

## Sunday, September 28th - Phil Barnes UNC Guest

<b>2-2:30 PM</b> <b>FIELDS 1&amp;2</b>	Lax+ Coaches with Phil Barnes (overview and question/answer)
<b>2:30-3 PM</b> <b>FIELDS 1&amp;2</b>	<b>Phil Barnes Training Session: (estimated 15-20 players)</b> LP Grey & 29 White & any 2028 White who played in the Fall Jam
<b>3-4 PM</b> <b>FIELDS 1&amp;2</b>	<b>Phil Barnes Training Session:</b> LP 28 White (players who didn't participate in the Fall Jam) & 29 Black ( <b>estimated 15-25 players</b> )
<b>4-4:30 PM</b> <b>FIELD 4</b>	<b>Practice:</b> LP 28 White (players who didn't participate in the Fall Jam) & 29 Black
<b>3:30-4 PM</b> <b>FIELDS 4&amp;5</b>	<b>Practice:</b> LP 28 Black & 26-27 Black
<b>4-5 PM</b> <b>FIELDS 1&amp;2</b>	<b>Phil Barnes Training Session:</b> LP 28 Black & 26-27 Black ( <b>estimated 25-30 players</b> ) <b>Who are you here honey</b>

**LP 2026-2027 Black Coaches:** Jenn Thomas

**LP 2028 Black:** Tinita Larmann/Melissa Nord

**LP 2028 White:** Only players that didn't play in Fall Jam Arielle Johnson

**LP 2029 Black:** Gianna Ehrlich/Lily Johnson

**LP Grey/LP 28 White/LP 29 White players that played in Fall Jam:** Ang V/Maddie Roy

**Extra Coaches for Goalies:** Charlotte/Lauren Barry

### Goalie Coach:

2-2:30

- Individual Training Sessions

2:30-5

- Pulls goalies out during Phil's training sessions