



SOUTHS UNITED FC | WEEKLY TRAINING SCHEDULE - Season 2021

Modified Schedule will apply during wet weather, COVID; or other scenarios necessitating adhoc change. This will be communicated via website & Facebook

DAY	DATE	SESSION TIME		TEAM	FIELD ALLOCATION	COACH / Key Contact	MANAGER	COMMENTS
		Start	Finish					
MON	Ongoing	4:30pm	5:30pm	SAP Boys MiniRoos	2	Dean Simpkins - Skills Trainer	Cassie Oliver	All Teams
		5:00pm	6:15pm	NPL Girls Recovery	3	Gary French		
		5:30pm	6:45pm	U15 NPL	1A	Daniel F-Palacios/Cara Confessore	Rachel Argue	Must stay out of 18 yard box
		5:30pm	6:45pm	U16 NPL	1B	Michael Phillips	Jody Price	Must stay out of 18 yard box
		5:30pm	6:45pm	U13 NPL	2A	Phillip Hughes/Lorenzo Giannini	David Duncan	
		5:30pm	6:45pm	U14 NPL	2B	Phillip Hughes	Donna McCune	
		6:45pm	8:15pm	NPLW Opens/U23 Recovery	3	Gary French/Alex Pitt		
		7:00pm	8:15pm	WCL	2A	Tracey Confessore	Cassie Oliver	
		7:00pm	8:15pm	U18 Div1	4	Jaye White	Rachel Argue	
		7:00pm	8:30pm	U23 FQPL	2B	Dominic Confessore	Tracey Confessore	
		7:00pm	8:30pm	Open FQPL	1	Marcus Stergiopolous	Angela Savio-Marshall	
		7:00pm	8:30pm	U18 FQPL	1B	Matheus Spiandorello	Veronica Stickleby	PreSeason / Core Season Join U23s
		TUE	Ongoing	4:30pm	5:30pm	Junior Divisional Boys	1	Gavin Boyce
5:00pm	6:15pm			SAP Girls	4	Tony Grcic/Shane Holley	Nam Raylu	
5:00pm	6:15pm			U14 NPLW	3	Alex Pitt	Shawn Hughes	
5:00pm	6:45pm			FQ Competitions GK	2A	Fernando Alves	Angela Savio-Marshall	
5:30pm	6:45pm			U18 FQPL	2	Matheus Spiandorello	Veronica Stickleby	
6:45pm	8:00pm			U23 & U16 NPLW	3	Alex Pitt / Paul Giannaras	Maree Rowell	
6:45pm	8:15pm			Open NPLW	Offsite GC	Gary French	Sue Vardy	
7:00pm	8:15pm			U23 FQPL	2B	Arvind Naidu	Rachel Lavelle	
7:15pm	8:30pm			Open FQPL	2A or F1	Marcus Stergiopolous	Angela Savio-Marshall	
WED	Ongoing	4:30pm	5:30pm	SAP Boys MiniRoos	2, 3 & 4	Dean Simpkins - Skills Trainer Simon Gjura	Cassie Oliver	All Teams
		5:30pm	6:45pm	U13 NPL	1	Phillip Hughes/Lorenzo Giannini	David Duncan	
		5:30pm	6:45pm	U14 NPL	1	Phillip Hughes	Donna McCune	
		5:30pm	6:45pm	U15 NPL	2B	Daniel F-Palacios/Cara Confessore	Rachel Argue	
		5:30pm	6:45pm	U16 NPL	2A	Michael Phillips	Jody Price	
		5:30pm	6:45pm	Junior Girls	4	Tracey Confessore	Teresa Bozier	
		5:30pm	6:45pm	U18 Div1	3	Jaye White	Rachel Argue	
		7:00pm	8:15pm	WCL & MCL	2	Hayden Hopkins & Tracey Confessore	Angela Savio-Marshall & Tracey Confessore	
		7:00pm	8:15pm	O35s	2 or 1	Pravi Singh	Angela Savio-Marshall	
		7:00pm	9:00pm	Field Hire	3 & 4			Morgan (Field 3 (may add Field 4))
THU	Ongoing	4:30pm	5:25pm	U11 MiniRoos & U12/7	4	Eric DeKlerk	Cassie Oliver	Must be off field by 5:25pm
		5:00pm	6:15pm	SAP Girls	5	Tony Grcic/Shane Holley	Nam Raylu	
		5:15pm	6:30pm	U14 NPLW	2A	Alex Pitt	Shawn Hughes	
		5:15pm	6:30pm	U16 NPLW	2B	Gary French	Carolyn Hobson	
		5:30pm	6:45pm	U13 NPL	1A	Phillip Hughes/Lorenzo Giannini	David Duncan	May rotate with U16 NPL
		5:30pm	6:45pm	U14 NPL	1A	Phillip Hughes	Donna McCune	May rotate with U16 NPL
		5:30pm	6:45pm	U15 NPL	4	Daniel F-Palacios/Cara Confessore	Rachel Argue	May rotate with U18 FQPL
		5:30pm	6:45pm	U16 NPL	3	Michael Phillips	Jody Price	May rotate with U13/U14 NPL
		6:45pm	8:00pm	U23 NPLW	2A	Alex Pitt	Maree Rowell	
		7:00pm	8:15pm	Open NPLW	2B	Gary French	Sue Vardy	
		7:00pm	8:15pm	U18 FQPL	1B	Matheus Spiandorello	Veronica Stickleby	May rotate with U15 NPL
		7:00pm	8:15pm	U23 FQPL	3 & 4	Dominic Confessore	Tracey Confessore	
		7:15pm	8:30pm	Open FQPL	1	Marcus Stergiopolous	Angela Savio-Marshall	
FRI	Ongoing	5:15pm	6:00pm	U6, U7, U8	1	Cassie Oliver		
		5:15pm	6:15pm	U9	3	Cassie Oliver		
		5:30pm	6:30pm	Junior Girls	4	Tracey Confessore	Teresa Bozier	
		6:00pm	10:30pm	Friday Night Fixtures	2			
		6:00pm	10:30pm	Friday Night Fixtures	1			
		7:30pm	9:30pm	Field Hire	4			Aji (Field 4)
SUN	Ongoing	3:00pm	5:00pm	Field Hire	4			George Wu (Subject to Fixtures)

NOTE: All training must be conducted in accordance with the Return To Training Guidelines and associated protocols. Failure to comply will result in training cessation for that team/s until compliance can be assured.

Session times and allocations are subject to change. In the event of wet weather, a revised schedule will be considered and may supersede allocations above.