

**VSA SPRING 2025 PRACTICE SCHEDULE  
U9-U10 POD 1 & FUTURES  
CLUB CONCEPT (CC) START: MAR 4  
SCHEDULE SUBJECT TO CHANGE**

**SCHEDULE START DATE: MARCH 31, 2025  
CATHARPIN PARK (CRP) – 4805 SUDLEY RD  
CATHARPIN, VA 20143  
LONG PARK (LP) – 4603 JAMES MADISON HWY**

FUTURES BOYS

TUESDAY – 5:00PM – 6:00PM – LP FIELD 5  
THURSDAY – 5:00PM – 6:00PM – LP FIELD 5

16B PULISIC / POD 1

MONDAY – 5:00PM – 6:25PM – LP FIELD 5A-1  
TUESDAY – 6:15PM – 7:15PM – LP FIELD 5B-2  
WEDNESDAY – 6:35PM – 8:00PM – LP FIELD 5B-1

16B MCKENNIE / POD 1

MONDAY – 5:00PM – 6:25PM – LP FIELD 5A-1  
TUESDAY – 6:15PM – 7:15PM – LP FIELD 5B-2  
WEDNESDAY – 6:35PM – 8:00PM – LP FIELD 5B-1

15B PULISIC / POD 1

TUESDAY – 5:00PM – 6:25PM – LP FIELD 6B  
WEDNESDAY – 5:00PM – 6:25PM – LP FIELD 5B-1  
THURSDAY – 5:00PM – 6:25PM – LP FIELD 7B-2

15B MCKENNIE / POD 1

TUESDAY – 5:00PM – 6:25PM – LP FIELD 6B  
WEDNESDAY – 5:00PM – 6:25PM – LP FIELD 5B-1  
THURSDAY – 5:00PM – 6:25PM – LP FIELD 7B-2

FUTURES GIRLS

TUESDAY – 5:00PM – 6:00PM – LP FIELD 5  
THURSDAY – 5:00PM – 6:00PM – LP FIELD 5

16G LAVELLE / POD 1

MONDAY – 6:35PM – 8:00PM – LP FIELD 5B-1  
WEDNESDAY – 5:00PM – 6:25PM – LP FIELD 5A-1  
THURSDAY – 6:35PM – 8:00PM – LP FIELD 6A-1

16G SAUERBRUNN / POD 1

MONDAY – 6:35PM – 8:00PM – LP FIELD 5B-1  
WEDNESDAY – 5:00PM – 6:25PM – LP FIELD 5A-1  
THURSDAY – 6:35PM – 8:00PM – LP FIELD 6A-1

15G LAVELLE / POD 1

MONDAY – 6:35PM – 8:00PM – LP FIELD 5A-1  
WEDNESDAY – 6:35PM – 8:00PM – LP FIELD 5A-1  
THURSDAY – 6:35PM – 8:00PM – LP FIELD 6A-2

15G SAUERBRUNN / POD 1

MONDAY – 6:35PM – 8:00PM – LP FIELD 5A-1  
WEDNESDAY – 6:35PM – 8:00PM – LP FIELD 5A-1  
THURSDAY – 6:35PM – 8:00PM – LP FIELD 6A-2



**VSA SPRING 2025 PRACTICE SCHEDULE  
U9-U10 POD 2  
CLUB CONCEPT (CC) START: MAR 4  
SCHEDULE SUBJECT TO CHANGE**

**16B ADAMS / POD 2**

MONDAY — 5:00PM — 6:25PM — LP FIELD 5B-2  
WEDNESDAY — 6:35PM — 8:00PM — LP FIELD 5B-2

**16B DEST / POD 2**

MONDAY — 5:00PM — 6:25PM — LP FIELD 5B-2  
WEDNESDAY — 6:35PM — 8:00PM — LP FIELD 5B-2

**15B ADAMS / POD 2**

MONDAY — 6:35PM — 8:00PM — LP FIELD 5B-2  
WEDNESDAY — 5:00PM — 6:25PM — LP FIELD 5B-2

**15B DEST / POD 2**

MONDAY — 6:35PM — 8:00PM — LP FIELD 5B-2  
WEDNESDAY — 5:00PM — 6:25PM — LP FIELD 5B-2

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**16G RODMAN / POD 2**

MONDAY — 5:00PM — 6:25PM — LP FIELD 5A-2  
WEDNESDAY — 5:00PM — 6:25PM — LP FIELD 5A-2

**16G HORAN / POD 2**

MONDAY — 5:00PM — 6:25PM — LP FIELD 5A-2  
WEDNESDAY — 5:00PM — 6:25PM — LP FIELD 5A-2

**15G RODMAN / POD 2**

MONDAY — 6:35PM — 8:00PM — LP FIELD 5A-2  
WEDNESDAY — 6:35PM — 8:00PM — LP FIELD 5A-2

**15G HORAN / POD 2**

MONDAY — 6:35PM — 8:00PM — LP FIELD 5A-2  
WEDNESDAY — 6:35PM — 8:00PM — LP FIELD 5A-2

**\*\*POD 2 TEAMS WILL HAVE AN ADDITIONAL OPPORTUNITY FOR A THIRD SESSION THAT WILL BE COMMUNICATED BY THE ZONE 1 DIRECTOR\*\***



