

Congaree Rapid FC - Fall 2017 Training Matrix

WCSC				
Time	Monday	Tuesday	Wednesday	Thursday
6:00-7:00 pm			GKT	LCGSA U18
6:00-7:30 pm		LCGSA U18, G15U SKY 03		LCGSA U18, G15U SKY 03
6:00-8:00 pm		B19U SKY 99, B18U SKY 00, B17U SKY 01, G16U MAROON 02		
6:15-7:30 pm	CRFC West Metro Rec / Junior Academy			CRFC West Metro Rec / Junior Academy
7:00-8:30 pm		G17U SKY 01		G17U SKY 01
7:30-9:00 pm	G16U SKY 02		G16U SKY 02	B18U SKY 00 (10/19/17), B17U SKY 01 (10/19/17)
HHEs				
Time	Monday	Tuesday	Wednesday	Thursday
6:00-8:00 pm	B16U SKY 02	G19U SKY 99	B16U SKY 02	G19U SKY 99, G16U MAROON 02
6:30-8:00 pm	B17U MAROON 01			B17U MAROON 01
RBBC				
Time	Monday	Tuesday	Wednesday	Thursday
6:00-8:00 pm	B15U SKY 03	B14U SKY 04	B15U SKY 03	B14U SKY 04, B18U SKY 00, B17U SKY 01
		B13U SKY 05	B13U SKY 05	