

QC UNITED 2025 OUTDOOR TRAINING SCHEDULE

GRASSROOTS STREAM		
Season runs from May 5th – June 26th		
Age Group	First Session	Second Session
U5	Wednesday – 5:30-6:15PM Location: Massey East (East Half)	
U7 Boys Group 1	Tuesday – 5:30-6:15PM Location: Massey East (East Half)	
U7 Boys Group 2	Tuesday – 6:15-7:00PM Location: Massey East (East Half)	
U7 Girls	Monday – 5:15-6:00PM Location: Massey East (East Half)	
U9 Boys Group 1	Tuesday – 5:30-6:30PM Location: Massey East (West Half)	
U9 Boys Group 2	Wednesday – 6:30-7:30PM Location: Massey East (West Half)	
U9 Girls	Monday – 6:00-7:00PM Location: Massey East (East Half)	
U9 Boys Skill Centre	Monday – 6:00-7:00PM Location: Massey East (West Half)	Wednesday – 6:00-7:00PM Location: Massey East (West Half)
U9 Girls Skill Center	Monday – 6:00-7:00PM Location: Massey East (East Half)	Wednesday – 6:00-7:00PM Location: Massey East (West Half)

DEVELOPMENT CENTER		
Season runs May 5th-July 13th		
Age Group	First Session	Second Session
U11 Boys (Casey)	Monday – 5:00-6:15PM Location: Massey West (Northeast Quarter)	Wednesday – 5:15-6:30PM Location: Massey West (Northwest Quarter)
U11 Boys (TBD)	Monday – 5:00-6:15PM Location: Massey West (Northwest Quarter)	Wednesday – 5:15-6:30PM Location: Massey West (Southeast Quarter)
U11 Girls (Sage)	Wednesday – 7:00-8:15PM Location: Massey West (Southwest Quarter)	Thursday – 5:15-6:30PM Location: Massey East (West Half)
U13 Boys (Adeoluwa)	Monday – 7:15-8:30PM Location: Massey West (Northeast Quarter)	Wednesday – 5:30-6:45PM Location: Massey West (Southwest Quarter)
U15 Boys (Taiye)	Monday – 6:15-7:30PM Location: Massey West (Southwest Quarter)	Tuesday – 5:30-6:45PM Location: Les Sherman (North Half)
U15 Boys (Shawn)	Monday – 5:00-6:15PM Location: Massey West (Southwest Quarter)	Thursday – 5:30-6:45PM Location: Les Sherman (South Half)

EMERGING TALENT CENTER				
Age Group	First Session	Second Session	Third Session	Fourth Session
U11 Boys Skill Centre	Monday – 7:00-8:30PM Location: Massey East (Full Field)	Tuesday – 5:00-6:30PM Location: Massey West (South Half)	Wednesday – 7:00-8:15PM Location: Massey East (Full Field)	
U11 Girls Skill Centre	Tuesday – 5:00-6:15PM Location: QC Facility (Full Field)	Wednesday – 7:00-8:15PM Location: Massey West (Southwest Quarter)	Thursday – 5:15-6:30PM Location: Massey East (West Half)	
U13 Boys ETC 1	Monday – 7:15-8:30PM Location: Massey West (Southeast Quarter)	Wednesday – 4:45-6:00PM Location: Massey West (Northeast Quarter)	Thursday – 4:45-6:00PM Location: QC Facility (Full Field)	
U13 Boys ETC 2	Tuesday – 6:45-8:00PM Location: Les Sherman (South Half)	Wednesday – 6:30-7:45PM Location: Massey West (Northwest Quarter)	Thursday – 6:30-7:45PM Location: QC Facility (Full Field)	
U13 Boys ETC 3	Monday – 5:00-6:15PM Location: QC Facility (Full Field)	Wednesday – 6:00-7:15PM Location: Massey West (Northeast Quarter)	Thursday – 7:30-8:45PM Location: Massey East (East Half)	
U13 Girls ETC	Monday – 7:15-8:30PM Location: Massey East (Northwest Quarter)	Tuesday – 7:30-8:45PM Location: QC Facility (Full Field)	Wednesday – 7:00-8:15PM Location: Massey West (Southeast Quarter)	
U15 Boys ETC 1	Monday – 6:15-7:15PM Location: Massey West (Northeast Quarter)	Tuesday – 5:00-6:30PM Location: Massey West (North Half)	Wednesday – 5:00-6:30PM Location: QC Facility (Full Field)	Thursday – 5:30-7:00PM Location: Les Sherman (North Half)
U15 Boys ETC 2	Monday – 7:15-8:15PM Location: Massey West (Southwest Quarter)	Tuesday – 6:45-8:15PM Location: Les Sherman (North Half)	Wednesday – 7:15-8:45PM Location: Massey West (Northeast Quarter)	Thursday – 7:00-8:30PM Location: Les Sherman (North Half)
U17 Boys ETC	Monday – 6:15-7:15PM Location: Massey West (Southeast Quarter)	Tuesday – 6:30-8:00PM Location: Massey West (South Half)	Wednesday – 8:00-9:30PM Location: QC Facility (Full Field)	Thursday – 7:30-9:00PM Location: Massey West (South Half)
U17 Girls ETC	Monday – 6:15-7:15PM Location: Massey West (Northwest Quarter)	Tuesday – 6:30-8:00PM Location: Massey West (North Half)	Wednesday – 6:30-8:00PM Location: QC Facility (Full Field)	Thursday – 7:30-9:00PM Location: Massey West (North Half)

KEEPER TRAINING

Age Group	First Session
U11s	Monday – 6:15-7:15PM Location: QC Facility (Full Field)
U13s	Monday – 7:15-8:15PM Location: QC Facility (Full Field)
U15s	Tuesday - 6:15-7:15PM Location: QC Facility (Full Field)
Advanced Keepers	Thursday – 7:30-8:45PM Location: Massey East (West Half)