

LSC EXPRESS Fall 2019 Season			
League: U3/2017 & U4/2016 Coed			
Saturday, September 7, 2019			
OPENING DAY			
M. Ruest Training	Time	Teams	Location
	8:00 AM	Londonderry U3 Team 1 - Sfty Yellow - Porter, Mitchell, Soucy	Fields 1
	8:45 AM	Londonderry U4 Team 1 - Graphite - Kline	Fields 1
	9:30 AM	Londonderry U4 Team 2 - Lt Blue - Gilbert, Creed	Fields 1
Saturday, September 14, 2019			
M. Ruest Training	Time	Teams	Location
	8:00 AM	Londonderry U3 Team 1 - Sfty Yellow - Porter, Mitchell, Soucy	Fields 1
	8:45 AM	Londonderry U4 Team 1 - Graphite - Kline	Fields 1
	9:30 AM	Londonderry U4 Team 2 - Lt Blue - Gilbert, Creed	Fields 1
Saturday, September 21, 2019			
M. Ruest Training	Time	Teams	Location
	8:00 AM	Londonderry U3 Team 1 - Sfty Yellow - Porter, Mitchell, Soucy	Fields 1
	8:45 AM	Londonderry U4 Team 1 - Graphite - Kline	Fields 1
	9:30 AM	Londonderry U4 Team 2 - Lt Blue - Gilbert, Creed	Fields 1
Saturday, September 28, 2019			
M. Ruest Training	Time	Teams	Location
	8:00 AM	Londonderry U3 Team 1 - Sfty Yellow - Porter, Mitchell, Soucy	Fields 1
	8:45 AM	Londonderry U4 Team 1 - Graphite - Kline	Fields 1
	9:30 AM	Londonderry U4 Team 2 - Lt Blue - Gilbert, Creed	Fields 1
Saturday, October 5, 2019 *PICTURE DAY*			
Drills,Games,Activities	Time	Teams	Location
	8:00 AM	Londonderry U3 Team 1 Safety Yellow Porter, Mitchell, Soucy	Fields 1
		<i>Picture Time U3 Team 1 - 7:30 AM</i>	
	8:00 AM	Londonderry U4 Team 1 Graphite Kline	Fields 1
		<i>Picture Time U4 Team 1 - 7:30 AM</i>	
	8:00 AM	Londonderry U4 Team 2 Light Blue Gilbert, Creed	Fields 1
		<i>Picture Time U4 Team 2 - 7:30 AM</i>	
Saturday, October 12, 2019			
M. Ruest Training	Time	Teams	Location
	8:00 AM	Londonderry U3 Team 1 - Sfty Yellow - Porter, Mitchell, Soucy	Fields 1
	8:45 AM	Londonderry U4 Team 1 - Graphite - Kline	Fields 1
	9:30 AM	Londonderry U4 Team 2 - Lt Blue - Gilbert, Creed	Fields 1
Saturday, October 19, 2019			
M. Ruest Training	Time	Teams	Location
	8:00 AM	Londonderry U3 Team 1 - Sfty Yellow - Porter, Mitchell, Soucy	Fields 1
	8:45 AM	Londonderry U4 Team 1 - Graphite - Kline	Fields 1
	9:30 AM	Londonderry U4 Team 2 - Lt Blue - Gilbert, Creed	Fields 1
Saturday, October 26, 2019			
M. Ruest Training	Time	Teams	Location
	8:00 AM	Londonderry U3 Team 1 - Sfty Yellow - Porter, Mitchell, Soucy	Londonderry U3
	8:45 AM	Londonderry U4 Team 1 - Graphite - Kline	Londonderry U4
	9:30 AM	Londonderry U4 Team 2 - Lt Blue - Gilbert, Creed	Londonderry U4