

# Midwest City Soccer Club

## Player Programs

Fall 2021-Spring 2022 Age Bracket

Recreational		Recreational/Academy		Recreational/Competitive	
Age Group	Birth Year	Age Group	Birth Year	Age Group	Birth Year
Lil Legs	2018	U8	2014	U11	2011
U5	2017	U9	2013	U12	2010
U6	2016	U10	2012	U13	2009
U7	2015			U14	2008
				U15	2007
				U16	2006
				U17	2005
				U18	2004
				U19	2003

### **Lil Legs (born 2018)**-\$30 per season(fall/spring)

Our Fall 2021 and Spring 2022 Lil' Legs program is for children who were born in 2018.

The program itself is designed to get these kids interested in the idea and fun of soccer and to build some basic skills and touches on the ball that will get them pointed in the right direction as they move up in age. In addition to all the quality volunteers, older players and other certified coaches, we will also have our experienced coaches on the field training your children in Lil' Legs!

Lil legs sessions are on club fields. There will be 5 Lil Legs training sessions per season on Wednesday evenings. First session for fall will be Sept 15<sup>th</sup>. First session for Spring will be March 9<sup>th</sup>. Lil Legs do not play any games on Saturdays.

**Uniform-** First time Lil Leg's players will receive a free t-shirt. Parents will need to furnish black shorts, black soccer socks, shin guards, a size 3 soccer ball and a pair of cleats or tennis shoes.

**Coach Contact-** Coach or club will email a couple weeks prior to first session with more info.

### **5U/6U-** \$60-\$80 per season depending on date you sign up.

Our 5U/6U program is overseen by one of our clubs licensed coaches. The girl's and boy's programs are separate. They will practice once a week, either Tuesday or Thursday evening and play games on Saturday mornings. Our coach will divide the players into teams and have parents assist with the practices and games. This enables parents that may want to coach in the future to obtain some training and guidance. It also gives the players a better start in learning the fundamentals of soccer through organized practices.

**Practices-** Practices will be once a week on a weeknight, typically Tuesday or Thursday, at 6 or 7pm and will start middle of August for fall and middle of February for spring. Actual days and times will be posted and emailed about a month ahead.

**Games-** Currently all games are in-house. Games are 4v4. U6 plays at 9am and U5 plays at 10:30am Saturdays. They will play 8 games. Games will start September 11<sup>th</sup> for fall and March 5<sup>th</sup> for spring.

**Uniform-** Parents will need to purchase club jerseys from the club for \$30. Parents will need to furnish black shorts, black soccer socks, shin guards, a pair of cleats and a size 3 soccer ball. Jersey sales will be at the complex office starting in August for fall and February for spring. Dates and times will be posted as it gets closer.

**Coach Contact-** Coach or club should send email a couple weeks before first practice.

**7U-** \$60-\$80 per season depending on date you sign up.

Our 7U program is overseen by one of our clubs licensed coaches. The girls and boys programs are separate. They will practice twice a week, determined by the coach and play games on Saturday mornings. Our coach will divide the players into teams and have parents assist with the practices and games. This enables parents that may want to coach in the future to obtain some training and guidance.

**Practices-** Twice a week. Days and times will be posted and emailed middle of July for fall and middle of January for Spring. Typically, Monday/Thursday or Tuesday/Thursday at 6 or 7pm.

**Games-** Currently all games are in-house. Games are 4v4, played at noon on Saturdays. They will play 8 games. Games will start September 11<sup>th</sup> for fall and March 5<sup>th</sup> for spring.

**Tournaments-** Tournaments are up to the coach and parents. Since players practice and play games as a group, coach can divide interested players in teams for tournament rosters.

**Uniform-** Parents will need to purchase club jerseys from the club for \$30. Parents will need to furnish black shorts, black soccer socks, shin guards, a pair of cleats and a size 3 soccer ball. Jersey sales will be at the complex office starting in August for fall and February for spring. Dates and times will be posted as it gets closer.

**Coach Contact-** Coach or club should send email a couple weeks before first practice.

**8U-** 8U players have two options, recreational or academy.

**Recreational-** \$60-\$80 per season depending on date you signed up.

Our 8U program is overseen by one of our clubs licensed coaches. The girls and boys programs are separate. They will practice twice a week, determined by the coach and play games on Saturday mornings. Our coach will divide the players into teams and have parents assist with the practices and games. This enables parents that may want to coach in the future to obtain some training and guidance.

**Practices-** Twice a week. Days and times will be posted and emailed middle of July for fall and middle of January for Spring. Typically, Monday/Thursday or Tuesday/Thursday at 6 or 7pm.

**Games-** Currently all games are in-house. Games are 4v4, played at 1:30pm on Saturdays. They will play 8 games. Games will start September 11<sup>th</sup> for fall and March 5<sup>th</sup> for spring.

**Tournaments-** Tournaments are up to the coach and parents. Since players practice and play games as a group, coach can divide interested players in teams for tournament rosters.

**Uniform-** Parents will need to purchase a set of club jerseys for \$30 from the club. Parents will need to furnish black shorts, black soccer socks, shin guards, a pair of cleats and a size 3 soccer

ball. Jersey sales will be at the complex office starting in August for fall and February for spring. Dates and times will be posted as it gets closer.

**Coach Contact-** Coach or club should send email a couple weeks before first practice.

**Academy-** \$160 registration, \$100 field usage, \$500 trainer fee. Academy seasonal year is 10 months from August-May. The trainer fee can be paid out in monthly payments of \$50 in Gotsoccer through autopay. See Academy Financial Agreement on our website under our forms and documents. Fees are reduced for players joining mid-season.

