NISE Training Schedule
12 September 2026

NISE CLOSED: Thanksgiving Day, Christmas Eve, Christmas Day, New Years Eve, New Years Day and Easter weekend (Fri-Sun).
Cages are available for use on demand (book through nisereservations.com)

DAY	TIME	Main Turf	Court	Comments
Mon	5-6	10U Girls	8U Boys	
	6-7	9U Boys	10U Boys	
	7-8	13U Girls	12U Boys White	
	8-9	13U Boys	17U Boys	Turf hold until 9:30pm
Tues	5-6	8U Girls	11U Girls	
	6-7	12U Boys Blue	12U Girls	
	7-8	12U Boys White	14U Boys	
	8-9	15U Girls	15U Boys	
Wed	5-6	8U Boys	10U Girls	
	6-7	10U Boys	9U Boys	
	7-8	11U Boys	11U Boys	
	8-9	17U Boys	13U Boys	
Thr	5-6	11U Girls	8U Girls	
	6-7	12U Girls	12U Boys Blue	
	7-8	14U Boys	15U Girls	
	8-9	15U Boys	13U Girls	Turf hold until 9:30pm

Sportsplex Training Schedule
12 September 2026

DAY	TIME	Field	Team	Comments
Fri	7-8	Field 1	11U Boys	2 Oct -> 18 Dec; 8 Jan-> 30 April
		Field 2	11U Boys	League Field
		Field 3	Team TBC	GK training on Nov 13/Feb 12/Apr 9
				Add field 4 from Jan on