



## **Sporting Athletic Club – Pre-Travel Program**

### **Fall: August 19<sup>th</sup> to December 13<sup>th</sup>**

#### **Training**

- Training will take place 2 times per week (1x indoor, 1x outdoor).

#### **Games**

- Teams will play in MLS GO Recreational League.

### **Winter: January 6<sup>th</sup> to February 28<sup>th</sup>**

#### **Training**

- Training will take place 1 time per week (indoor).

#### **Games**

- Teams will play intrasquad friendlies on five weekends throughout the Winter.

### **Spring: March 3<sup>rd</sup> to May 23<sup>rd</sup>**

#### **Training**

- Training will take place 2 times per week (1x indoor, 1x outdoor).

#### **Games**

- Teams will play in MLS GO Recreational League.

### **Summer Break: May 24<sup>th</sup> to August 10<sup>th</sup>**

#### **Annual Cost: \$1,250**

- **Uniforms purchased separately.**

Questions? Email Adam Flanigan [aflanigan@sportingac.com](mailto:aflanigan@sportingac.com) (Boys Zone 1 Director) or James Le [jle@sportingac.com](mailto:jle@sportingac.com) (Girls Zone 1 Director)

\*Dates and Events are subject to change based on club discretion\*