	xxx	U19
	3:00 PM	xxx	xxx	xxx	xxx	xxx	xxx
	4:00 PM	1720 & 1807	2617 & 1616			1609	xxx
	5:00 PM	1909 & 2916	1604	2906	2704	2609 & 1606	xxx
	6:00 PM	2715 & 2802	1912 & 1008	2006 & 2914	2615	2915 & 2803	xxx
	7:00 PM						xxx
Nick	11:00 AM	xxx	xxx	xxx	xxx	xxx	U5
	1:00 PM	xxx	xxx	xxx	xxx	xxx	U19
	2:00 PM	xxx	xxx	xxx	xxx	xxx	U19
	3:00 PM	xxx	xxx	xxx	xxx	xxx	xxx
	4:00 PM	2713 & 1609	2801			2815	xxx
	5:00 PM	1904 & 1814	U19	1005 & 1905	1004	2909 & 1906	xxx
	6:00 PM	2619 & 2703	U19	2003	1402	1401	xxx
	7:00 PM		2208			2001	xxx
	xxx =	Time not available for professional trainers					
		All weekday training sessions will take place at Veeck Park on the east field					

Professional Training Sessions - Fall 2011							
Team Assignments							
Updated:	10/24/2011						
		3-Oct	4-Oct	5-Oct	6-Oct	7-Oct	8-Oct
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Chelsey	11:00 AM	xxx	xxx	xxx	xxx	xxx	U5
	1:00 PM	xxx	xxx	xxx	xxx	xxx	U19
	2:00 PM	xxx	xxx	xxx	xxx	xxx	U19
	3:00 PM	xxx	xxx	xxx	xxx	xxx	xxx
	4:00 PM	2901	2008	2708		2709	xxx
	5:00 PM	2906	1805 & 1901	1907 & 1804	2714 & 2704	1714	xxx
	6:00 PM	1803 & 1908	1602 & 1708	1710 & 2611	1709 & 1712	1002	xxx
	7:00 PM						xxx
Nick	11:00 AM	xxx	xxx	xxx	xxx	xxx	U5
	1:00 PM	xxx	xxx	xxx	xxx	xxx	U19
	2:00 PM	xxx	xxx	xxx	xxx	xxx	U19
	3:00 PM	xxx	xxx	xxx	xxx	xxx	xxx
	4:00 PM	2606		1612		2204	xxx
	5:00 PM	1007	U19	1802 & 1705	1815 & 2817	1605	xxx
	6:00 PM	2209	U19	2705 & 2816	1718 & 1703	1816	xxx
	7:00 PM	1404	2208				xxx
	xxx =	Time not available for professional trainers					
		All weekday training sessions will take place at Veeck Park on the east field					

Professional Training Sessions - Fall 2011							
Team Assignments							
Updated:	10/24/2011				RAIN		
					fields closed		
		10-Oct	11-Oct	12-Oct	13-Oct	14-Oct	15-Oct
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Chelsey	11:00 AM	xxx	xxx	xxx	xxx	xxx	U5
	1:00 PM	xxx	xxx	xxx	xxx	xxx	U19
	2:00 PM	xxx	xxx	xxx	xxx	xxx	U19
	3:00 PM	xxx	xxx	xxx	xxx	xxx	xxx
	4:00 PM	1714			2603	2618	xxx
	5:00 PM	<u>2808 & 1717</u>	1204 & 1211	1203	2911	2907 & <u>2914</u>	xxx
	6:00 PM	1206	1408	1405	1407	<u>2712</u>	xxx
	7:00 PM					1904	xxx
Nick	11:00 AM	xxx	xxx	xxx	xxx	xxx	U5
	1:00 PM	xxx	xxx	xxx	xxx	xxx	U19
	2:00 PM	xxx	xxx	xxx	xxx	xxx	U19
	3:00 PM	xxx	xxx	xxx	xxx	xxx	xxx
	4:00 PM	<u>1605 & 2606</u>	1613			<u>1812</u>	xxx
	5:00 PM	1205	U19	2202	1208	1403	xxx
	6:00 PM	1908	U19	1202	1207	2211	xxx
	7:00 PM		<u>2208</u>			1406	xxx
	xxx =	Time not available for professional trainers					
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Professional Training Sessions - Fall 2011								
Team Assignments								
Updated:	10/24/2011				RAIN			
					fields closed			
		17-Oct	18-Oct	19-Oct	20-Oct	21-Oct	22-Oct	
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Chelsey	11:00 AM	xxx	xxx	xxx	xxx	xxx	U5	
	1:00 PM	xxx	xxx	xxx	xxx	xxx	U19	
	2:00 PM	xxx	xxx	xxx	xxx	xxx	U19	
	3:00 PM	xxx	xxx	xxx	xxx	xxx	xxx	
	4:00 PM	<u>2606</u>	<u>2801</u>		2603	2905	xxx	
	5:00 PM	2916	<u>1805</u>	2620	<u>2205</u>	<u>1403</u>	xxx	
	6:00 PM	<u>2715</u>	<u>1602</u>	<u>2006</u>	1205	2803	xxx	
	7:00 PM	2703		2002 & 2203	2201		xxx	
Nick	11:00 AM	xxx	xxx	xxx	xxx	xxx	U5	
	1:00 PM	xxx	xxx	xxx	xxx	xxx	U19	
	2:00 PM	xxx	xxx	xxx	xxx	xxx	U19	
	3:00 PM	xxx	xxx	xxx	xxx	xxx	xxx	
	4:00 PM	1807		1402		1609	xxx	
	5:00 PM	<u>1717</u>	U19	1804 & 1910	<u>1007</u>	<u>2202</u>	xxx	
	6:00 PM	1610	U19	<u>2611</u>	<u>1407</u>		xxx	
	7:00 PM	<u>1404</u>	<u>2208</u>	1708			xxx	
	xxx =	Time not available for professional trainers						
		All weekday training sessions will take place at Veeck Park on the east field						