**VSA SPRING 2025 PRACTICE SCHEDULE  
U11-U14 ECNL RL & PRE-ECNL II  
CLUB CONCEPT (CC) START: MAR 4  
SCHEDULE SUBJECT TO CHANGE**

14B PRE-ECNL RL I VDA WEST

MONDAY — 6:35PM — 8:00PM — LP FIELD 7A\*\*  
WEDNESDAY — 5:00PM — 6:25PM — LP FIELD 7B  
THURSDAY — 5:00PM — 6:25PM — LP FIELD 7B-1

14B PRE-ECNL II

MONDAY — 5:00PM — 6:25PM — LP FIELD 7B-1  
TUESDAY (CC) — 7:15PM — 8:15PM — LP FIELD 5  
WEDNESDAY — 5:00PM — 6:25PM — CRP FIELD 1A-1

13B PRE-ECNL RL I VDA WEST

MONDAY — 6:35PM — 8:00PM — LP FIELD 7A\*\*  
WEDNESDAY — 6:35PM — 8:00PM — LP FIELD 7B-2  
THURSDAY — 6:35PM — 8:00PM — LP FIELD 7B-2

13B PRE-ECNL II

MONDAY — 6:35PM — 8:00PM — LP FIELD 7B-1  
TUESDAY (CC) — 7:15PM — 8:15PM — LP FIELD 5  
WEDNESDAY — 6:35PM — 8:00PM — CRP FIELD 1A-1

12B ECNL RL

TUESDAY (CC) — 5:00PM — 6:00PM — CRP FIELD 2  
WEDNESDAY — 5:00PM — 6:25PM — CRP FIELD 2A  
THURSDAY — 5:00PM — 6:25PM — LP FIELD 7A

11B ECNL RL

MONDAY — 6:15PM — 7:30PM — LP FIELD 6A-2  
TUESDAY (CC) — 6:00PM — 7:00PM — CRP FIELD 2  
THURSDAY — 6:35PM — 8:00PM — LP FIELD 7A-1

**\*\*EVERY OTHER WEEK WILL BE AT HOWISON\*\***

**SCHEDULE START DATE: MARCH 31, 2025  
CATHARPIN PARK (CRP) — 4805 SUDLEY RD  
CATHARPIN, VA 20143  
LONG PARK (LP) — 4603 JAMES MADISON HWY**

14G PRE-ECNL RL I VDA WEST

MONDAY — 6:35PM — 8:00PM — LP FIELD 7A\*\*  
TUESDAY — 5:00PM — 6:25PM — LP FIELD 6A-1  
WEDNESDAY — 6:35PM — 8:00PM — LP FIELD 7B-1

14G PRE-ECNL II

MONDAY — 5:00PM — 6:25PM — LP FIELD 7A-1  
TUESDAY (CC) — 6:15PM — 7:15PM — LP FIELD 5  
THURSDAY — 5:00PM — 6:25PM — LP FIELD 6A-2

13G PRE-ECNL RL I VDA WEST

MONDAY — 6:35PM — 8:00PM — LP FIELD 7A\*\*  
TUESDAY — 5:00PM — 6:25PM — LP FIELD 6A-2  
THURSDAY — 6:35PM — 8:00PM — LP FIELD 7B-1

13G PRE-ECNL II

MONDAY — 5:00PM — 6:25PM — LP FIELD 5B-1  
TUESDAY (CC) — 6:15PM — 7:15PM — LP FIELD 5  
THURSDAY — 5:00PM — 6:25PM — LP FIELD 6A-2

12G ECNL RL

MONDAY — 6:35PM — 8:00PM — LP FIELD 6B-2  
TUESDAY (CC) — 6:00PM — 7:00PM — CRP FIELD 1  
THURSDAY — 6:35PM — 8:00PM — CRP FIELD 1B

11G ECNL RL

MONDAY — 8:05PM — 9:30PM — LP FIELD 6B-1  
TUESDAY (CC) — 6:00PM — 7:00PM — CRP FIELD 1  
THURSDAY — 6:35PM — 8:00PM — CRP FIELD 1A

