

# WSA PERIODIZATION MASTER CALENDAR U13-U15

## KEY

	Date	Team Date	Club Dates	
13-15				SUMMER
13-15	5/10/17	Team Budget & Travel Due	May 12th Golf Tournament	FALL
13-15	5/30/17	Team Formation Begins		WINTER
13-15	6/2/17	Signing Day	Welcome Party	SPRING
13-15	6/4 - 6/7	Academy Style Training x 1 Session	All Ages	
13-15	6/12 - 6/15	OFF WEEK or Team Building		
13-15	6/19 - 6/23	OFF WEEK or Team Building	June 22-28 Regionals	
13-15	6/24 - 7/16	Holiday	July 1-7 Boys Mexico Tour	
13-15	7/15/17	Clash of Giants 3v3 Tournament	3v3 Tourney @ RC Parks	
13-15	7/17/17	Regular Training Begins	<b>FALL PRESEASON BEGINS</b>	
13-15	7/10 - 7/28	Team Sessions x4; Cross-Training		
13-15	<b>7/29/17</b>	<b>Roundrobin</b>	Roundrobin	
	7/31 - 8/4	Academy Style Training X1		
13-15	8/1 - 8/10	Team Sessions X4	Aug 5th Roughneck Night	
13-15	8/14 - 8/17	Team Intra-Squad or Friendly	Aug 12th Cosmos Cup	
13-15	8/21 - 8/24	Team Sessions X2	Aug 12th ORU vs Mexico	
13-15	8/26-8/27	<b>LEAGUE PLAY</b>	<b>LEAGUE SEASON BEGINS</b>	
13-15	8/28 - 8/31	Team Sessions X2		
13-15	9/2 - 9/3	<b>Preferred In-House Club Event</b>	Midwest Labor Day	
13-15				
13-15	<b>Date</b>	<b>Team Date</b>	<b>Club Dates</b>	
13-15	9/5 - 9/8	Team Session x1		
13-15	9/9 - 9/10	<b>LEAGUE PLAY</b>		
13-15	9/11 - 9/14	Team Session x2		
13-15	9/16 - 9/17	<b>LEAGUE PLAY</b>		
13-15	9/18 - 9/21	Team Session x2		
13-15	9/23 - 9/24	<b>LEAGUE PLAY</b>		
13-15	9/25 - 9/28	Team Session x2		
13-15	9/30 - 10/1	<b>LEAGUE PLAY</b>		
13-15	10/2 - 10/5	Team Session x2		
13-15	10/7 - 10/8	<b>LEAGUE PLAY</b>		
13-15	10/9 - 10/12	Team Session x2	Film Review & Game Analysis	
13-15	10/14 - 10/15	<b>LEAGUE PLAY</b>		

13-15	10/16 - 10/18	Team Session x1	Fall Break
13-15	10/21 - 10/22	<b>OPEN WEEKEND FALL BREAK ODP/ID2 OPC COMBINE</b>	National Qualifier For 05/06 Boys & 05/04 Girls
13-15	10/23 - 10/26	Team Session x2	
13-15	10/28 - 10/29	<b>OPEN WEEKEND</b>	
13-15	10/30 - 11/2	Team Session x2	
13-15	11/4 - 11/5	<b>LEAGUE PLAY</b>	<b>END OF FALL LEAGUE</b>
13-15	11/6 - 11/9	Team Session x2	
13-15	11/11 - 11/12	<b>OPEN WEEKEND</b>	Norman Classic Cup
13-15	11/13 - 11/16	Team Session x2 U15's	
13-15	11/18 - 11/19	<b>CDA Tourney in Dallas U13/U14</b>	Club Required
13-15	11/18 - 11/19	<b>Sam Shannon Showcase U15's</b>	Sam Shannon Showcase
13-15	11/17 - 11/26	<b>Thanksgiving Holiday</b>	
13-15	11/27 - 11/30	Team Session x2 U15's	
13-15	<b>Date</b>	<b>Team Date</b>	<b>Club Dates</b>
13-15	12/2 - 12/3	<b>LEAGUE PLAY * Rain Date *</b>	<b>RAIN DATE</b>
13-15	12/2 - 12/3	<b>TBD Showcase Event Per Team U15's</b>	<b>Women's Final IV Showcase</b>
13-15	12/4 - 12/7	Optional Sessions x2 U15's	
13-15	12/9 - 12/10	<b>LEAGUE PLAY * Rain Date *</b>	<b>RAIN DATE</b>
13-15	12/9 - 12/10	<b>TBD Showcase Per Team U15's</b>	<b>Men's Final IV Showcase</b>
13-15	12/11 - 12/15	Futsal Practices x1 Session	
13-15	12/11 - 12/15	Player Evaluations	
13-15	12/16 - 12/17	<b>FUTSAL SESSION #1</b>	ORU
13-15	<b>12/18 - 1/5 CHRISTMAS HOLIDAY</b>		
13-15	1/6 - 1/7	<b>FUTSAL SESSION #2</b>	ORU
13-15	1/8 - 1/11	NO TRAINING	
13-15	1/13 - 1/14	<b>FUTSAL SESSION #3</b>	ORU
13-15	1/15 - 1/18	Training Resumes x1	
13-15	1/20 - 1/21	<b>FUTSAL SESSION #4</b>	ORU
13-15	1/22 - 1/25	Training Session x2	
13-15	1/27-1/28	<b>FUTSAL SESSION #5</b>	ORU
13-15	1/29 - 2/1	Friendly x1	
13-15	2/3 - 2/4	<b>FUTSAL SESSION #6 Play-Offs</b>	<b>SPRING PRE SEASON BEGINS</b>
13-15	2/5 - 2/8	Training Session x1	
13-15	2/10 - 2/11	<b>FUTSAL SESSION FINALS</b>	

