

January

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|---|-----------|--|---|--|
| | | 1 | 2 | 3 REGIONAL TRAINING DAY Buffalo – Sahlens:6-7:30 Rochester – Brighton SZ - 8:30-10 Syracuse – 481: 8:30-10 | 4 | 5 |
| 6 STATE TRAINING Day Rochester –Brghn SZ 9 a.m. to 10:30 a.m | 7 REGIONAL TRAINING DAY Syracuse – 481: 8:30-10 | 8 REGIONAL TRAINING DAY Buffalo – Sahlens: 7:30-9 Rochester – Brighton SZ – 8:30-10 | 9 | 10 REGIONAL TRAINING DAY Buffalo – Sahlens:6-7:30 Rochester – Brighton SZ - 8:30-10 Syracuse – 481: 8:30-10 | 11 | 12 STATE TRAINING DAY -HOST WKND Rochester – Brghn SZ Time: Arrival TBD Training– 9 p.m. to 10:30 p.m. |
| 13 STATE TRAINING Day Rochester –Brghn SZ 9 a.m. to 10:30 a.m | 14 REGIONAL TRAINING DAY Syracuse – 481: 8:30-10 | 15 REGIONAL TRAINING DAY Buffalo – Sahlens: 7:30-9 Rochester – Brighton SZ – 8:30-10 | 16 | 17 REGIONAL TRAINING DAY Buffalo – Sahlens:6-7:30 Rochester – Brighton SZ - 8:30-10 Syracuse – 481: 8:30-10 | 18 | 19 |
| 20 STATE TRAINING Day Rochester –Brghn SZ 9 a.m. to 10:30 a.m | 21 | 22 STATE TRAINING DAY Rochester – Brighton SZ - 8:30-10 OPTIONAL | 23 | 24 REGIONAL TRAINING DAY Buffalo – Sahlens:6-7:30 Rochester–Brghn SZ -8:30-10 Syracuse – 481: 8:30-10 OPTIONAL | 25 TENTATIVE U16 Scrimmage Location – Sahlens Time: 8 p.m. to 10 p.m. | 26 STATE TRAINING DAY – HOST WKND Location – Buffalo (Sahlens) **More details to come |
| 27 STATE TRAINING Day – HOST WKND Buffalo – Sahlens, 11:45 to 1:45 | 28 | 29 STATE TRAINING DAY Rochester – Brighton SZ - 8:30-10 | 30 | 31 | REGENTS EXAMS | |

2008

February

| | <i>Tue</i> | <i>Wed</i> | <i>Thu</i> | <i>Fri</i> | <i>Sat</i> | |
|---|---|--|------------|--|---|---|
| | | | | 1 TRAVEL DAY (_____) Leave @ _____ Arrive @ _____ | 2 GAME DAY (VA RUSH) Loc: Wolf Trap U16s @ 4 p.m. U18s @ 2 p.m. | |
| 3 GAME DAY (S. Charlotte) Loc: TBD – VA Beach U16s @ 10 a.m. U18s @ 12 noon * Leave : _____ * Arrive Home: _____ | 4 | 5 STATE TRAINING DAY Rochester – Brighton SZ – 8:30-10 | 6 | 7 REGIONAL TRAINING DAY Buffalo – Sahlens:6-7:30 Rochester – Brighton SZ - 8:30-10 Syracuse – 481: 8:30-10 | 8 TRAVEL DAY (_____) Leave @ _____ Arrive @ _____ | 9 GAME DAY (Richmond Kickers) Loc: U. of Richmond U16s @ 3 p.m. U18s @ 5 p.m. |
| 10 GAME DAY (Richmond Strikers) Loc: Striker Park U16s @ 10 a.m. U18s @ 12 noon * Leave: _____ * Arrive Home: _____ | 11 | 12 STATE TRAINING DAY Rochester – Brighton SZ – 8:30-10 | 13 | 14 REGIONAL TRAINING DAY Buffalo – Sahlens:6-7:30 Rochester – Brighton SZ - 8:30-10 Syracuse – 481: 8:30-10 | 16 TRAVEL DAY (Dallas/Frisco) Air Travel Required | |
| 17 WINTER SHOWCASE Loc: Frisco, TX Opponent TBD | 18 WINTER SHOWCASE Loc: Frisco, TX Opponent: TBD | 19 | 20 | 21 REGIONAL TRAINING DAY Buffalo – Sahlens:6-7:30 Rochester – Brighton SZ - 8:30-10 Syracuse – 481: 8:30-10 | 22 TRAVEL DAY (_____) Leave @ _____ Arrive @ _____ | 23 GAME DAY (Bridge FA) Loc: 1 st Baptist Field U16s @ 12 noon U18s @ 2 p.m. Leave: _____ Arrive Home: _____ |
| 24 | 25 | 26 STATE TRAINING DAY Rochester – Brighton SZ – 8:30-10 | 27 | 28 REGIONAL TRAINING DAY Buffalo – Sahlens:6-7:30 Rochester – Brighton SZ - 8:30-10 Syracuse – 481: 8:30-10 | 29 TRAVEL DAY (_____) Leave @ _____ Arrive @ _____ | |

