



Schedule will be adjusted slightly week by week, based on our game schedule.

Game day + 1 is always a rest day. Game day + 2 is a meeting and recovery day.

Training will be held at Linton Middle School (Penn Hills) in May, June, July.
Training times will be determined after tryouts. Work schedules will be taken into consideration.

All games will be recorded and analyzed. Opposition analysis will be conducted wherever videos are available and pre-match information will be distributed before the 'match prep' training session (last practice of the week, before game day).