13-15	2/12 - 2/15	Training Session x1	
13-15	2/17 - 2/18	<b>ID2/PDP EVENT - OPC COMBINE Boys 05/06 &amp; Girls 04/05 Cycle</b>	Olympic Development Prog. National Qualifier
13-15	2/19 - 2/23	Cross Training Session x1	
13-15	2/24 - 2/25	<b>LEAGUE PLAY</b>	<b>LEAGUE SEASON BEGINS</b>
13-15	2/26 - 3/1	Cross Training x1	
13-15	3/3 - 3/4	<b>Open Weekend</b>	<b>Norman Performance Cup</b>
13-15	3/5 - 3/8	Training Session x2	
13-15			
13-15	<b>Date</b>	<b>Team Date</b>	<b>Club Dates</b>
13-15	3/10 - 3/11	<b>SPRING BREAK</b>	
13-15	3/12 - 3/16	<b>SPRING BREAK</b>	
13-15	3/17 - 3/18	<b>LEAGUE PLAY</b>	
13-15	3/19 - 3/22	Training Session x2	
13-15	3/24 - 3/25	<b>LEAGUE PLAY</b>	
13-15	3/26 - 3/29	Training Session x2	
13-15	3/31/18	<b>LEAGUE PLAY SATURDAY ONLY</b>	
13-15	4/1/18	<b>NO LEAGUE PLAY * EASTER *</b>	
13-15	4/2 - 4/5	Training Session x2	
13-15	<b>4/6 - 4/8</b>	<b>WSA CUP</b>	<b>WSA CUP</b>
13-15	4/9 - 4/12	Training Session X1	
13-15	4/14 - 4/15	<b>Open Weekend</b>	<b>Lexus Cup</b>
13-15	4/16 - 4/19	Training Session X2	
13-15	4/21 - 4/22	<b>LEAGUE PLAY</b>	
13-15	4/23 - 4/27	Training Session X2	
13-15	4/28 - 4/29	<b>LEAGUE PLAY</b>	
13-15	4/30 - 5/3	Training Session x2	
13-15	5/5 - 5/6	<b>LEAGUE PLAY</b>	
13-15	5/7 - 5/10	Training Session x2	
13-15	5/12/17	<b>LEAGUE PLAY</b>	
13-15	5/13/18	<b>* Rain Date Mother's Day</b>	
13-15	5/14 - 5/18	Training Session x2	
13-15	5/19 - 5/20	<b>LEAGUE PLAY</b>	<b>LEAGUE SEASON ENDS</b>
13-15	5/21 - 5/24	Training Session x2 State Cup Prep	
13-15	5/26 - 5/27	<b>Rain Date if Needed</b>	<b>RAIN DATE</b>

13-15	5/28/18	<b>Memorial Day</b>	
13-15	5/29 - 6/1	Final Sessions for State Cup	
13-15	6/1 - 6/3	<b>STATE CUP TOURNAMENT</b>	
13-15	6/4 - 6/8	Team Formation/Player Placement	
13-15	6/8/18	Signing Day	
	6/12/18	CLUB RECOGNITION NIGHT	<b>JUNE 12th Recognition Night</b>
13-15	6/22- 6/26	<b>USCS Nationals (State Champs)</b>	
13-15	7/13 - 7/17	<b>NPL National Finals (NPL Champs)</b>	
13-15	7/20 - 7/24	<b>USCS Nationals (State Champs)</b>	
13-15	7/28 - 7/29	<b>Summer Showcase</b>	

## PERIODIZATION EQUATION

### GAMES

Friendlies	5
Tournament	12
League	16
Post Season	3
<b>TOTAL GAMES</b>	<b>36</b>

### TRAINING

Team Session	62
Classroom	3
Cross-Training	8
Functional/AST	4
<b>TOTAL SESSIONS</b>	<b>77</b>

