

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

**SCHEDULE START DATE: MARCH 3, 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 – 6:15PM – LP FIELD 5A-1
TUESDAY – 6:15PM – 7:15PM – LP FIELD 5B-1
WEDNESDAY – 6:15PM – 7:30PM – LP FIELD 5B-1

16B MCKENNIE / POD 1

MONDAY – 5:00PM – 6:15PM – LP FIELD 5A-1
TUESDAY – 6:15PM – 7:15PM – LP FIELD 5B-1
WEDNESDAY – 6:15PM – 7:30PM – LP FIELD 5B-1

15B PULISIC / POD 1

TUESDAY – 5:00PM – 6:25PM – LP FIELD 6A-2
WEDNESDAY – 5:00PM – 6:15PM – LP FIELD 5B-2
THURSDAY – 5:00PM – 6:25PM – LP FIELD 6A-2

15B MCKENNIE / POD 1

TUESDAY – 5:00PM – 6:25PM – LP FIELD 6A-2
WEDNESDAY – 5:00PM – 6:15PM – LP FIELD 5B-2
THURSDAY – 5:00PM – 6:25PM – LP FIELD 6A-2

FUTURES GIRLS

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

16G LAVELLE / POD 1

MONDAY – 6:15PM – 7:30PM – LP FIELD 5B-1
WEDNESDAY – 5:00PM – 6:15PM – LP FIELD 5A-1
THURSDAY – 6:35PM – 8:00PM – LP FIELD 6A-1

16G SAUERBRUNN / POD 1

MONDAY – 6:15PM – 7:30PM – LP FIELD 5B-1
WEDNESDAY – 5:00PM – 6:15PM – LP FIELD 5A-1
THURSDAY – 6:35PM – 8:00PM – LP FIELD 6A-1

15G LAVELLE / POD 1

MONDAY – 6:15PM – 7:30PM – LP FIELD 5A-1
WEDNESDAY – 6:15PM – 7:30PM – LP FIELD 5A-1
THURSDAY – 6:35PM – 8:00PM – LP FIELD 6A-1

15G SAUERBRUNN / POD 1

MONDAY – 6:15PM – 7:30PM – LP FIELD 5A-1
WEDNESDAY – 6:15PM – 7:30PM – LP FIELD 5A-1
THURSDAY – 6:35PM – 8:00PM – LP FIELD 6A-1



**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 — 6:15PM — LP FIELD 5A-2
WEDNESDAY — 6:15PM — 7:30PM — LP FIELD 5B-2

16B DEST / POD 2

MONDAY — 5:00PM — 6:15PM — LP FIELD 5A-2
WEDNESDAY — 6:15PM — 7:30PM — LP FIELD 5B-2

15B ADAMS / POD 2

MONDAY — 6:15PM — 7:30PM — LP FIELD 5B-2
WEDNESDAY — 5:00PM — 6:15PM — LP FIELD 5B-2

15B DEST / POD 2

MONDAY — 6:15PM — 7:30PM — LP FIELD 5B-2
WEDNESDAY — 5:00PM — 6:15PM — LP FIELD 5B-2

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16G RODMAN / POD 2

MONDAY — 5:00PM — 6:15PM — LP FIELD 5A-2
WEDNESDAY — 5:00PM — 6:15PM — LP FIELD 5A-2

16G HORAN / POD 2

MONDAY — 5:00PM — 6:15PM — LP FIELD 5A-2
WEDNESDAY — 5:00PM — 6:15PM — LP FIELD 5A-2

15G RODMAN / POD 2

MONDAY — 6:15PM — 7:30PM — LP FIELD 5A-2
WEDNESDAY — 6:15PM — 7:30PM — LP FIELD 5A-2

15G HORAN / POD 2

MONDAY — 6:15PM — 7:30PM — LP FIELD 5A-2
WEDNESDAY — 6:15PM — 7:30PM — 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 — 6:15PM — 7:30PM — LP FIELD 7A**
WEDNESDAY — 5:00PM — 6:15PM — LP FIELD 7B-1
THURSDAY — 5:00PM — 6:15PM — LP FIELD 7B-1

14B PRE-ECNL II

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

13B PRE-ECNL RL I VDA WEST

MONDAY — 6:15PM — 7:30PM — LP FIELD 7A**
WEDNESDAY — 6:15PM — 7:30PM — LP FIELD 6B-2
THURSDAY — 6:35PM — 8:00PM — LP FIELD 7B-2

