

**VSA SPRING 2026 MARCH PRACTICE SCHEDULE  
U9-U10 POD 1 & FUTURES  
CLUB CONCEPT (CC) START: MARCH 2  
SCHEDULE SUBJECT TO CHANGE**

**LONG PARK (LP) – 4603 JAMES MADISON HWY**

FUTURES BOYS

TUESDAY – 5:00PM – 5:55PM – LP FIELD 5  
THURSDAY – 5:00PM – 5:55PM – LP FIELD 5

17B PULISIC / POD 1

MONDAY – 6:35PM – 8:00PM – LP FIELD 5A-1  
WEDNESDAY – 6:35PM – 8:00PM – LP FIELD 5B-2  
THURSDAY – 5:00PM – 6:25PM – LP FIELD 7B-2

17B MCKENNIE / POD 1

MONDAY – 6:35PM – 8:00PM – LP FIELD 5A-1  
WEDNESDAY – 6:35PM – 8:00PM – LP FIELD 5B-2  
THURSDAY – 5:00PM – 6:25PM – LP FIELD 7B-2

16B PULISIC / POD 1

MONDAY – 6:35PM – 8:00PM – LP FIELD 5A-2  
WEDNESDAY – 5:00PM – 6:25PM – LP FIELD 5B-2  
THURSDAY – 6:15PM – 7:30PM – LP FIELD 6B-2

16B MCKENNIE / POD 1

MONDAY – 6:35PM – 8:00PM – LP FIELD 5A-2  
WEDNESDAY – 5:00PM – 6:25PM – LP FIELD 5B-2  
THURSDAY – 6:15PM – 7:30PM – LP FIELD 6B-2

FUTURES GIRLS

TUESDAY – 5:00PM – 5:55PM – LP FIELD 5  
THURSDAY – 5:00PM – 5:55PM – LP FIELD 5

17G RODMAN / POD 1

MONDAY – 5:00PM – 6:25PM – LP FIELD 5A-1  
WEDNESDAY – 5:00PM – 6:25PM – LP FIELD 5B-1  
THURSDAY – 6:35PM – 8:00PM – LP FIELD 7B-2

17G FOX / POD 1

MONDAY – 5:00PM – 6:25PM – LP FIELD 5A-1  
WEDNESDAY – 5:00PM – 6:25PM – LP FIELD 5B-1  
THURSDAY – 6:35PM – 8:00PM – LP FIELD 7B-2

16G RODMAN / POD 1

MONDAY – 5:00PM – 6:25PM – LP FIELD 5A-2  
TUESDAY – 6:00PM – 7:15PM – LP FIELD 6B-1  
WEDNESDAY – 6:35PM – 8:00PM – LP FIELD 5B-1

16G FOX / POD 1

MONDAY – 5:00PM – 6:25PM – LP FIELD 5A-2  
TUESDAY – 6:00PM – 7:15PM – LP FIELD 6B-1  
WEDNESDAY – 6:35PM – 8:00PM – LP FIELD 5B-1



**VSA SPRING 2026 MARCH PRACTICE SCHEDULE  
U9-U10 POD 2  
CLUB CONCEPT (CC) START: MARCH 2  
SCHEDULE SUBJECT TO CHANGE**

17B ADAMS / POD 2

WEDNESDAY — 5:00PM — 6:25PM — LP FIELD 5A-2  
FRIDAY — 5:00PM — 6:25PM — LP FIELD 7A-2

17B WEAH / POD 2

WEDNESDAY — 5:00PM — 6:25PM — LP FIELD 5A-2  
FRIDAY — 5:00PM — 6:25PM — LP FIELD 7A-2

16B ADAMS / POD 2

WEDNESDAY — 6:35PM — 8:00PM — LP FIELD 5A-2  
FRIDAY — 6:35PM — 8:00PM — LP FIELD 7A-2

16B WEAH / POD 2

WEDNESDAY — 6:35PM — 8:00PM — LP FIELD 5A-2  
FRIDAY — 6:35PM — 8:00PM — LP FIELD 7A-2

**LONG PARK (LP) — 4603 JAMES MADISON HWY**

17G HEAPS / POD 2

WEDNESDAY — 5:00PM — 6:25PM — LP FIELD 5A-1  
FRIDAY — 5:00PM — 6:25PM — LP FIELD 7A-1

17G HATCH / POD 2

WEDNESDAY — 5:00PM — 6:25PM — LP FIELD 5A-1  
FRIDAY — 5:00PM — 6:25PM — LP FIELD 7A-1

16G HEAPS / POD 2

WEDNESDAY — 6:35PM — 8:00PM — LP FIELD 5A-1  
FRIDAY — 6:35PM — 8:00PM — LP FIELD 7A-1

16G HATCH / POD 2

WEDNESDAY — 6:35PM — 8:00PM — LP FIELD 5A-1  
FRIDAY — 6:35PM — 8:00PM — LP FIELD 7A-1



**VSA SPRING 2026 MARCH PRACTICE SCHEDULE  
U11-U14 ECNL RL & PRE-ECNL II  
CLUB CONCEPT (CC) START: MARCH 2  
SCHEDULE SUBJECT TO CHANGE**