**RATIO: Training: Games**

86 | 39

**2.14**

## **REST-RECOVERY**

Hi-Intensity Sessions

Low-Intensity Sessions

Med-Intensity Sessions







## WSA PERIODIZATION MASTER CALENDAR 11U-12U

11 & 12	Date	Team Date	Club Dates
11 & 12	5/10/17	Team Budget & Travel Due	May 12th Golf Tour
11 & 12	5/30/17	Team Formation Begins	
11 & 12	6/2/17	Signing Day	Welcome Party
	6/4 - 6/7	Academy Style Training x 1 Session	
11 & 12	6/3 - 6/11	CAMP WEEK	
11 & 12	6/12 - 6/15	CAMP WEEK	June 17th 3v3
	6/19/17	RECOGNITION NIGHT	Recognition Night
11 & 12	6/19 - 6/23	Holiday	
11 & 12	6/24 - 7/9	Holiday	
11 & 12	7/10 - 7/28	Team Sessions x2; Cross-Training x1	
	7/22/17	Beginning of Fall Season Training	<b>FALL PRE SEASON BEGINS</b>
11 & 12	7/29/17	Roundrobin	Roundrobin
	7/31 - 8/4	Academy Style Training x1	
11 & 12	8/1 - 8/10	Team Sessions X4	Aug 5th Roughneck Night
11 & 12	8/14 - 8/17	Team Intra-Squad or Friendly	Aug 12th Cosmos Cup
11 & 12	8/21 - 8/24	Team Sessions X2	Aug 12th ORU vs Mexico
11 & 12	8/26-8/27	<b>LEAGUE PLAY</b>	<b>LEAGUE SEASON BEGINS</b>
11 & 12	8/28 - 8/31	Team Sessions X2	
11 & 12	9/2 - 9/3	Preferred In-House Club Event	Midwest Labor Day
11 & 12			
11 & 12	Date	Team Date	Club Dates
11 & 12	9/5 - 9/8	Team Session x1	
11 & 12	9/9 - 9/10	<b>LEAGUE PLAY</b>	
11 & 12	9/11 - 9/14	Team Session x2	
11 & 12	9/16 - 9/17	<b>LEAGUE PLAY</b>	
11 & 12	9/18 - 9/21	Team Session x2	
11 & 12	9/23 - 9/24	<b>LEAGUE PLAY</b>	
11 & 12	9/25 - 9/28	Team Session x2	
11 & 12	9/30 - 10/1	<b>LEAGUE PLAY</b>	
11 & 12	10/2 - 10/5	Team Session x2	
11 & 12	10/7 - 10/8	<b>LEAGUE PLAY</b>	
11 & 12	10/9 - 10/12	Team Session x2	

11 & 12	10/14 - 10/15	<b>LEAGUE PLAY</b>	
11 & 12	10/16 - 10/18	Team Session x1	<b>Fall Break</b>
11 & 12	10/21 - 10/22	<b>OPEN WEEKEND FALL BREAK ODP/ID2 OPC COMBINE</b>	National Qualifier For 05/06 Boys & 05/04 Girls
11 & 12	10/23 - 10/26	Team Session x1/ Team Building	
11 & 12	10/28 - 10/29	<b>OPEN WEEKEND</b>	
11 & 12	10/30 - 11/2	Team Session x2	
11 & 12	11/4 - 11/5	<b>LEAGUE PLAY</b>	<b>END OF FALL LEAGUE</b>
11 & 12	11/6 - 11/9	Team Session x1 / Player Evals	
11 & 12	11/11 - 11/12	<b>OPEN WEEKEND</b>	<b>Norman Classic Cup</b>
11 & 12	11/13 - 11/16	Player/Parent Conferences	
11 & 12			
11 & 12	11/17 - 11/26	<b>Thanksgiving Holiday</b>	
11 & 12	11/27 - 11/30	Cross-Training x1	
11 & 12			
11 & 12	<b>Date</b>	<b>Team Date</b>	<b>Club Dates</b>
11 & 12	12/2 - 12/3	<b>LEAGUE PLAY * Rain Date *</b>	<b>RAIN DATE</b>
11 & 12	12/3/17	<b>OFF WEEKEND</b>	Girls Final IV Watch Party
11 & 12	12/4 - 12/7	Cross-Training Indoors x1	
11 & 12	12/9 - 12/10	<b>OFF WEEKEND</b>	Boys Final IV Watch Party
11 & 12	12/11 - 12/15	Futsal Practices x1 Session	
11 & 12	12/16 - 12/17	<b>FUTSAL SESSION #1</b>	ORU
11 & 12			
11 & 12	<b>12/18 - 1/5</b>	<b>CHRISTMAS HOLIDAY</b>	
11 & 12	1/6 - 1/7	<b>FUTSAL SESSION #2</b>	ORU
11 & 12	1/8 - 1/11	NO TRAINING	
11 & 12	1/13 - 1/14	<b>FUTSAL SESSION #3</b>	ORU
11 & 12	1/15 - 1/18	NO TRAINING	
11 & 12	1/20 - 1/21	<b>FUTSAL SESSION #4</b>	ORU
11 & 12	1/22 - 1/25	NO TRAINING	
11 & 12	1/27-1/28	<b>FUTSAL SESSION #5</b>	ORU
11 & 12	1/29 - 2/1	Cross Training Session x1	
11 & 12	2/3 - 2/4	<b>FUTSAL SESSION #6 Play-Offs</b>	
11 & 12	2/5 - 2/8	Training Session x1	<b>SPRING PRE SEASON BEGIN</b>
11 & 12	2/10 - 2/11	<b>FUTSAL SESSION FINALS</b>	
11 & 12	2/12 - 2/15	Training Session x1	
	2/17 - 2/18	<b>ID2/PDP EVENT - OPC COMBINE</b>	Olympic Development Prog