2008

March

| <i>Sun</i> | <i>Mon</i> | <i>Tue</i> | <i>Wed</i> | <i>Thu</i> | <i>Fri</i> | <i>Sat</i> |
|--|------------|--|------------|---|--|--|
| | | | | | | 1 GAME DAY (Carmel United) Loc: Shelborne Soccer Complex U16s @ 11 a.m. U18s @ 1 p.m. Leave: _____ Arrive Home: _____ |
| 2 | 3 | 4 STATE TRAINING DAY Rochester – Brighton SZ – 8:30-10 | 5 | 6 REGIONAL TRAINING DAY Buffalo – Sahlens:6-7:30 Rochester – B SZ -8:30-10 Syracuse – 481: 8:30-10 | 7 | 8 GAME DAY (Cleveland Inter.) Loc: John Carroll U. U16s @ 3 p.m. U18s @ 5 p.m. |
| 9 GAME DAY (CASA SC) Loc: _____ Leave: _____ Arrive Home: _____ | 10 | 11 REGIONAL TRAINING DAY Buffalo – Sahlens: 7:30-9 Rochester – B SZ – 8:30-10 Syracuse – TBD (Loc/Time) | 12 | 13 REGIONAL TRAINING DAY Buffalo – Sahlens:6-7:30 Rochester – B SZ -8:30-10 Syracuse – 481: 8:30-10 | 14 | 15 |
| 16 STATE TRAINING Day Rochester – Outside Location/Time: TBD | 17 | 18 REGIONAL TRAINING DAY Buffalo – Sahlens: 7:30-9 Rochester – Brighton SZ – 8:30-10 Syracuse – TBD (Loc/Time) | 19 | 20 REGIONAL TRAINING DAY Buffalo – Sahlens:6-7:30 Rochester – Brighton SZ - 8:30-10 Syracuse – 481: 8:30-10 | 21 | 22 EASTER Window |
| 23 EASTER Window | 24 | 25 STATE TRAINING DAY Rochester – OUTSIDE Location TBD Time: TBD | 26 | 27 REGIONAL TRAINING DAY Buffalo – Sahlens:6-7:30 Rochester – B SZ -8:30-10 Syracuse – 481: 8:30-10 | 28 TRAVEL DAY (_____) Leave @ _____ Arrive @ _____ | 29 GAME DAY (Ohio Elite SA) Loc: _____ Travel to : _____ |
| 30 GAME DAY (Columbus Crew) Loc: _____ Leave: _____ Arrive Home: _____ | 31 | | | | | |

2008

April

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|-----------|--|-----------|---|-----------|---|
| | | 1 STATE TRAINING DAY Rochester – OUTSIDE Location TBD Time: TBD | 2 | 3 REGIONAL TRAINING DAY OUTSIDE Buffalo – Sahlens, 6 to 7:30 Rochester – LOC/TIME TBD Syracuse – LOC/TIME TBD | 4 | 5 GAME DAY (HOME) (Cleveland Inter.) <u>Paetec Park</u> 16s – 12 noon 18s – 2 p.m. |
| 6 | 7 | 8 STATE TRAINING DAY Rochester – OUTSIDE Location TBD Time: TBD | 9 | 10 REGIONAL TRAINING DAY OUTSIDE Buffalo – Sahlens, 6 to 7:30 Rochester – LOC/TIME TBD Syracuse – LOC/TIME TBD | 11 | 12 GAME DAY (HOME) (North Meck SC) <u>Paetec Park</u> 16s – 12 noon 18s – 2 p.m. |
| 13 | 14 | 15 STATE TRAINING DAY Rochester – OUTSIDE Location TBD Time: TBD | 16 | 17 REGIONAL TRAINING DAY OUTSIDE Buffalo – LOC/TIME TBD Rochester – LOC/TIME TBD Syracuse – LOC/TIME TBD | 18 | 19 |
| 20 STATE TRAINING Day Syracuse – OUTSIDE Loc/Time : TBD | 21 | 22 STATE TRAINING DAY Rochester – OUTSIDE Location TBD Time: TBD | 23 | 24 REGIONAL TRAINING DAY OUTSIDE Buffalo – LOC/TIME TBD Rochester – LOC/TIME TBD Syracuse – LOC/TIME TBD | 25 | 26 GAME DAY (HOME) (Ohio Elite SA) <u>Paetec Park</u> 16s – 12 noon 18s – 2 p.m. |
| 27 GAME DAY (HOME) (Columbus Crew) <u>Paetec Park</u> 16s – 12 noon 18s – 2 p.m. | 28 | 29 STATE TRAINING DAY Rochester – OUTSIDE Location TBD Time: TBD | 30 | | | |