There are no try-outs for this program. Academy is for the player that wants to have an additional level of training and to play in a more competitive environment.

The Academy program is able to provide each player training with players of similar ability. The program is also able to provide a consistent level of competition in each game. With the practices and games, the program assures a more consistently competitive environment than that of the recreational leagues. The emphasis is on development, not winning, losing or how many goals are scored.

The focus of the Academy is to teach the players the necessary technical skills to compete at the next level. This will include proper dribbling, passing, shooting, and receiving techniques. Other skills we emphasize are agility, speed training and goal keeping. Due to the knowledge and experience of the staff and like abilities of the players at practice and games the individual is constantly challenged. We hope with providing this environment and challenges each player will excel to the next level of play.

The Academy is staffed with USSF nationally licensed coaches. Each has a minimum National "D" or National Youth License, or is enrolled in future courses to accomplish this. The staff uses positive and creative training sessions to provide an atmosphere that will help the child develop as a soccer player. The staff stimulates the player to learn to problem solve on their own.

The Academy program and staff encourages each player to learn self-discipline, work ethics and good sportsmanship. There is also a focus on teaching respect for one's self and others they come in contact with. The largest goal of the program is to develop a PASSION for the sport of soccer.

**Practices** are on club fields. Practices will start in August. Academy requires a 10 month commitment and will practice through May 2022, including practices during winter months, weather permitting.

**Games-** Academy teams currently play games against other academy teams in the metro.

**Tournaments-** May play 2 or more tournaments per season, based on team performance.

**Uniforms-** The uniform will match our competitive teams and a cost between \$100-150.

**Coach Contact-** If you are interested in moving into our Academy program, there are no tryouts, so contact [academy@mwcsoccer.org](mailto:academy@mwcsoccer.org) to have your player evaluated for team placement.

**9U/10U-** A 9U/10U player has two options, recreational or academy.

**Recreational-** \$60-80 per season depending on date you signed up.

Recreational is volunteer parent coached. 9U/10U plays 7v7 format. We make every attempt to form boy's and girl's teams, but coed teams are possible.

**Practices** are off club fields, generally at Regional Park or other locations as determined by the coach. Most teams practice twice a week on select weekday evenings. Practices should start middle of August for fall and middle of February for Spring.

**Games-** Teams currently travel and play against other eastside clubs, i.e. Harrah, Choctaw, Shawnee, Chandler, Seminole and Ada. Will have home and away games. Games may be Saturday or Sunday. Season opens September 11<sup>th</sup> for fall and March 5<sup>th</sup> for spring. Usually 8-10 games.

**Tournaments-** Tournaments are up to the coach and parents. We encourage teams to at least play in our club's tournaments.

**Uniform-** Parents will need to purchase a set of club jerseys for \$30 from the club. Parents will need to furnish black shorts, black soccer socks, shin guards, a pair of cleats and a size 4 soccer ball. Jersey sales will be at the complex office starting in August for fall and February. Dates and times will be posted as it gets closer.

**Coach Contact-** Coach or club should send email a couple weeks before first practice.

**Academy-** See 8U Academy. 9U/10U is the same info.

**11U-19U-** A 11U to 19U player has two options, traveling recreational or competitive.

**Traveling Recreational-** \$60-80 per season depending on date you signed up.

17U-19U may play 7v7 or 11v11 depending on number of player signups.

Volunteer parent coached and teams compete against other Oklahoma Soccer Association teams. Home games will be played at our complex.

**Practices** are off club fields, generally at Regional Park or other locations as determined by the coach. Teams generally do not practice during winter months. Teams generally practice twice a week on select weekday evenings. Practices should start middle of August for fall and middle of February for Spring.

**Games-** Games can be either Saturday or Sunday and maybe even during week for makeup games. Most teams will be in Metro area but may require some travel to clubs 1hr or so away. Games may be Saturday or Sunday. Season opens September 11<sup>th</sup> for fall and March 5<sup>th</sup> for spring. Usually 8-10 games.

**Tournaments-** Tournaments are up to the coach and parents. We encourage teams to at least play in our club's tournaments.

**Uniform-** Parents will need to purchase a set of club jersey for \$30 from the club. Parents will need to furnish black shorts, black soccer socks, shin guards, a pair of cleats, a size 4 soccer ball for 11U/12U and size 5 soccer ball for 13U-19U. Jersey sales will be at the complex office starting in August for fall and February for spring. Dates and times will be posted as it gets closer.

**Coach Contact-** Coach or club should send email a couple weeks before first practice.

**Competitive-** \$170 registration, \$100 field usage fee, and \$600 trainer fee. Trainer fee can be paid in 10 monthly payments of \$60 in Gotsoccer through autopay. The competitive season is based on a 10 month contractual year, August-May. U11-U14 plays a fall and a spring season. U15-U19 plays league games in an extended season from August-February, and may play tournaments from March-May. See Competitive Financial Agreement on website under forms and documents.

Competitive teams are coached by a nationally licensed club coach, practice on club fields and may travel out of state for games or tournaments.

**Uniforms-** Competitive uniform will be \$100-150.

**Practices-** Practices will start in August on club fields. Competitive requires a 10 month commitment and will practice through May 2022, including winter months, weather permitting.

**Games-** Games will generally be Saturday or Sunday with some makeup games during the week. Will require travel to Tulsa area several times during a season.

**Tournaments-** Generally plays 2 or more tournaments per season, based on team performance.

**Coach Contact-** Must tryout to join team. Contact [coaching@mwcsoccer.org](mailto:coaching@mwcsoccer.org) for a tryout session.

## Player Flowchart