		<b>Boys 05/06 &amp; Girls 04/05 Cycle</b>	National Qualifier
11 & 12	2/17 - 2/18	<b>FUTSAL SESSION MAKE UP DATE</b>	
11 & 12	2/19 - 2/23	Training Session x2	
11 & 12	2/24 - 2/25	<b>LEAGUE PLAY</b>	<b>LEAGUE SEASON BEGINS</b>
11 & 12	2/26 - 3/1	Training Session x2	
11 & 12	3/3 - 3/4	<b>Open Weekend</b>	Norman Performance Cup
11 & 12	3/5 - 3/8	Training Session x2	
11 & 12			
11 & 12	<b>Date</b>	<b>Team Date</b>	<b>Club Dates</b>
11 & 12	3/10 - 3/11	<b>SPRING BREAK</b>	
11 & 12	3/12 - 3/16	<b>SPRING BREAK</b>	
11 & 12	3/17 - 3/18	<b>LEAGUE PLAY</b>	
11 & 12	3/19 - 3/22	Training Session x2	
11 & 12	3/24 - 3/25	<b>LEAGUE PLAY</b>	
11 & 12	3/26 - 3/29	Training Session x2	
11 & 12	3/31/18	<b>LEAGUE PLAY SATURDAY ONLY</b>	
11 & 12	4/1/18	<b>NO LEAGUE PLAY * EASTER *</b>	
11 & 12	4/2 - 4/5	Training Session x2	
11 & 12	<b>4/6 - 4/8</b>	<b>WSA CUP</b>	<b>WSA CUP</b>
11 & 12	4/9 - 4/12	Training Session X1	
11 & 12	4/14 - 4/15	<b>Open Weekend</b>	<b>Lexus Cup</b>
11 & 12	4/16 - 4/19	Training Session X2	
11 & 12	4/21 - 4/22	<b>LEAGUE PLAY</b>	
11 & 12	4/23 - 4/27	Training Session X2	
11 & 12	4/28 - 4/29	<b>LEAGUE PLAY</b>	
11 & 12	4/30 - 5/3	Training Session x2	
11 & 12	5/5 - 5/6	<b>LEAGUE PLAY</b>	
11 & 12	5/7 - 5/10	Training Session x2	
11 & 12	5/12/17	<b>LEAGUE PLAY</b>	
11 & 12	5/13/18	<b>* Rain Date Mother's Day</b>	
11 & 12	5/14 - 5/18	Training Session x2	
11 & 12	5/19 - 5/20	<b>LEAGUE PLAY</b>	<b>LEAGUE SEASON ENDS</b>
11 & 12	5/21 - 5/24	Training Session x2 State Cup Prep	
11 & 12	5/26 - 5/27	<b>Rain Date if Needed</b>	<b>RAIN DATE</b>
11 & 12	5/28/18	<b>Memorial Day</b>	

11 & 12	5/29 - 6/1	Final Sessions for State Cup	
11 & 12	6/1 - 6/3	<b>STATE CUP TOURNAMENT</b>	
11 & 12	6/4 - 6/8	Team Formation/Player Placement	
11 & 12	6/8/18	Signing Day	
11 & 12	6/12/18	CLUB RECOGNITION NIGHT	JUNE 12th Recognition Night
11 & 12	6/22- 6/26	<b>USCS Nationals (State Champs)</b>	
11 & 12	7/13 - 7/17	<b>NPL National Finals (NPL Champs)</b>	
11 & 12	7/20 - 7/24	<b>USCS Nationals (State Champs)</b>	
11 & 12	7/28 - 7/29	<b>Summer Showcase</b>	

KEY	
SUMMER	
FALL	
WINTER	
SPRING	

**PERIODIZATION EQUATION**

**GAMES**

Friendlies	7
Tournament	9
League	16
Post Season	4
<b>TOTAL GAMES</b>	<b>36</b>

**TRAINING**

Team Session	57
Classroom	3
Cross-Training	8
Functional/AST	4
<b>TOTAL SESSIONS</b>	<b>72</b>

