



PORTLAND THORNS FC

Thorns Girls ODP Training Schedule (December)

ODP Tryout Schedule

2004 Girls

<u>Dates</u>	<u>Check-In Time</u>	<u>Training Times</u>	<u>Location</u>
December 12	8:30 am	9-10:30 am	THPRD 2
December 13	No Training		
December 19	8:30 am	9-10:30 am	THPRD 2
December 20	8:30 am	9-10:30 am	THPRD 2

2005 Girls

<u>Dates</u>	<u>Check-In Time</u>	<u>Training Times</u>	<u>Location</u>
December 12	8:30 am	9-10:30 am	THPRD 1
December 13	No Training		
December 19	8:30 am	9-10:30 am	THPRD 1
December 20	8:30 am	9-10:30 am	THPRD 1

2006 Girls

<u>Dates</u>	<u>Check-In Time</u>	<u>Training Times</u>	<u>Location</u>
December 12	10 am	10:30-Noon	THPRD 1 & 2
December 13	No Training		
December 19	10 am	10:30-Noon	THPRD 1
December 20	10 am	10:30-Noon	THPRD 1

2007 Girls

<u>Dates</u>	<u>Check-In Time</u>	<u>Training Times</u>	<u>Location</u>
December 12	11:30 am	Noon-1:30 pm	THPRD 1 & 2
December 13	No Training		
December 19	10 am	10:30-Noon	THPRD 2
December 20	10 am	10:30-Noon	THPRD 2

2008 Girls

<u>Dates</u>	<u>Check-In Time</u>	<u>Training Times</u>	<u>Location</u>
December 12	1 pm	1:30-3 pm	THPRD 1 & 2
December 13	No Training		
December 19	11:30 am	Noon-1:30 pm	THPRD 1
December 20	11:30 am	Noon-1:30 pm	THPRD 1

Goalkeeping Training

*All goalkeeping training will take place on the same field and time as team training

ODP Tryout/Training Information and Protocols

*See On Next Page



Thorns Girls ODP Training Schedule (December)

THPRD Address: 15707 Walker Rd, Beaverton, OR 97006

- ODP training is mandatory unless the player is ill, injured, participating in showcase tournaments or regional and national team duty, death in the family and weather issues in your part of the state. Other exceptions are made by staff if communicated with in advance.
- Players need to bring a white and dark top to training along with black shorts.
- Players need to bring their own ball with air in the ball and a name on the ball along with water or sport drink.
- Players who are trying out for the first time will need to bring the Covid-19 waiver provided on the ODP website in order to step on the field. This form will be given to the ODP staff who will keep this on file.
- Players will go through a temperature check and asked a series of questions before each training session.
- Players who have been exposed to Covid-19 within the last 14 days will not be allowed on the field and must report this to our staff.
- Players who show any signs of sickness, cold symptoms or sore throat, should not attend training and should communicate with our staff in advance.
- Players will be socially distanced when not playing in games or training and our staff will explain our rules before each session.
- Parents will not be allowed anywhere near the field complex during training. We are limited to a certain amount of bodies on each field and will lose our permits if we do not follow these rules. Parents who do not follow these rules will be asked to leave the facility.
- We encourage all families to review our Covid-19 protocols on the ODP website before attending training sessions.

Thanks to all!

Erik Lyslo
Timbers Director of Youth Programs