



As part of Idaho Rush's year-round player development strategy, players in the Competitive program are encouraged to attend free, indoor training during January and February. Find your schedule below or contact your coach for more information.

Winter indoor training schedules, 2012-2013 season

- Sessions are 60 minutes long.
- Sessions will be run by staff coaches with the assistance of team coaches.

Boys

[U10 teams](#)

[U11 teams](#)

[U12 teams](#)

[U13 teams](#)

[U14 teams](#)

Girls

[U10 teams](#)

[U11 teams](#)

[U12 teams](#)

[U13 teams](#)

[U14 teams](#)

LOCATIONS

Boys & Girls Club

610 E. 42nd St., Garden City

- [Map to the facility.](#)
- **Food and drink:** Water is the only food or drink allowed in the gym. No food of any kind, and no sports drinks, soda, coffee, are allowed.
- **What to bring:**
 - Tennis shoes or indoor soccer shoes (no cleats).
 - Water.
 - Gear (shin guards, ball, etc.).

- **Parents:** Parents are welcome to stay, but they do not need to. Usually there is little (if any) seating.

Timberline High School

701 E. Boise Ave., Boise

- [Map to the facility.](#)
- **Food and drink:** Water is the only food or drink allowed in the gym. No food of any kind, and no sports drinks, soda, coffee, are allowed.
- **What to bring:**
 - Tennis shoes or indoor soccer shoes (no cleats).
 - Water.
 - Gear (shin guards, ball, etc.).
- **Parents:** Parents are welcome to stay, but they do not need to. Usually there is little (if any) seating.