



## **HIGH SCHOOL U-19 and U-17 TRAINING AND MATCH SCHEDULE**

May 28 - Open trial for unselected players. 6:00pm @ Roosevelt High school, Portland, OR. Please try to avoid using I-5 North at rush hour (anything after 3:00pm Friday) or leave plenty of time. Fitness testing- beep test, and skills evaluation. Passing, kicking/catching, defense and position skills

May 29 - 9:00am – 5:00pm - Roosevelt High School - all day practice and fitness tests for invited players. Please bring a sack lunch, water and all necessary paperwork (including birth certificate) to ensure eligibility. Boots and mouth guards will be needed.

May 31 - 9:00am – 12:00pm - Roosevelt High School- unit skills and scrimmage.

June 5 – 9:00am – 5:00pm – U19 only practice - Western Oregon University Rugby Field, Monmouth, Oregon. Bring a sack lunch and water.

June 5 – U17 only practice – Portland, OR. Time and location to be announced.

June 12 – 9:00am – 3:00pm - defense and unit skills, afternoon scrimmage - Possibles vs. Probables. Location to be announced: possibly McMinnville.

June 17 – 6:00pm - team practice in Portland

Be fit and be ready.

June 18-20 – Great Northwest Challenge, Missoula, MT. USA Rugby Regional All Star Tournament with National Selectors for high school U-19 and U-17 teams from the Pacific Northwest.