**\*\*EVERY OTHER WEEK WILL BE AT HOWISON\*\***



**VSA SPRING 2025 PRACTICE SCHEDULE**  
**U11-U12 PREMIER**  
**CLUB CONCEPT (CC) START: MAR 4**  
**SCHEDULE SUBJECT TO CHANGE**

14B PREMIER RED

MONDAY — 5:00PM — 6:25PM — LP FIELD 7B-2  
TUESDAY (CC) — 7:15PM — 8:15PM — LP FIELD 5  
WEDNESDAY — 5:00PM — 6:25PM — CRP FIELD 1A-2

14B PREMIER ROYAL

TUESDAY (CC) — 7:15PM — 8:15PM — LP FIELD 5  
WEDNESDAY — 5:00PM — 6:25PM — LP FIELD 6A-2  
THURSDAY — 5:00PM — 6:35PM — CRP FIELD 1B

13B PREMIER RED

MONDAY — 6:35PM — 8:00PM — LP FIELD 7B-2  
TUESDAY (CC) — 7:15PM — 8:15PM — LP FIELD 5  
WEDNESDAY — 6:35PM — 8:00PM — CRP FIELD 1A-2

13B PREMIER ROYAL

MONDAY — 6:35PM — 8:00PM — CRP FIELD 1B-2  
TUESDAY (CC) — 7:15PM — 8:15PM — LP FIELD 5  
THURSDAY — 6:35PM — 8:00PM — CRP FIELD 1B-1

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**CATHARPIN, VA 20143**  
**LONG PARK (LP) — 4603 JAMES MADISON HWY**

14G PREMIER RED

MONDAY — 6:35PM — 8:00PM — LP FIELD 6A-1  
TUESDAY (CC) — 6:15PM — 7:15PM — LP FIELD 5  
WEDNESDAY — 6:35PM — 8:00PM — LP FIELD 7A-1

14G PREMIER ROYAL

MONDAY — 5:00PM — 6:25PM — LP FIELD 7A-2  
TUESDAY (CC) — 6:15PM — 7:15PM — LP FIELD 5  
WEDNESDAY — 6:35PM — 8:00PM — CRP FIELD 1B-2

13G PREMIER RED

MONDAY — 6:35PM — 8:00PM — LP FIELD 6A-2  
TUESDAY (CC) — 6:15PM — 7:15PM — LP FIELD 5  
WEDNESDAY — 6:35PM — 8:00PM — LP FIELD 7A-2



**VSA SPRING 2025 PRACTICE SCHEDULE  
U13-U14 PREMIER  
CLUB CONCEPT (CC) START: MAR 4  
SCHEDULE SUBJECT TO CHANGE**

12B PREMIER RED

MONDAY — 5:00PM — 6:25PM — LP FIELD 6A-1  
TUESDAY (CC) — 5:00PM — 6:00PM — CRP FIELD 2  
WEDNESDAY — 6:35PM — 8:00PM — CRP FIELD 2B-1

12B PREMIER ROYAL

MONDAY — 5:00PM — 6:25PM — CRP FIELD 1B  
TUESDAY (CC) — 5:00PM — 6:00PM — CRP FIELD 2  
WEDNESDAY — 5:00PM — 6:25PM — LP FIELD 6B

12B PREMIER WHITE

MONDAY — 6:35PM — 8:00PM — CRP FIELD 1A-1  
TUESDAY (CC) — 5:00PM — 6:00PM — CRP FIELD 2  
FRIDAY — 6:35PM — 8:00PM — LP FIELD 7B

11B PREMIER RED

MONDAY — 6:35PM — 8:00PM — LP FIELD 6A-1  
TUESDAY (CC) — 6:00PM — 7:00PM — CRP FIELD 2  
WEDNESDAY — 6:35PM — 8:00PM — LP FIELD 6A-1

11B PREMIER ROYAL

MONDAY — 6:35PM — 8:00PM — CRP FIELD 1B-1  
TUESDAY (CC) — 6:00PM — 7:00PM — CRP FIELD 2  
WEDNESDAY — 6:35PM — 8:00PM — LP FIELD 6B-2

11B PREMIER WHITE

MONDAY — 6:35PM — 8:00PM — CRP FIELD 1A-2  
TUESDAY (CC) — 6:00PM — 7:00PM — CRP FIELD 2  
WEDNESDAY — 6:35PM — 8:00PM — LP FIELD 6B-1

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12G PREMIER RED

MONDAY — 6:35PM — 8:00PM — LP FIELD 6B-1  
TUESDAY (CC) — 6:00PM — 7:00PM — CRP FIELD 1  
THURSDAY — 5:00PM — 6:25PM — CRP FIELD 1A

12G PREMIER ROYAL

MONDAY — 6:35PM — 8:00PM — CRP FIELD 2A-1  
TUESDAY (CC) — 6:00PM — 7:00PM — CRP FIELD 1  
WEDNESDAY — 6:35PM — 8:00PM — CRP FIELD 2A

