



VSA FC TRAINING SCHEDULE



2025-2026



Facilities

Linton Hall School

9535 Linton Hall Rd
Bristow, VA 20136

K-Sports
10050 Pennsylvania Ave
Manassas, VA 20110

Vint Hill Community Center

4235 Aiken Drive
Warrenton, VA 20187

The nZone
14550 Lee Rd,
Chantilly, VA 20151

Tyler Elementary School

14500 John Marshall Hwy,
Gainesville, VA 20155





U9/U10 POD 1

LINTON HALL SCHOOL

Boys

SATURDAYS

2017 POD 1 | 2:30pm to 3:30pm

2016 POD 1 | 3:30pm to 4:30pm

2016/2017 POD 2 | 4:30pm to 5:30pm

DATES: 12/13 - 12/20 - 1/10 - 1/17 - 1/24 - 1/31

LINTON HALL SCHOOL

Girls

SUNDAYS

2017 POD 1 | 9:00am to 10:00am

2016 POD 1 | 10:00am to 11:00am

2016/2017 POD 2 | 11:00am to Noon

DATES: 12/14 - 12/21 - 1/11 - 1/18 - 1/25 - 2/1

2025-2026





U11/U12 BOYS

K SPORTS

U11 Boys

Fridays

2015 Black | 5:00pm to 6:00pm | Court 4

2015 Red | 5:00pm to 6:00pm | Court 4

Dates: 12/12 - 12/19 - 1/9 - 1/16 - 1/23 - 1/30 - 2/6

K SPORTS

U12 Boys

Fridays

2014 Black | 7:30pm to 8:30pm | Court 2

2014 Red | 7:30pm to 8:30pm | Court 2

Dates: 12/12 - 12/19 - 1/9 - 1/16 - 1/23 - 1/30 - 2/6

2025-2026





U11/U12 GIRLS

K SPORTS

U11 Girls

Thursday

2015 Black | 5:00pm to 6:00pm | Court 2

2015 Red | 5:00pm to 6:00pm | Court 2

Dates: 12/11 - 12/18 - 1/8 - 1/15 - 1/22 - 1/29 - 2/5

VINT HILL

U12 Girls

Friday

2014 Black | 6:00pm to 7:00pm | Court 1

2014 Red | 6:00pm to 7:00pm | Court 1

Dates: 12/12 | 12/19

Time change in January

2014 Black | 7:30pm to 8:30pm | Court 1

2014 Red | 7:30pm to 8:30pm | Court 1

Dates: 1/9 - 1/16 - 1/23 - 1/30 - 2/6

2025-2026





U12 Boys and Girls Royal

K SPORTS

K SPORTS

U12 Boys

Fridays

2014 Royal | 7:30-8:30 | Court 3

Dates: 12/12 - 12/19 - 1/9 - 1/16 - 1/23 - 1/30 - 2/6

U12 Girls

Fridays

2014 Royal | 7:30-8:30 | Court 3

Dates: 12/12 - 12/19 - 1/9 - 1/16 - 1/23 - 1/30 - 2/6

2025-2026





U13/U14 Boys

TYLER
ELEMENTARY

U13 Boys

Fridays

2013 Elite | 7:00pm to 8:00pm | Court 1

2013 Red | 7:00pm to 8:00pm | Court 1

Dates: 12/5 - 12/12 - 1/9 - 1/16 - 1/30 - 2/6 - 2/13

TYLER
ELEMENTARY

U14 Boys

Fridays

2012 Elite | 8:00pm to 9:00pm | Court 1

2012 Red | 8:00pm to 9:00pm | Court 1

Dates: 12/5 - 12/12 - 1/9 - 1/16 - 1/30 - 2/6 - 2/13

2025-2026





U13/U14 GIRLS

K-SPORTS

K-SPORTS

U13 Girls

Fridays

2013 Elite | 8:30pm to 9:30pm | Court 3

Dates: 12/12 - 12/19 - 1/9 - 1/16 - 1/23 - 1/30 - 2/6

U14 Girls

Fridays

2012 Elite | 8:30pm to 9:30pm | Court 3

Dates: 12/12 - 12/19 - 1/9 - 1/16 - 1/23 - 1/30 - 2/6

2025-2026





HIGHSCHOOL

The nZone

Highschool Boys

HS Elite | 6:00pm to 7:00pm | Court A
HS Red | 6:00pm to 7:00pm | Court A

Dates: Friday - 12/12

HS Elite | 7:30pm to 8:30pm | Court A
HS Red | 7:30pm to 8:30pm | Court A

Dates: Fridays - 12/19 - 1/2 - 1/9

HS Elite | 7:30pm to 8:30pm | Court A
HS Red | 7:30pm to 8:30pm | Court A

Dates: Monday - 1/19

HS Elite | 9:15pm - 10:15pm | Court A
HS Red | 9:15pm - 10:15pm | Court A

Dates: Tuesdays - 1/27 - 2/3

K-SPORTS

Highschool Girls

Fridays

HS Elite | 8:30pm to 9:30pm | Court 2
HS Red | 8:30pm to 9:30pm | Court 2

Dates: 12/12 - 12/19 - 1/9 - 1/16 - 1/23 - 1/30 - 2/6

2025-2026

