



Outdoor Pre-Season Training Schedule for Youth Elite/Comp Teams

Our outdoor pre-season training period will permit our coaches to prepare their respective teams for the upcoming Summer season. You'll find below times and locations, per age group, which applies until May 15th.

For those groups listing the locations of "Mooney's Bay / NRC", Mooney's Bay will be used for the first 10-14 days of their corresponding schedule; following that period, ALL pre-season training will take place at the NRC location until May 15th.

- Mooney's Bay is located on Riverside Dr., west of Bank St., north of Walkley Rd.
- NRC is located on Blair Rd, between Montreal Rd. and Ogilvie.

Note, past the May 15th date, Summer training schedule will take effect; Coaches or Managers are to be contacted directly for any change of schedule and locations upon the start of the summer season. For any additional information, please contact us by telephone at #613-260-2278, via e-mail at

Diryouth@fccapitalunited.com

Starting Week of Monday, April 6th

U21 M TIER I (born in 91' or later)

Tuesdays 6:30pm - 8:00pm Mooney's bay / NRC
Thursdays 6:30pm - 8:00pm Mooney's bay / NRC
Saturdays 9:00am - 10:30am Mooney's bay / NRC
Sundays 4:30pm - 6:00pm Mooney's bay / NRC
Coaching Staff for U21 M TIER I: Mike Laverty

U16 Boys OYSL (born in 93' or later)

Tuesdays 6:30pm - 8:00pm Mooney's bay / NRC
Thursdays 6:30pm - 8:00pm Mooney's bay / NRC
Saturdays 9:00am - 10:30am / 5:00pm - 6:00pm Mooney's bay / NRC
Sundays 4:30pm - 6:00pm Mooney's bay / NRC
Coaching Staff for U16 Boys OYSL: Andreas Noe

U15 Boys OYSL (born in 94' or later)

Tuesdays 6:30pm - 8:00pm Mooney's bay / NRC
Thursdays 6:30pm - 8:00pm Mooney's bay / NRC
Saturdays 9:00am - 10:30am / 5:00pm - 6:00pm Mooney's bay / NRC
Sundays 4:30pm - 6:00pm Mooney's bay / NRC
Coaching Staff for U14 Boys OYSL / Level 4: Raz El-Asmar / Marcel Mangan / Philip Fleuriau

Starting Week of Monday, April 13th

GoalKeeper Training Sessions

Fridays 5:00PM - 7:00PM (U9 - U11) NRC
Fridays 7:00PM - 9:00PM (U12 and up) NRC
Coaching Staff: Karl Wasslen

Senior Men Premier

Tuesdays 7:30pm - 9:00pm Mooney's bay / NRC
Thursdays 7:30pm - 9:00pm Mooney's bay / NRC
Fridays 7:30pm - 9:00pm Mooney's bay / NRC
Saturdays 7:30pm - 9:00pm Mooney's bay / NRC
Sundays 4:30pm - 6:00pm Mooney's bay / NRC
Coaching Staff for Men Premier: Traian Mateas

U14 Boys Level 3 / 4 (born in 95' or later)

Mondays 6:00pm - 7:30pm Mooney's bay / NRC
Wednesdays 6:00pm - 7:30pm Mooney's bay / NRC
Saturdays 12:00pm - 1:30pm Mooney's bay / NRC
Sundays 5:00pm - 6:30pm Mooney's bay / NRC
Coaching Staff for U14 Boys Level 3 / 4: David Wilson

U14 Girls Level 3 (born in 95' or later)

Mondays 7:00pm - 8:30pm NRC
Wednesdays 7:00pm - 8:30pm NRC
Saturdays 12:30pm - 2:00pm NRC
Sundays 6:00pm - 7:30pm NRC
Coaching Staff for U14 Girls Level 3: Raz El-Asmar / Ben Robert

U13 Boys Level 3 (born in 96' or later)

Mondays, 6:00pm - 7:30pm NRC
Wednesdays 6:00pm - 7:30pm NRC
Saturdays 11:00am - 12:30pm NRC
Sundays TBC, Louis Riel Dome
Coaching Staff for U13 Boys Level 3: Raz El-Asmar, Pierre Cantave

U13 Girls Level 3 (born in 96' or later)

Mondays, 7:00pm - 8:30pm, NRC
Wednesdays 7:00pm - 8:30pm NRC
Saturdays 12:30pm - 2:00pm NRC
Sundays 6:00pm - 7:00pm NRC
Coaching Staff for U13 Girls Level 3: Marc Zion / Carleen Ridley

Starting Week of Monday, April 20th

Senior Women Premier

Mondays 6:00pm - 7:30pm Mooney's bay / NRC
Wednesdays 6:00pm - 7:30pm Mooney's bay / NRC
Saturdays 6:00pm - 7:30pm Mooney's bay / NRC
Sundays 3:00pm - 4:30pm Mooney's bay / NRC
Coaching Staff for Women Premier: Traian Mateas

Starting Saturday, April 25th

U12 Boys Level 3 / 5 (born in 97' or later)

Tuesdays, 6:00pm - 7:30pm, NRC
Thursdays 6:00pm - 7:30pm NRC
Saturdays 1:30pm - 3:00pm NRC
Coaching Staff for U12 Boys Level 3 / 5 Teams: Cyriaque Meka-Mevoung

U11 Girls (born in 98' or later)

Mondays 6:30pm - 8:00pm NRC
Wednesdays 6:30pm - 8:00pm NRC
Saturdays 9:00am - 10:30am NRC
Coaching Staff for U11 Girls Premier / Div1 Teams: Fergus Watt / Adriana El-Asmar

U11 Boys (born in 98' or later)

Tuesdays 6:00pm - 7:30pm NRC
Thursdays 6:00pm - 7:30pm NRC
Saturdays 11:00am - 12:30pm NRC
Coaching Staff for U11 Boys Premier / Div1 Teams: Marcel Mangan / Papou Sow

U10 Boys (born in 99' or later)

Tuesdays, 6:00pm - 7:30pm, NRC
Fridays 6:00pm - 7:30pm NRC
Saturdays 10:00am - 11:30am NRC
Coaching Staff for U10 Boys Premier / Div1 Teams: Rico DeFrancesco / Mark Sweazey / Toni El-Asmar

U10 Girls (born in 99' or later)

Mondays 6:30pm - 8:00pm NRC
Wednesdays 6:30pm - 8:00pm NRC
Saturdays 9:00am - 10:30am NRC
Coaching Staff for U10 Girls Premier / Div1 Teams: Kira Mateas

U9 Boys (born in 00' or later)

Tuesdays, 6:00pm - 7:15pm, NRC
Thursdays 6:00pm - 7:15pm NRC
Saturdays 1:30pm - 3:00pm NRC
Coaching Staff for U9 Boys Team: Karl Wasslen