Professional Training Sessions - Fall 2011							
Team Assignments							
Updated:	10/24/2011						
		24-Oct	25-Oct	26-Oct	27-Oct	28-Oct	29-Oct
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Chelsey	11:00 AM	xxx	xxx	xxx	xxx	xxx	U5
	1:00 PM	xxx	xxx	xxx	xxx	xxx	U19
	2:00 PM	xxx	xxx	xxx	xxx	xxx	U19
	3:00 PM	xxx	xxx	xxx	xxx	xxx	xxx
	4:00 PM		2610		2603	2701	xxx
	5:00 PM	<u>2805 & 2802</u>	<u>1805</u>	2620	<u>1614</u>	2907	xxx
	6:00 PM	2209	<u>1602 & 1708</u>	2816	2004	2619	xxx
	7:00 PM		2002 & 2203	2006			xxx
Nick	11:00 AM	xxx	xxx	xxx	xxx	xxx	U5
	1:00 PM	xxx	xxx	xxx	xxx	xxx	U19
	2:00 PM	xxx	xxx	xxx	xxx	xxx	U19
	3:00 PM	xxx	xxx	xxx	xxx	xxx	xxx
	4:00 PM	<u>2606</u>	2617			2815	xxx
	5:00 PM	<u>1717</u>	U19	1715 & 1804	<u>2205</u>	1609	xxx
	6:00 PM	<u>1610</u>	U19	2602 & 2611	<u>1407</u>	<u>2703</u>	xxx
	7:00 PM	1404	<u>2208</u>				xxx
	xxx =	Time not available for professional trainers					
		All weekday training sessions will take place at Veeck Park on the east field					

Professional Training Sessions - Fall 2011							
Team Assignments							
Updated:	10/24/2011						
		31-Oct	1-Nov	2-Nov	3-Nov	4-Nov	5-Nov
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Chelsey	11:00 AM	xxx	xxx	xxx	xxx	xxx	xxx
	1:00 PM	xxx	xxx	xxx	xxx	xxx	xxx
	2:00 PM	xxx	xxx	xxx	xxx	xxx	xxx
	3:00 PM	xxx	xxx	xxx	xxx	xxx	xxx
	4:00 PM	xxx	xxx	xxx	xxx	xxx	xxx
	5:00 PM	xxx	xxx	xxx	xxx	xxx	xxx
	6:00 PM	xxx	xxx	xxx	xxx	xxx	xxx
	7:00 PM	xxx	xxx	xxx	xxx	xxx	xxx
Nick	11:00 AM	xxx	xxx	xxx	xxx	xxx	xxx
	1:00 PM	xxx	xxx	xxx	xxx	xxx	xxx
	2:00 PM	xxx	xxx	xxx	xxx	xxx	xxx
	3:00 PM	xxx	xxx	xxx	xxx	xxx	xxx
	4:00 PM	xxx	xxx	xxx	xxx	xxx	xxx
	5:00 PM	xxx	xxx	xxx	xxx	xxx	xxx
	6:00 PM	xxx	xxx	xxx	xxx	xxx	xxx
	7:00 PM	xxx	xxx	xxx	xxx	xxx	xxx
	xxx =	Time not available for professional trainers					
		All weekday training sessions will take place at Veeck Park on the east field					