**RATIO: Training: Games** 86 | 39 **2.00**

**REST-RECOVERY**

Hi-Intensity Sessions

Low-Intensity Sessions  
Med-Intensity Sessions







## WSA PERIODIZATION MASTER CALENDAR U9-U10

9 & 10	Date	Team Date	Club Dates	summer
9 & 10	5/10/17	Team Budget & Travel Due	May 12th Golf Tournament	summer
9 & 10	5/30/17	Team Formation Begins		summer
9 & 10	6/2/17	Registration Opens	Register through Summer	summer
9 & 10	6/3 - 7/9	HOLIDAY & OPTIONAL CAMPS		summer
9 & 10	7/10 - 7/28	Cross Training Sessions 1/week	<b>PRESEASON BEGINS</b>	summer
	7/15/17	Clash of Giants 3v3 Tournament	3v3 Tournament @ RC Parks	summer
9 & 10	<b>7/29/17</b>	<b>Roundrobin</b>	Roundrobin	summer
9 & 10	8/1 - 8/10	Team Sessions X4	Aug 5th Roughneck Night	summer
9 & 10	8/14 - 8/17	Team Intra-Squad or Friendly	Aug 12th Cosmos Cup	summer
9 & 10	8/21 - 8/24	Team Sessions X2	Aug 12th ORU vs Mexico	summer
9 & 10	8/26-8/27	<b>LEAGUE PLAY</b>	<b>LEAGUE SEASON BEGINS</b>	summer
9 & 10	8/28 - 8/31	Team Sessions X2		summer
9 & 10	9/2 - 9/3	<b>Preferred In-House Club Event</b>	Midwest Labor Day	summer
9 & 10				summer
9 & 10	Date	Team Date	Club Dates	fall
9 & 10	9/5 - 9/8	Team Session x1		fall
9 & 10	9/9 - 9/10	<b>LEAGUE PLAY</b>		fall
9 & 10	9/11 - 9/14	Team Session x2		fall
9 & 10	9/16 - 9/17	<b>LEAGUE PLAY</b>		fall
9 & 10	9/18 - 9/21	Team Session x2		fall
9 & 10	9/23 - 9/24	<b>LEAGUE PLAY</b>		fall
9 & 10	9/25 - 9/28	Team Session x2		fall
9 & 10	9/30 - 10/1	<b>LEAGUE PLAY</b>		fall
9 & 10	10/2 - 10/5	Team Session x2		fall
9 & 10	10/7 - 10/8	<b>LEAGUE PLAY</b>		fall
9 & 10	10/9 - 10/12	Team Session x2		fall
9 & 10	10/14 - 10/15	<b>LEAGUE PLAY</b>		fall
9 & 10	10/16 - 10/18	Team Session x1	Fall Break	fall
9 & 10	10/21 - 10/22	<b>OPEN WEEKEND FALL BREAK</b>		fall
9 & 10	10/23 - 10/26	Team Session x1/ Team Building		fall
9 & 10	10/28 - 10/29	<b>OPEN WEEKEND</b>		fall

