



*Last Updated: 1/30/18*

## **Plan B - Grass Field Closure Training Plan**

"Plan B" is a modified training plan that is enacted when GRASS fields are closed to maximize training opportunities for our players. With access to several TURF complexes, a majority of our teams are able to get on the fields for a shortened session in lieu of canceling when we enact Plan B.

Field Closures and Plan B are communicated no later than 4pm on weekdays, but we make an effort to communicate earlier when we are able to. Communications are sent via mass email from the club database and to Team Coordinators and Coaches to share with their teams through their distribution lists, including Team Snap. This information will include your team's training location and time.

A standard schedule will be posted on the club website each season (Fall and Spring). Any modifications to this schedule will be communicated by your coach or Team Coordinator.

Goalkeeper schedules and any other supplemental training effected by GRASS closures, will be included in detail in these messages.

In most cases, teams with 3 weekly sessions, will be covered for 2 of their 3 through plan B. Sessions that are most likely to be canceled include "3rd Night" or "pool" training sessions.

We highly encourage our members to follow our social media accounts as an additional method of notification.