11G PREMIER RED

MONDAY — 6:35PM — 8:00PM — CRP FIELD 2A-2  
TUESDAY (CC) — 6:00PM — 7:00PM — CRP FIELD 1  
THURSDAY — 5:00PM — 6:25PM — LP FIELD 6B

11G PREMIER ROYAL

MONDAY — 6:35PM — 8:00PM — CRP FIELD 2A-1  
TUESDAY (CC) — 6:00PM — 7:00PM — CRP FIELD 1  
FRIDAY — 6:35PM — 8:00PM — LP FIELD 7A



**VSA SPRING 2025 PRACTICE SCHEDULE  
U15-U19 ECNL RL  
CLUB CONCEPT (CC) START: MAR 4  
SCHEDULE SUBJECT TO CHANGE**

10B ECNL RL

TUESDAY — 7:15PM — 8:10PM — CRP FIELD 2  
THURSDAY — 8:05PM — 9:30PM — LP FIELD 7

09B ECNL RL

TUESDAY — 7:15PM — 8:10PM — CRP FIELD 2  
THURSDAY — 8:05PM — 9:30PM — LP FIELD 7

08B ECNL RL

TUESDAY — 7:15PM — 8:10PM — CRP FIELD 2  
THURSDAY — 8:05PM — 9:30PM — LP FIELD 7

07/06B ECNL RL

TUESDAY — 7:15PM — 8:10PM — CRP FIELD 2  
THURSDAY — 8:05PM — 9:30PM — LP FIELD 7

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LONG PARK (LP) — 4603 JAMES MADISON HWY**

10G ECNL RL

TUESDAY — 7:15PM — 8:15PM — CRP FIELD 1  
THURSDAY — 8:05PM — 9:30PM — LP FIELD 6

09G ECNL RL

TUESDAY — 7:15PM — 8:15PM — CRP FIELD 1  
THURSDAY — 8:05PM — 9:30PM — LP FIELD 6

08G ECNL RL

TUESDAY — 7:15PM — 8:15PM — CRP FIELD 1  
THURSDAY — 8:05PM — 9:30PM — LP FIELD 6

07/06G ECNL RL

TUESDAY — 7:15PM — 8:15PM — CRP FIELD 1  
THURSDAY — 8:05PM — 9:30PM — LP FIELD 6



**VSA SPRING 2025 PRACTICE SCHEDULE  
U15-U19 PREMIER  
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10B PREMIER RED

TUESDAY — 7:15PM — 8:10PM — CRP FIELD 2  
THURSDAY — 8:05PM — 9:30PM — LP FIELD 7

10B PREMIER ROYAL

TUESDAY — 7:15PM — 8:10PM — CRP FIELD 2  
THURSDAY — 8:05PM — 9:30PM — LP FIELD 7

09B PREMIER RED

TUESDAY — 7:15PM — 8:10PM — CRP FIELD 2  
THURSDAY — 8:05PM — 9:30PM — LP FIELD 7

08B PREMIER RED

TUESDAY — 7:15PM — 8:10PM — CRP FIELD 2  
THURSDAY — 8:05PM — 9:30PM — LP FIELD 7

08B PREMIER ROYAL

TUESDAY — 7:15PM — 8:10PM — CRP FIELD 2  
THURSDAY — 8:05PM — 9:30PM — LP FIELD 7

07/06B PREMIER RED

TUESDAY — 7:15PM — 8:10PM — CRP FIELD 2  
THURSDAY — 8:05PM — 9:30PM — LP FIELD 7

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10G PREMIER RED

TUESDAY — 7:15PM — 8:15PM — CRP FIELD 1  
THURSDAY — 8:05PM — 9:30PM — LP FIELD 6

10G PREMIER ROYAL

TUESDAY — 7:15PM — 8:15PM — CRP FIELD 1  
THURSDAY — 8:05PM — 9:30PM — LP FIELD 6

09G PREMIER RED

TUESDAY — 7:15PM — 8:15PM — CRP FIELD 1  
THURSDAY — 8:05PM — 9:30PM — LP FIELD 6

08G PREMIER RED

TUESDAY — 7:15PM — 8:15PM — CRP FIELD 1  
THURSDAY — 8:05PM — 9:30PM — LP FIELD 6

08/09G PREMIER ROYAL

TUESDAY — 7:15PM — 8:15PM — CRP FIELD 1  
THURSDAY — 8:05PM — 9:30PM — LP FIELD 6

07/06G PREMIER RED

TUESDAY — 7:15PM — 8:15PM — CRP FIELD 1  
THURSDAY — 8:05PM — 9:30PM — LP FIELD 6