15B PRE-ECNL RL I VDA WEST

MONDAY — 6:35PM — 8:00PM — LP FIELD 5B\*\*  
WEDNESDAY — 5:00PM — 6:25PM — LP FIELD 6A-1  
THURSDAY — 5:00PM — 6:25PM — LP FIELD 7A-1

15B PRE-ECNL II

MONDAY — 5:00PM — 6:25PM — LP FIELD 6A-1  
TUESDAY (CC) — 5:00PM — 6:00PM — LP FIELD 6  
WEDNESDAY — 5:00PM — 6:25PM — LP FIELD 6B-1

14B PRE-ECNL RL I VDA WEST

MONDAY — 6:35PM — 8:00PM — LP FIELD 5B\*\*  
WEDNESDAY — 6:35PM — 8:00PM — LP FIELD 6A-1  
THURSDAY — 6:35PM — 8:00PM — LP FIELD 7A-1

14B PRE-ECNL II

TUESDAY (CC) — 5:00PM — 6:00PM — LP FIELD 6  
WEDNESDAY — 6:35PM — 8:00PM — LP FIELD 6B-1  
THURSDAY — 5:00PM — 6:25PM — LP FIELD 7B-2

13B ECNL RL

MONDAY (CC) — 5:00PM — 6:00PM — LP FIELD 7  
WEDNESDAY — 5:00PM — 6:25PM — LP FIELD 7A-2  
THURSDAY — 5:00PM — 6:25PM — LP FIELD 6A-1

12B ECNL RL

MONDAY — 6:35PM — 8:00PM — LP FIELD 6A  
TUESDAY (CC) — 5:00PM — 6:00PM — LP FIELD 7  
WEDNESDAY — 6:35PM — 8:00PM — LP FIELD 7A-2

**\*\*EVERY OTHER WEEK WILL BE AT HOWISON\*\***

**LONG PARK (LP) — 4603 JAMES MADISON HWY**

15G PRE-ECNL RL I VDA WEST

MONDAY — 6:35PM — 8:00PM — LP FIELD 5B\*\*  
WEDNESDAY — 5:00PM — 6:25PM — LP FIELD 6A-2  
THURSDAY — 5:00PM — 6:25PM — LP FIELD 7A-2

15G PRE-ECNL II

MONDAY — 5:00PM — 6:25PM — LP FIELD 6A-2  
TUESDAY (CC) — 6:10PM — 7:10PM — LP FIELD 6A  
WEDNESDAY — 6:35PM — 8:00PM — LP FIELD 6B-2

14G PRE-ECNL RL I VDA WEST

MONDAY — 6:35PM — 8:00PM — LP FIELD 5B\*\*  
WEDNESDAY — 6:35PM — 8:00PM — LP FIELD 6A-2  
THURSDAY — 6:35PM — 8:00PM — LP FIELD 7A-2

14G PRE-ECNL II

MONDAY — 5:00PM — 6:25PM — LP FIELD 6C-2  
TUESDAY (CC) — 6:10PM — 7:10PM — LP FIELD 6A  
WEDNESDAY — 5:00PM — 6:25PM — LP FIELD 6B-2

13G ECNL RL

TUESDAY (CC) — 7:20PM — 8:20PM — LP FIELD 6  
WEDNESDAY — 5:00PM — 6:25PM — LP FIELD 7B-2  
THURSDAY — 5:00PM — 6:25PM — LP FIELD 6B-2

12G ECNL RL

MONDAY — 5:00PM — 6:25PM — LP FIELD 5B  
TUESDAY (CC) — 7:20PM — 8:20PM — LP FIELD 6  
WEDNESDAY — 6:35PM — 8:00PM — LP FIELD 7A-1

**\*\*EVERY OTHER WEEK WILL BE AT HOWISON\*\***



**VSA SPRING 2026 MARCH PRACTICE SCHEDULE**  
**U11-U12 PREMIER**  
**CLUB CONCEPT (CC) START: MARCH 2**  
**SCHEDULE SUBJECT TO CHANGE**

15B PREMIER RED

MONDAY — 5:00PM — 6:25PM — LP FIELD 6B-1  
TUESDAY (CC) — 5:00PM — 6:00PM — LP FIELD 6  
WEDNESDAY — 5:00PM — 6:25PM — LP FIELD 6C-1

