

2010 PAL Soccer League Seasons

VIP: No practices; only games at 9:30 am, Saturdays on September 11 - November 13, except Saturday, October 16 (Mullet Festival), on field RC #1A at the Niceville Recreation Complex.

U6:

- Practices:
 - Days and times depend on the head coach and field availability.
 - Start week of Monday, August 30.
 - Limited to one hour per week if game scheduled on following Saturday; two, if not.
 - Location: Usually fields RC #1A, 1B or 1C at the Niceville Recreation Complex.
- Games:
 - Saturdays on September 11 - November 13, except Saturday, October 16 (Mullet Festival).
 - Start times: 8 am, 9:30 am, 11 am and, possibly 1 pm if enough teams.
 - Location: RC #1A and 1B at the Niceville Recreation Complex.

U8:

- Practices:
 - Start week of Monday, August 30.
 - Days and times depend on head coach's preferences and field availability, based on a lottery.
 - Limited to two sessions per week if game scheduled on following Saturday; three, if not.
 - Limited to one hour fifteen minutes per session.
 - Location: Usually fields TO 1, 2, 3 or 4 at the Twin Oaks Park.
 - Twin Oaks Park off-limits week of October 11 - 17 (Mullet Festival preparation and event).
- Games:
 - Saturdays on September 11 - November 6, except Saturday, October 16 (Mullet Festival).
 - Start times: 8 am, 9:30 am, 11 am and possibly 1 pm if enough teams.
 - Location: TO 1, 2 or 3 at Twin Oaks Park.

U10:

- Practices:
 - Start week of Monday, August 30.
 - Days and times depend on head coach's preferences and field availability, based on a lottery.
 - Limited to two sessions per week if game scheduled on following Saturday; three, if not.
 - Limited to one hour fifteen minutes per session.
 - Location: Usually RC #2 and 4 at the Niceville Recreation Complex.
- Games:
 - Saturdays on September 11 - November 6, except Saturday, October 16 (Mullet Festival).
 - Start times: 8 am, 9:30 am, 11 am, 1 pm and possibly 2:30 pm if enough teams.
 - Locations: RC #2 and 4 at the Niceville Recreation Complex; one or two games per team at the Morgan Sports Center in Destin possible, depending on Destin Recreation's participation.

U12:

- Practices:

- Start week of Monday, August 30.
- Days and times depend on head coach's preferences and field availability, based on a lottery.
- Limited to two sessions per week if game scheduled on following Saturday; three, if not.
- Limited to one hour thirty minutes per session.
- Location: Usually RC #3 at the Niceville Recreation Complex.

- Games:

- Saturdays on September 11 - November 6, except Saturday, October 16 (Mullet Festival).
- Start times: 8 am, 9:30 am, 11 am, 1 pm and possibly 2:30 pm if enough teams.
- Location: RC #3 at the Niceville Recreation Complex; one or two games per team at the Morgan Sports Center in Destin possible, depending on Destin Recreation's participation.

U14:

- Practices:

- Start week of Monday, August 30.
- Days and times depend on head coach's preferences and field availability, based on a lottery.
- Limited to two sessions per week if game scheduled on following Saturday; three, if not.
- Limited to one hour thirty minutes per session.
- Location: Usually fields TO 5 or 6 at the Twin Oaks Park.
- Twin Oaks Park off-limits week of October 11 - 17 (Mullet Festival preparation and event.).

- Games:

- Saturdays on September 11 - November 6, except Saturday, October 16 (Mullet Festival).
- Start times: 8 am, 9:30 am and 11 am.
- Location: TO 5 or 6 at Twin Oaks Park; one or two games per team at Morgan Sports Center in Destin possible, depending on Destin Recreation's participation.

U19:

- No practices planned; coach may hold informal, voluntary sessions on a limited basis.

- Games:

- Mondays, Tuesdays and Thursdays, starting on Tuesday, September 7 and going through Thursday, October 28, except no games on October 11, 12, 14 and 18 for Mullet Festival.
- Start times: 6:30 pm and 7:45 pm.
- Location: TO 1, 2 or 3 at Twin Oaks Park.

End-of-Season Tournament:

- Open to U8 through U14 teams; coach must submit tournament application and entry fee.
- Games on weeknights from Monday, November 8 through Thursday, November 18, (with Fridays and Wednesdays off, if scheduling and weather permit) at 5 pm and 6:30 pm; and on Saturday, November 13 at 8 am, 9:30 am, 11 am, 1 pm and possibly 2:30 pm.
- Championship matches on Saturday, November 20 at 9 am and 10:30 am.
- Locations: TBD at Niceville Recreation Complex and Twin Oaks Park.