

HYL 2025 Winter Indoor Training Schedule

Dates	Girls				Boys				Training Notes
	1/2	3/4	5/6	7/8	8U	10U	12U	14U	
Sunday, January 12, 2025	4:00-5:00PM	4:00-5:00PM	5:00-6:00PM	5:00-6:00PM	6:00-7:00PM	6:00-7:00PM	7:00-8:00PM	7:00-8:00PM	Skills and Drills. Working on Fundamentals
Sunday, January 19, 2025	4:00-5:00PM	4:00-5:00PM	5:00-6:00PM	5:00-6:00PM	6:00-7:00PM	6:00-7:00PM	7:00-8:00PM	7:00-8:00PM	
Sunday, January 26, 2025	4:00-5:00PM	4:00-5:00PM	5:00-6:00PM	5:00-6:00PM	6:00-7:00PM	6:00-7:00PM	7:00-8:00PM	7:00-8:00PM	
Sunday, February 02, 2025	4:00-5:00PM	4:00-5:00PM	5:00-6:00PM	5:00-6:00PM	6:00-7:00PM	6:00-7:30PM	7:00-8:30PM	7:30-9:00PM	Start of Team training. Highly encouraged. Start of Evaluations for Boys 10U,12U,& 14U
Sunday, February 16, 2025	4:00-5:00PM	4:00-5:00PM	5:00-6:00PM	5:00-6:00PM	6:00-7:00PM	6:00-7:30PM	7:00-8:30PM	7:30-9:00PM	
Sunday, February 23, 2025	4:00-5:00PM	4:00-5:00PM	5:00-6:00PM	5:00-6:00PM	6:00-7:00PM	6:00-7:30PM	7:00-8:30PM	7:30-9:00PM	
Sunday, March 02, 2025	4:00-5:00PM	4:00-5:00PM	5:00-6:00PM	5:00-6:00PM	6:00-7:00PM	6:00-7:30PM	7:00-8:30PM	7:30-9:00PM	Team training. Boys 10U,12U,& 14U - Must make atleast 2 sessions for Team Evaluations/placement.
Sunday, March 09, 2025	4:00-5:00PM	4:00-5:00PM	5:00-6:00PM	5:00-6:00PM	6:00-7:00PM	6:00-7:30PM	7:00-8:30PM	7:30-9:00PM	
Sunday, March 16, 2025	4:00-5:00PM	4:00-5:00PM	5:00-6:00PM	5:00-6:00PM	6:00-7:00PM	6:00-7:30PM	7:00-8:30PM	7:30-9:00PM	