15B PREMIER ROYAL

MONDAY — 5:00PM — 6:25PM — LP FIELD 6C-1  
TUESDAY (CC) — 5:00PM — 6:00PM — LP FIELD 6  
THURSDAY — 5:00PM — 6:25PM — LP FIELD 7B-1

14B PREMIER RED

MONDAY — 6:35PM — 8:00PM — LP FIELD 6B-1  
TUESDAY (CC) — 5:00PM — 6:00PM — LP FIELD 6  
WEDNESDAY — 6:35PM — 8:00PM — LP FIELD 6C-1

14B PREMIER ROYAL

MONDAY — 6:35PM — 8:00PM — LP FIELD 6C-1  
TUESDAY (CC) — 5:00PM — 6:00PM — LP FIELD 6  
THURSDAY — 6:35PM — 8:00PM — LP FIELD 7B-1

**LONG PARK (LP) — 4603 JAMES MADISON HWY**

15G PREMIER RED

MONDAY — 5:00PM — 6:25PM — LP FIELD 6B-2  
TUESDAY (CC) — 6:10PM — 7:10PM — LP FIELD 6A  
WEDNESDAY — 5:00PM — 6:25PM — LP FIELD 6C-2

14G PREMIER RED

MONDAY — 6:35PM — 8:00PM — LP FIELD 6B-2  
TUESDAY (CC) — 6:10PM — 7:10PM — LP FIELD 6A  
WEDNESDAY — 6:35PM — 8:00PM — LP FIELD 6C-2

14G PREMIER ROYAL

MONDAY — 6:35PM — 8:00PM — LP FIELD 6C-2  
TUESDAY (CC) — 6:10PM — 7:10PM — LP FIELD 6A  
THURSDAY — 6:35PM — 8:00PM — LP FIELD 7B-2



**VSA SPRING 2026 MARCH PRACTICE SCHEDULE**  
**U13-U14 PREMIER**  
**CLUB CONCEPT (CC) START: MARCH 2**  
**SCHEDULE SUBJECT TO CHANGE**

13B PREMIER RED

MONDAY (CC) — 5:00PM — 6:00PM — LP FIELD 7  
WEDNESDAY — 5:00PM — 6:25PM — LP FIELD 7A-1  
THURSDAY — 5:00PM — 6:25PM — LP FIELD 6A-2

13B PREMIER ROYAL

MONDAY (CC) — 5:00PM — 6:00PM — LP FIELD 7  
WEDNESDAY — 6:35PM — 8:00PM — LP FIELD 7B-2  
THURSDAY — 8:05PM — 9:30PM — LP FIELD 7B-1

13B PREMIER WHITE

MONDAY (CC) — 5:00PM — 6:00PM — LP FIELD 7  
WEDNESDAY — 6:35PM — 8:00PM — LP FIELD 7B-1  
THURSDAY — 8:05PM — 9:30PM — LP FIELD 7A-1

12B PREMIER RED

MONDAY — 8:05PM — 9:30PM — LP FIELD 5A-1  
TUESDAY (CC) — 5:00PM — 6:00PM — LP FIELD 7  
THURSDAY — 6:35PM — 8:00PM — LP FIELD 6A-1

12B PREMIER ROYAL

MONDAY — 8:05PM — 9:30PM — LP FIELD 5A-2  
TUESDAY (CC) — 5:00PM — 6:00PM — LP FIELD 7  
THURSDAY — 8:05PM — 9:30PM — LP FIELD 7A-2

12B PREMIER WHITE

MONDAY — 8:05PM — 9:30PM — LP FIELD 5B-2  
TUESDAY (CC) — 5:00PM — 6:00PM — LP FIELD 7  
THURSDAY — 8:05PM — 9:30PM — LP FIELD 7B-2

**LONG PARK (LP) — 4603 JAMES MADISON HWY**

13G PREMIER RED

TUESDAY (CC) — 7:20PM — 8:20PM — LP FIELD 6  
WEDNESDAY — 5:00PM — 6:25PM — LP FIELD 7B-1  
THURSDAY — 5:00PM — 6:25PM — LP FIELD 6B-1

12G PREMIER RED

MONDAY — 8:05PM — 9:30PM — LP FIELD 5B-1  
TUESDAY (CC) — 7:20PM — 8:20PM — LP FIELD 6  
THURSDAY — 6:35PM — 8:00PM — LP FIELD 6A-2

12G PREMIER ROYAL

MONDAY — 8:05PM — 9:30PM — LP FIELD 6A  
TUESDAY (CC) — 7:20PM — 8:20PM — LP FIELD 6  
FRIDAY — 5:00PM — 6:25PM — LP FIELD 7B-1



**VSA SPRING 2026 MARCH PRACTICE SCHEDULE**  
**U15-U19 ECNL RL**  
**CLUB CONCEPT (CC) START: MARCH 2**  
**SCHEDULE SUBJECT TO CHANGE**