13B PRE-ECNL II

MONDAY — 6:15PM — 7:30PM — LP FIELD 7B-1
TUESDAY (CC) — 7:15PM — 8:15PM — LP FIELD 5
WEDNESDAY — 6:15PM — 7:30PM — LP FIELD 6A-2

12B ECNL RL

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

11B ECNL RL

MONDAY — 6:15PM — 7:30PM — LP FIELD 6A-2
TUESDAY (CC) — 5:00PM — 6:00PM — LP FIELD 7
THURSDAY — 6:35PM — 8:00PM — LP FIELD 7A-1

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

**SCHEDULE START DATE: MARCH 3, 2025
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14G PRE-ECNL RL I VDA WEST

MONDAY — 6:15PM — 7:30PM — LP FIELD 7A**
TUESDAY — 5:00PM — 6:25PM — LP FIELD 6A-1
WEDNESDAY — 6:15PM — 7:30PM — LP FIELD 7B-1

14G PRE-ECNL II

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

13G PRE-ECNL RL I VDA WEST

MONDAY — 6:15PM — 7:30PM — LP FIELD 7A**
TUESDAY — 5:00PM — 6:25PM — LP FIELD 6A-1
THURSDAY — 6:35PM — 8:00PM — LP FIELD 7B-2

13G PRE-ECNL II

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

12G ECNL RL

MONDAY — 6:15PM — 7:30PM — LP FIELD 6B-2
TUESDAY (CC) — 5:00PM — 6:00PM — LP FIELD 6B
THURSDAY — 6:35PM — 8:00PM — LP FIELD 7B-1

11G ECNL RL

MONDAY — 6:15PM — 7:30PM — LP FIELD 6B-1
TUESDAY (CC) — 5:00PM — 6:00PM — LP FIELD 6B
THURSDAY — 6:35PM — 8:00PM — LP FIELD 7A-2

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

14B PREMIER ROYAL

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

13B PREMIER RED

MONDAY — 6:15PM — 7:30PM — LP FIELD 7B-2
TUESDAY (CC) — 7:15PM — 8:15PM — LP FIELD 5
WEDNESDAY — 6:15PM — 7:30PM — LP FIELD 7B-2

13B PREMIER ROYAL

MONDAY — 7:30PM — 8:45PM — LP FIELD 7A-1
TUESDAY (CC) — 7:15PM — 8:15PM — LP FIELD 5
THURSDAY — 6:35PM — 8:00PM — LP FIELD 7B-1

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

14G PREMIER RED

MONDAY — 7:30PM — 8:45PM — LP FIELD 5A-1
TUESDAY (CC) — 6:15PM — 7:15PM — LP FIELD 5
WEDNESDAY — 6:15PM — 7:30PM — LP FIELD 6A-1

14G PREMIER ROYAL

MONDAY — 5:00PM — 6:15PM — LP FIELD 7A-2
TUESDAY (CC) — 6:15PM — 7:15PM — LP FIELD 5
WEDNESDAY — 6:15PM — 7:30PM — LP FIELD 7A-1

13G PREMIER RED

MONDAY — 7:30PM — 8:45PM — LP FIELD 5B-1
TUESDAY (CC) — 6:15PM — 7:15PM — LP FIELD 5
WEDNESDAY — 6:15PM — 7:30PM — 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 — 6:15PM — LP FIELD 6B-1
TUESDAY (CC) — 5:00PM — 6:00PM — LP FIELD 7
WEDNESDAY — 7:30PM — 8:45PM — LP FIELD 7A

12B PREMIER ROYAL

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

12B PREMIER WHITE

MONDAY — 7:30PM — 8:45PM — LP FIELD 6A-2
TUESDAY (CC) — 5:00PM — 6:00PM — LP FIELD 7
FRIDAY — 6:35PM — 8:00PM — LP FIELD 6B

11B PREMIER RED

MONDAY — 7:30PM — 8:45PM — LP FIELD 6B-1
TUESDAY (CC) — 5:00PM — 6:00PM — LP FIELD 7
WEDNESDAY — 7:30PM — 8:45PM — LP FIELD 5A

