



WHICH PROGRAM IS

1

ROOTS U4-U5

Roots is designed for the youngest players who will learn the FUNdamentals of soccer and playing with the ball. Players will learn basic listening skills, body awareness, athletic movement and love for the game.

2

RECREATION U4-U18 (TEAM)

The recreation program is designed for the player who wants to be a part of a team in a less competitive environment. This program is primarily run by volunteers and staffed by parent coaches who are invested in providing playing opportunities.

3

JR ACADEMY

This is a professionally staffed 10 week program that is designed to engage players age 6 -8 in an age and developmentally appropriate curriculum. The training environment focuses on maximizing touches and developing ball mastery.

4

ADVANCED

The Advanced program takes a team-centric approach to team building and is currently the most participated in program. It builds on the passion for the sport while providing a more competitive playing format in a true recreation setting.



RIGHT FOR ME?

5

ACADEMY

The Academy program is designed for the U9 player who wants to maximize their playing potential and develop in the most competitive playing environment. The Academy program bridges the Junior Academy and Travel program.

6

TRAVEL -LITE

The Travel-Lite program is designed for the player who is able to compete at a higher level without the financial or training commitment associated with the travel program. Travel-Lite provides a snapshot of what it takes to play in a travel team and gives the players an opportunity experience travel level competition in both league play and tournaments.

7

TRAVEL

The Travel Program requires a year round commitment and allows players the opportunity to train with our nationally licensed professional coaching staff.. Players are expected to perform at a high level and to demonstrate a good understanding of the technical, tactical, physical and mental aspects of their development. Players are selected/invited to teams based on their ability.