9 & 10	10/30 - 11/2	Team Session x2		fall
9 & 10	11/4 - 11/5	<b>LEAGUE PLAY</b>	<b>END OF FALL LEAGUE</b>	fall
9 & 10	11/6 - 11/9	Team Session x1 / Player Evals		fall
9 & 10	11/11 - 11/12	<b>Turkey Shootout/Norman Cup</b>	<b>Optional</b>	fall
9 & 10	11/13 - 11/16	Team Session x1/ Player Evals		fall
9 & 10	11/18 - 11/19	<b>CDA Tournament, Dallas</b>	<b>Required Team Event</b>	fall
9 & 10	11/17 - 11/26	<b>Thanksgiving Holiday</b>		fall
9 & 10	11/27 - 11/30	Player/Parent Conferences		fall
9 & 10	<b>Date</b>	<b>Team Date</b>	<b>Club Dates</b>	winter
9 & 10	12/2 - 12/3	<b>LEAGUE PLAY * Rain Date *</b>	<b>RAIN DATE</b>	winter
9 & 10	12/4 - 12/7	Cross-Training Indoors x1		winter
9 & 10	12/9 - 12/10	<b>OFF WEEKEND</b>		winter
9 & 10	12/11 - 12/15	Futsal Practices x1 Session		winter
9 & 10	12/16 - 12/17	<b>FUTSAL SESSION #1</b>	ORU	winter
9 & 10	<b>12/18 - 1/5</b>	<b>CHRISTMAS HOLIDAY</b>		winter
9 & 10	1/6 - 1/7	<b>FUTSAL SESSION #2</b>	ORU	winter
9 & 10	1/8 - 1/11	NO TRAINING		winter
9 & 10	1/13 - 1/14	<b>FUTSAL SESSION #3</b>	ORU	winter
9 & 10	1/15 - 1/18	NO TRAINING		winter
9 & 10	1/20 - 1/21	<b>FUTSAL SESSION #4</b>	ORU	winter
9 & 10	1/22 - 1/25	NO TRAINING		winter
9 & 10	1/27-1/28	<b>FUTSAL SESSION #5</b>	ORU	winter
9 & 10	1/29 - 2/1	NO TRAINING		winter
9 & 10	2/3 - 2/4	<b>FUTSAL SESSION #6 Play-Offs</b>	ORU	winter
9 & 10	2/5 - 2/8	NO TRAINING		winter
9 & 10	2/10 - 2/11	<b>FUTSAL SESSION FINALS</b>	ORU	winter
9 & 10	2/12 - 2/15	Cross Training x1		winter
9 & 10	2/17 - 2/18	<b>FUTSAL SESSION MAKE UP DATE</b>	ORU	winter
	2/19/17	Regular Training Begins	<b>PRE SEASON BEGINS</b>	
9 & 10	2/19 - 2/23	Cross Training x1	<b>U10 to U11 Orientation Phase I</b>	winter
9 & 10	2/24 - 2/25	<b>Open Weekend/Possible ACS</b>		winter
9 & 10	2/26 - 3/1	Cross Training x1		winter
9 & 10	3/3 - 3/4	<b>Open Weekend/Possible ACS</b>	<b>Norman Performance Cup</b>	winter
9 & 10	3/5 - 3/8	Training Session x2		winter
9 & 10				winter

9 & 10	Date	Team Date	Club Dates	
9 & 10	3/10 - 3/11	<b>SPRING BREAK</b>		spring
9 & 10	3/12 - 3/16	<b>SPRING BREAK</b>		spring
9 & 10	3/17 - 3/18	<b>LEAGUE PLAY</b>	<b>LEAGUE SEASON BEGINS</b>	spring
9 & 10	3/19 - 3/22	Training Session x2		spring
9 & 10	3/24 - 3/25	<b>LEAGUE PLAY</b>		spring
9 & 10	3/26 - 3/29	Training Session x2		spring
9 & 10	3/31/18	<b>LEAGUE PLAY SATURDAY ONLY</b>		spring
9 & 10	4/1/18	<b>NO LEAGUE PLAY * EASTER *</b>		spring
9 & 10	4/2 - 4/5	Training Session x2		spring
9 & 10	4/6 - 4/8	<b>WSA CUP</b>	<b>WSA CUP</b>	spring
9 & 10	4/9 - 4/12	Training Session X1		spring
9 & 10	4/14 - 4/15	<b>Open Weekend</b>	<b>Lexus Cup</b>	spring
9 & 10	4/16 - 4/19	Training Session X2		spring
9 & 10	4/21 - 4/22	<b>LEAGUE PLAY</b>		spring
9 & 10	4/23 - 4/27	Training Session X2		spring
9 & 10	4/28 - 4/29	<b>LEAGUE PLAY</b>		spring
9 & 10	4/30 - 5/3	Training Session x2		spring
9 & 10	5/5 - 5/6	<b>LEAGUE PLAY</b>	<b>LEAGUE SEASON ENDS</b>	spring
9 & 10	5/7 - 5/10	Training Session x2	<b>U10-U11 Orientation Phase II</b>	spring
9 & 10	5/12/17	<b>ACS PLAY-OFFS</b>		spring
9 & 10	5/13/18	<b>* Rain Date Mother's Day</b>		spring
9 & 10	5/14 - 5/18	Training Session x2		spring
9 & 10	5/19 - 5/20	<b>RAIN DATE IF NEEDED</b>	<b>RAIN DATE</b>	spring
9 & 10	5/21 - 5/24	Training Session x2 State Cup Prep		spring
9 & 10	5/26 - 5/27	<b>OFF WEEKEND</b>		spring
9 & 10	5/28/18	<b>Memorial Day</b>		spring
9 & 10	5/29 - 6/3	<b>OFF WEEK/ OPEN SESSIONS</b>		spring
9 & 10				spring
9 & 10	6/4 - 6/8	Team Formation/Player Placement		summer
9 & 10	6/8/18	Registration Opens	Registration thru Summer	summer
9 & 10	6/12/18	CLUB RECOGNITION NIGHT	<b>JUNE 12th Recognition Night</b>	
9 & 10	6/12 - 7/15	Camp Season		summer