11B PREMIER ROYAL

MONDAY — 7:30PM — 8:45PM — LP FIELD 6A-1
TUESDAY (CC) — 5:00PM — 6:00PM — LP FIELD 7
WEDNESDAY — 7:30PM — 8:45PM — LP FIELD 5B

11B PREMIER WHITE

MONDAY — 6:15PM — 7:30PM — LP FIELD 6A-1
TUESDAY (CC) — 5:00PM — 6:00PM — LP FIELD 7
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12G PREMIER RED

MONDAY — 7:30PM — 8:45PM — LP FIELD 7A-2
TUESDAY (CC) — 5:00PM — 6:00PM — LP FIELD 6B
THURSDAY — 5:00PM — 6:25PM — LP FIELD 7A-2

12G PREMIER ROYAL

MONDAY — 7:30PM — 8:45PM — LP FIELD 6B-2
TUESDAY (CC) — 5:00PM — 6:00PM — LP FIELD 6B
WEDNESDAY — 7:30PM — 8:45PM — LP FIELD 7B

11G PREMIER RED

MONDAY — 7:30PM — 8:45PM — LP FIELD 7B-2
TUESDAY (CC) — 5:00PM — 6:00PM — LP FIELD 6B
THURSDAY — 5:00PM — 6:25PM — LP FIELD 7B-2

11G PREMIER ROYAL

MONDAY — 7:30PM — 8:45PM — LP FIELD 6B-2
TUESDAY (CC) — 5:00PM — 6:00PM — LP FIELD 6B
FRIDAY — 6:35PM — 8:00PM — LP FIELD 6A



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

10B ECNL RL

TUESDAY — 8:15PM — 9:15PM — LP FIELD 5
THURSDAY — 8:05PM — 9:30PM — LP FIELD 7

09B ECNL RL

TUESDAY — 8:15PM — 9:15PM — LP FIELD 5
THURSDAY — 8:05PM — 9:30PM — LP FIELD 7

08B ECNL RL

TUESDAY — 8:15PM — 9:15PM — LP FIELD 5
THURSDAY — 8:05PM — 9:30PM — LP FIELD 7

07/06B ECNL RL

TUESDAY — 8:15PM — 9:15PM — LP FIELD 5
THURSDAY — 8:05PM — 9:30PM — LP FIELD 7

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10G ECNL RL

TUESDAY — 8:15PM — 9:15PM — LP FIELD 5
THURSDAY — 8:05PM — 9:30PM — LP FIELD 6

09G ECNL RL

TUESDAY — 8:15PM — 9:15PM — LP FIELD 5
THURSDAY — 8:05PM — 9:30PM — LP FIELD 6

08G ECNL RL

TUESDAY — 8:15PM — 9:15PM — LP FIELD 5
THURSDAY — 8:05PM — 9:30PM — LP FIELD 6

07/06G ECNL RL

TUESDAY — 8:15PM — 9:15PM — LP FIELD 5
THURSDAY — 8:05PM — 9:30PM — LP FIELD 6



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

TUESDAY — 8:15PM — 9:15PM — LP FIELD 5
THURSDAY — 8:05PM — 9:30PM — LP FIELD 7

10B PREMIER ROYAL

TUESDAY — 8:15PM — 9:15PM — LP FIELD 5
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TUESDAY — 8:15PM — 9:15PM — LP FIELD 5
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08B PREMIER ROYAL

TUESDAY — 8:15PM — 9:15PM — LP FIELD 5
THURSDAY — 8:05PM — 9:30PM — LP FIELD 7

07/06B PREMIER RED

TUESDAY — 8:15PM — 9:15PM — LP FIELD 5
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10G PREMIER RED

TUESDAY — 8:15PM — 9:15PM — LP FIELD 5
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10G PREMIER ROYAL

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09G PREMIER RED

TUESDAY — 8:15PM — 9:15PM — LP FIELD 5
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08G PREMIER RED

TUESDAY — 8:15PM — 9:15PM — LP FIELD 5
THURSDAY — 8:05PM — 9:30PM — LP FIELD 6

08/09G PREMIER ROYAL

TUESDAY — 8:15PM — 9:15PM — LP FIELD 5
THURSDAY — 8:05PM — 9:30PM — LP FIELD 6

07/06G PREMIER RED

TUESDAY — 8:15PM — 9:15PM — LP FIELD 5
THURSDAY — 8:05PM — 9:30PM — LP FIELD 6

