

Northridge Jr Knights

Skills Sessions, Workouts & Feeder Team Practices | Fall 2026
All sessions at Northridge Prep High School

September 2026

Date	Day	Session	Coach	Time
Sep 14	Mon	Skills Session	Coach Maniscalco	7:00 - 8:00 pm
Sep 16	Wed	Skills Session + 7th/8th Workout	Coach Rey	7:00 - 8:00 pm / 8:00 - 8:30 pm
Sep 21	Mon	Skills Session	Coach Maniscalco	7:00 - 8:00 pm
Sep 23	Wed	Skills Session + 7th/8th Workout	Coach Rey	7:00 - 8:00 pm / 8:00 - 8:30 pm
Sep 28	Mon	Skills Session	Coach Maniscalco	7:00 - 8:00 pm
Sep 30	Wed	Skills Session + 7th/8th Workout	Coach Rey	7:00 - 8:00 pm / 8:00 - 8:30 pm

October 2026

Date	Day	Session	Coach	Time
Oct 5	Mon	Skills Session	Coach Maniscalco	7:00 - 8:00 pm
Oct 12	Mon	Skills Session	Coach Maniscalco	7:00 - 8:00 pm
Oct 14	Wed	Skills Session + 7th/8th Workout	Coach Rey	7:00 - 8:00 pm / 8:00 - 8:30 pm
Oct 21	Wed	Skills Session + 7th/8th Workout	Coach Rey	7:00 - 8:00 pm / 8:00 - 8:30 pm
Oct 26	Mon	Skills Session	Coach Maniscalco	7:00 - 8:00 pm
Oct 27	Tue	Feeder Team Practice	Feeder teams	7:00 - 8:30 pm
Oct 29	Thu	Skills Session + Feeder Practice	Coach Rey	7:00 - 8:00 pm / 8:00 - 8:30 pm

November 2026

Date	Day	Session	Coach	Time
Nov 1	Sun	Strength & Agility (open to all)	Coach Vitel	6:00 - 7:00 pm
Nov 2	Mon	Skills Session	Coach Maniscalco	7:00 - 8:00 pm
Nov 3	Tue	Feeder Team Practice	Feeder teams	7:00 - 8:30 pm
Nov 5	Thu	Skills Session + Feeder Practice	Coach Rey	7:00 - 8:00 pm / 8:00 - 8:30 pm
Nov 8	Sun	Strength & Agility (open to all)	Coach Vitel	6:00 - 7:00 pm
Nov 9	Mon	Skills Session	Coach Maniscalco	7:00 - 8:00 pm
Nov 10	Tue	Feeder Team Practice	Feeder teams	7:00 - 8:30 pm

Date	Day	Session	Coach	Time
Nov 12	Thu	Skills Session + Feeder Practice	Coach Rey	7:00 - 8:00 pm / 8:00 - 8:30 pm
Nov 15	Sun	Strength & Agility (open to all)	Coach Vitel	6:00 - 7:00 pm
Nov 16	Mon	Skills Session	Coach Maniscalco	7:00 - 8:00 pm
Nov 17	Tue	Feeder Team Practice	Feeder teams	7:00 - 8:30 pm
Nov 19	Thu	Skills Session + Feeder Practice	Coach Rey	7:00 - 8:00 pm / 8:00 - 8:30 pm
Nov 22	Sun	Strength & Agility (open to all)	Coach Vitel	3:00 - 4:00 pm
Nov 29	Sun	Strength & Agility (open to all)	Coach Vitel	6:00 - 7:00 pm
Nov 30	Mon	Skills Session	Coach Maniscalco	7:00 - 8:00 pm

The 8:00 pm block on skills nights is an extra 7th and 8th grade workout through October 26. The first feeder team practice is October 27, and the workout blocks end after that. Strength & agility with Coach Vitel is open to every player in the program. The week of October 5 has only one session, on Monday, October 5. Dates past November are added as gym time is confirmed.