## PERIODIZATION EQUATION

### GAMES

Friendlies	0
Tournament	0
League	0
Post Season	0

**TOTAL GAMES** 0

### TRAINING

Team Session	0
Classroom	0
Cross-Training	0
Functional/AST	0

**TOTAL SESSIONS** 0

**RATIO: Training: Games**

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### REST-RECOVERY

Hi-Intensity Sessions  
Low-Intensity Sessions  
Med-Intensity Sessions





## WSA PERIODIZATION MASTER CALENDAR **U7-U8**

7 & 8	Date	Team Date	Club Dates	
7 & 8	5/10/17	Team Budget & Travel Due	May 12th Golf Tournament	summer
7 & 8	5/30/17	Team Formation Begins		summer
7 & 8	6/2/17	Signing Day		summer
7 & 8	6/3 - 7/23	HOLIDAY & OPTIONAL CAMPS		summer
7 & 8	7/15/17	Clash of Giants 3v3 Tournament	3v3 Tournament @ RC Parks	summer
7 & 8	7/24 - 7/27	Cross Training Sessions 1/week	<b>PRESEASON BEGINS</b>	summer
7 & 8	<b>7/29/17</b>	<b>Optional OffSeason Event</b>	Roundrobin	summer
7 & 8	8/1 - 8/10	Team Sessions 1/week	Aug 5th Roughneck Night	summer
7 & 8	8/14 - 8/17	Team Intra-Squad or Friendly	Aug 12th Cosmos Cup	summer
7 & 8	8/21 - 8/24	Team Sessions X2	Aug 12th ORU vs Mexico	summer
7 & 8	8/26-8/27	<b>LEAGUE PLAY</b>	<b>LEAGUE SEASON BEGINS</b>	summer
7 & 8	8/28 - 8/31	Team Sessions X2		summer
7 & 8	9/2 - 9/3	<b>Optional In-House Tourney</b>	Midwest Labor Day	summer
7 & 8				summer
7 & 8	Date	Team Date	Club Dates	
7 & 8	9/5 - 9/8	Team Session x1		fall
7 & 8	9/9 - 9/10	<b>LEAGUE PLAY</b>		fall
7 & 8	9/11 - 9/14	Team Session x2		fall
7 & 8	9/16 - 9/17	<b>LEAGUE PLAY</b>		fall
7 & 8	9/18 - 9/21	Team Session x2		fall
7 & 8	9/23 - 9/24	<b>LEAGUE PLAY</b>		fall
7 & 8	9/25 - 9/28	Team Session x2		fall
7 & 8	9/30 - 10/1	<b>LEAGUE PLAY</b>		fall
7 & 8	10/2 - 10/5	Team Session x2		fall
7 & 8	10/7 - 10/8	<b>LEAGUE PLAY</b>		fall
7 & 8	10/9 - 10/12	Team Session x2		fall
7 & 8	10/14 - 10/15	<b>LEAGUE PLAY</b>		fall
7 & 8	10/16 - 10/18	Team Session x1	Fall Break	fall
7 & 8	10/21 - 10/22	<b>OPEN WEEKEND FALL BREAK</b>		fall
7 & 8	10/23 - 10/26	Team Session x1/ Team Building		fall
7 & 8	10/28 - 10/29	<b>LEAGUE PLAY</b>		fall
7 & 8	10/30 - 11/2	Team Session x2		fall
7 & 8	11/4 - 11/5	<b>LEAGUE PLAY</b>	<b>END OF FALL LEAGUE</b>	fall