2008

May

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|-----------|---|--|--|
| | | | | 1 | 2 TRAVEL DAY () Leave @ _____ Arrive @ _____ | 3 GAME DAY (Vardar -MI) Loc: _____ Travel to : _____ |
| 4 GAME DAY (Wolves -MI) Loc: Livonia - Stevenson U16s @ 10 a.m. U18s @ 12 noon Leave: _____ Arrive Home: _____ | 5 | 6 STATE TRAINING Day ROCHESTER - OUTSIDE Loc/Time : TBD | 7 | 8 REGIONAL TRAINING DAY OUTSIDE Buffalo - LOC/TIME TBD Rochester - LOC/TIME TBD Syracuse - LOC/TIME TBD | 9 | 10 GAME DAY (HOME) (CASA) <u>Paetec Park</u> 16s - 12 noon 18s - 2 p.m. |
| 11 | 12 | 13 STATE TRAINING Day ROCHESTER - OUTSIDE Loc/Time : TBD | 14 | 15 REGIONAL TRAINING DAY OUTSIDE Buffalo - LOC/TIME TBD Rochester - LOC/TIME TBD Syracuse - LOC/TIME TBD | 16 | 17 GAME DAY (HOME) (Wolves) <u>Paetec Park</u> 16s - 12 noon 18s - 2 p.m. |
| 18 | 19 | 20 STATE TRAINING Day ROCHESTER - OUTSIDE Loc/Time : TBD | 21 | 22 REGIONAL TRAINING DAY OUTSIDE Buffalo - LOC/TIME TBD Rochester - LOC/TIME TBD Syracuse - LOC/TIME TBD | 23 TRAVEL DAY () Leave @ _____ Arrive @ _____ | 24 SPRING SHOWCASE Loc: TBD Opponent: TBD |
| 25 SPRING SHOWCASE Loc: TBD Opponent: TBD | 26 SPRING SHOWCASE Loc: TBD Opponent: TBD Leave @ _____ Arrive Home: _____ | 27 | 28 | 29 STATE TRAINING Day OUTSIDE Rochester Loc/Time: TBD | 30 | 31 |

2008

June

| <i>Sun</i> | <i>Mon</i> | <i>Tue</i> | <i>Wed</i> | <i>Thu</i> | <i>Fri</i> | <i>Sat</i> |
|--|--|---|------------|---|--|--|
| 1 GAME DAY (HOME) (Vardar) Paetec Park 16s – 12 noon 18s – 2 p.m. | 2 | 3 STATE TRAINING Day ROCHESTER – OUTSIDE Loc/Time : TBD | 4 | 5 REGIONAL TRAINING DAY OUTSIDE Buffalo – LOC/TIME TBD Rochester – LOC/TIME TBD Syracuse – LOC/TIME TBD | 6 | 7 |
| 8 GAME DAY (HOME) (CASL) Paetec Park 16s – 12 noon 18s – 2 p.m. | 9 | 10 STATE TRAINING Day ROCHESTER – OUTSIDE Loc/Time : TBD | 11 | 12 REGIONAL TRAINING DAY OUTSIDE Buffalo – LOC/TIME TBD Rochester – LOC/TIME TBD Syracuse – LOC/TIME TBD | 13 | 14 GAME DAY (HOME) (Greensboro SC) Paetec Park 16s – 12 noon 18s – 2 p.m. |
| 15 STATE TRAINING Day Buffalo | 16 | 17 STATE TRAINING Day ROCHESTER – OUTSIDE Loc/Time : TBD | 18 | 19 REGIONAL TRAINING DAY OUTSIDE Buffalo – LOC/TIME TBD Rochester – LOC/TIME TBD Syracuse – LOC/TIME TBD | 20 | 21 GAME DAY (HOME) (Carmel SC) Paetec Park 16s – 12 noon 18s – 2 p.m. |
| 22 STATE TRAINING Day Syracuse | 23 | 24 STATE TRAINING Day ROCHESTER – OUTSIDE Loc/Time : TBD | 25 | 26 TRAVEL DAY (_____) Leave @ ____ Arrive @ ____ | 27 SUMMER SHOWCASE Loc: TBD Opponent: TBD | 28 SUMMER SHOWCASE Loc: TBD Opponent: TBD |
| 29 SUMMER SHOWCASE Loc: TBD Opponent: TBD | 30 SUMMER SHOWCASE Loc: TBD Opponent: TBD | | | | | |

2008

July

| <i>Sun</i> | <i>Mon</i> | <i>Tue</i> | <i>Wed</i> | <i>Thu</i> | <i>Fri</i> | <i>Sat</i> |
|---|------------|---|------------|--|------------|---|
| | | 1 | 2 | 3 STATE TRAINING Day Rochester | 4 | 5 |
| 6 STATE TRAINING Day Buffalo | 7 | 8 STATE TRAINING Day Rochester | 9 | 10 STATE TRAINING Day Rochester | 11 | 12 ACADEMY FINALS Home Depot Center, Carson City, CA |
| 13 ACADEMY FINALS Home Depot Center, Carson City, CA | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |

2008