11B ECNL RL

MONDAY — 8:00PM — 9:00PM — LP FIELD 7  
WEDNESDAY — 8:00PM — 9:00PM — LP FIELD 5

10B ECNL RL

MONDAY — 8:00PM — 9:00PM — LP FIELD 7  
WEDNESDAY — 8:00PM — 9:00PM — LP FIELD 5

09B ECNL RL

MONDAY — 9:00PM — 10:00PM — LP FIELD 7  
WEDNESDAY — 9:00PM — 10:00PM — LP FIELD 5

08/07B ECNL RL

MONDAY — 9:00PM — 10:00PM — LP FIELD 7  
WEDNESDAY — 9:00PM — 10:00PM — LP FIELD 5

**LONG PARK (LP) — 4603 JAMES MADISON HWY**

11G ECNL RL

MONDAY — 6:00PM — 7:00PM — LP FIELD 7  
WEDNESDAY — 8:00PM — 9:00PM — LP FIELD 7

10G ECNL RL

MONDAY — 6:00PM — 7:00PM — LP FIELD 7  
WEDNESDAY — 8:00PM — 9:00PM — LP FIELD 7

09G ECNL RL

MONDAY — 7:00PM — 8:00PM — LP FIELD 7  
WEDNESDAY — 9:00PM — 10:00PM — LP FIELD 7

08/07G ECNL RL

MONDAY — 7:00PM — 8:00PM — LP FIELD 7  
WEDNESDAY — 9:00PM — 10:00PM — LP FIELD 7



**VSA SPRING 2026 MARCH PRACTICE SCHEDULE  
U15-U16 PREMIER  
CLUB CONCEPT (CC) START: MARCH 2  
SCHEDULE SUBJECT TO CHANGE**

**11B PREMIER RED**

MONDAY — 8:00PM — 9:00PM — LP FIELD 7  
WEDNESDAY — 8:00PM — 9:00PM — LP FIELD 5

**11B PREMIER ROYAL**

MONDAY — 8:00PM — 9:00PM — LP FIELD 7  
WEDNESDAY — 8:00PM — 9:00PM — LP FIELD 5

**11B PREMIER WHITE**

MONDAY — 8:00PM — 9:00PM — LP FIELD 7  
WEDNESDAY — 8:00PM — 9:00PM — LP FIELD 5

**10B PREMIER RED**

MONDAY — 8:00PM — 9:00PM — LP FIELD 7  
WEDNESDAY — 8:00PM — 9:00PM — LP FIELD 5

**10B PREMIER ROYAL**

MONDAY — 8:00PM — 9:00PM — LP FIELD 7  
WEDNESDAY — 8:00PM — 9:00PM — LP FIELD 5

**09B PREMIER RED**

MONDAY — 9:00PM — 10:00PM — LP FIELD 7  
WEDNESDAY — 9:00PM — 10:00PM — LP FIELD 5

**08/07B PREMIER RED**

MONDAY — 9:00PM — 10:00PM — LP FIELD 7  
WEDNESDAY — 9:00PM — 10:00PM — LP FIELD 5

**08/07B PREMIER ROYAL**

MONDAY — 9:00PM — 10:00PM — LP FIELD 7  
WEDNESDAY — 9:00PM — 10:00PM — LP FIELD 5

**LONG PARK (LP) — 4603 JAMES MADISON HWY**

**11G PREMIER RED**

MONDAY — 6:00PM — 7:00PM — LP FIELD 7  
WEDNESDAY — 8:00PM — 9:00PM — LP FIELD 7

**11G PREMIER ROYAL**

MONDAY — 6:00PM — 7:00PM — LP FIELD 7  
WEDNESDAY — 8:00PM — 9:00PM — LP FIELD 7

**10G PREMIER RED**

MONDAY — 6:00PM — 7:00PM — LP FIELD 7  
WEDNESDAY — 8:00PM — 9:00PM — LP FIELD 7

**10G PREMIER ROYAL**

MONDAY — 6:00PM — 7:00PM — LP FIELD 7  
WEDNESDAY — 8:00PM — 9:00PM — LP FIELD 7

**09G PREMIER RED**

MONDAY — 7:00PM — 8:00PM — LP FIELD 7  
WEDNESDAY — 9:00PM — 10:00PM — LP FIELD 7

**08/07G PREMIER RED**

MONDAY — 7:00PM — 8:00PM — LP FIELD 7  
WEDNESDAY — 9:00PM — 10:00PM — LP FIELD 7

**08/07G PREMIER ROYAL**

MONDAY — 7:00PM — 8:00PM — LP FIELD 7  
WEDNESDAY — 9:00PM — 10:00PM — LP FIELD 7