7 & 8	11/6 - 11/9	Team Session x1 / Player Evals		fall
7 & 8	11/11 - 11/12	<b>Turkey Shootout/Norman Cup</b>	<b>Optional</b>	fall
7 & 8	11/13 - 11/16	Team Session x1/ Player Evals		fall
7 & 8	11/18 - 11/19	<b>CDA Tournament, Dallas</b>	<b>Team Event</b>	fall
7 & 8	11/17 - 11/26	<b>Thanksgiving Holiday</b>		fall
7 & 8	11/27 - 11/30	Player/Parent Conferences		fall
7 & 8	<b>Date</b>	<b>Team Date</b>	<b>Club Dates</b>	winter
7 & 8	12/2 - 12/3	<b>LEAGUE PLAY * Rain Date *</b>	<b>RAIN DATE</b>	winter
7 & 8	12/4 - 12/7	Cross-Training Indoors x1		winter
7 & 8	12/9 - 12/10	<b>OPEN WEEKEND</b>		winter
7 & 8	12/11 - 12/15	Futsal Practises x1 Session		winter
7 & 8	12/16 - 12/17	<b>FUTSAL SESSION #1</b>	ORU	winter
7 & 8	<b>12/18 - 1/5</b>	<b>CHRISTMAS HOLIDAY</b>		winter
7 & 8	1/6 - 1/7	<b>FUTSAL SESSION #2</b>	ORU	winter
7 & 8	1/8 - 1/11	NO TRAINING		winter
7 & 8	1/13 - 1/14	<b>FUTSAL SESSION #3</b>	ORU	winter
7 & 8	1/15 - 1/18	NO TRAINING		winter
7 & 8	1/20 - 1/21	<b>FUTSAL SESSION #4</b>	ORU	winter
7 & 8	1/22 - 1/25	NO TRAINING		winter
7 & 8	1/27-1/28	<b>FUTSAL SESSION #5</b>	ORU	winter
7 & 8	1/29 - 2/1	NO TRAINING		winter
7 & 8	2/3 - 2/4	<b>FUTSAL SESSION #6 Play-Offs</b>		winter
7 & 8	2/5 - 2/8	NO TRAINING		winter
7 & 8	2/10 - 2/11	<b>FUTSAL SESSION FINALS</b>		winter
7 & 8	2/12 - 2/15	Cross Training x1		winter
7 & 8	2/17 - 2/18	<b>FUTSAL SESSION MAKE UP DATE</b>	<b>PRE SEASON BEGINS</b>	winter
7 & 8	2/19 - 2/23	Cross Training x1		winter
7 & 8	2/24 - 2/25	<b>OPEN WEKEEND/POSSIBLE ACS</b>	<b>LEAGUE SEASON BEGINS</b>	winter
7 & 8	2/26 - 3/1	Cross Training x1		winter
7 & 8	3/3 - 3/4	<b>OPEN WEEKEND/POSSIBLE ACS</b>	<b>Norman Performance Cup</b>	winter
7 & 8	3/5 - 3/8	Training Session x2		winter
7 & 8				winter
7 & 8	<b>Date</b>	<b>Team Date</b>	<b>Club Dates</b>	spring
7 & 8	3/10 - 3/11	<b>SPRING BREAK</b>		spring
7 & 8	3/12 - 3/16	<b>SPRING BREAK</b>		spring



7 & 8	3/17 - 3/18	<b>LEAGUE PLAY</b>		spring
7 & 8	3/19 - 3/22	Training Session x2		spring
7 & 8	3/24 - 3/25	<b>LEAGUE PLAY</b>		spring
7 & 8	3/26 - 3/29	Training Session x2		spring
7 & 8	3/31/18	<b>LEAGUE PLAY SATURDAY ONLY</b>		spring
7 & 8	4/1/18	<b>NO LEAGUE PLAY * EASTER *</b>		spring
7 & 8	4/2 - 4/5	Training Session x2		spring
7 & 8	<b>4/6 - 4/8</b>	<b>WSA CUP</b>	<b>WSA CUP</b>	spring
7 & 8	4/9 - 4/12	Training Session X1		spring
7 & 8	4/14 - 4/15	<b>Open Weekend</b>	<b>Lexus Cup</b>	spring
7 & 8	4/16 - 4/19	Training Session X2		spring
7 & 8	4/21 - 4/22	<b>LEAGUE PLAY</b>		spring
7 & 8	4/23 - 4/27	Training Session X2		spring
7 & 8	4/28 - 4/29	<b>LEAGUE PLAY</b>		spring
7 & 8	4/30 - 5/3	Training Session x2		spring
7 & 8	5/5 - 5/6	<b>LEAGUE PLAY</b>	<b>LEAGUE SEASON ENDS</b>	spring
7 & 8	5/7 - 5/10	Training Session x2	<b>U10-U11 Orientation Phase II</b>	spring
7 & 8	5/12/17	<b>LEAGUE PLAY</b>		spring
7 & 8	5/13/18	<b>* Rain Date Mother's Day</b>		spring
7 & 8	5/14 - 5/18	Training Session x2		spring
7 & 8	5/19 - 5/20	<b>ACS PLAY-OFFS</b>		spring
7 & 8	5/21 - 5/24	Training Session x2 State Cup Prep		spring
7 & 8	5/26 - 5/27	<b>OPEN WEEKEND</b>	<b>RAIN DATE</b>	spring
7 & 8	5/28/18	<b>Memorial Day</b>		spring
7 & 8	5/29 - 6/3	<b>OFF WEEK/ OPEN SESSIONS</b>		spring
7 & 8				spring
7 & 8	6/4 - 6/8	Team Formation/Player Placement		summer
7 & 8	6/8/18	REGISTRATION OPENS	Register thru Summer	summer
	6/12/18	CLUB RECOGNITION NIGHT	<b>JUNE 12th Recognition Night</b>	summer
7 & 8				summer
7 & 8				summer
7 & 8				summer

## PERIODIZATION EQUATION

### GAMES

Friendlies	0
Tournament	0
League	0
Post Season	0
<b>TOTAL GAMES</b>	<b>0</b>

### TRAINING

Team Session	0
Classroom	0
Cross-Training	0
Functional/AST	0
<b>TOTAL SESSIONS</b>	<b>0</b>

**RATIO: Training: Games**

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### REST-RECOVERY

Hi-Intensity Sessions  
Low-Intensity Sessions  
Med-Intensity Sessions



