



# U14 Girls 2024-25 Season Guide

## TOGETHER IT'S POSSIBLE

The following serves as a guide for the 2024-25 Season for the U14 Girls age group. (Birth year - 2011).

Please note that some items on this guide are still in the works and **subject to change**.

Coaching Assignments will be made following tryouts.

### **PHILOSOPHY & TEAM FORMATION**

- At the U14 Age Group, players show higher levels of commitment and have developed a better sense of competitiveness. A greater emphasis will be placed on the understanding of player roles and formations as they further their knowledge of the game. Players will be expected to push and challenge each other as they work to EARN playing time.
- The team roster ideally will consist of 15-16 players.
- Players may be asked to move up for some competitions if the coaching staff believes they are ready.

### **TRYOUT INFORMATION**

- Birth Year - 2011
- Tryout Location - Cedar Valley SportsPlex(300 Jefferson St, Waterloo, IA 50701)
- Dates: Tuesday, June 4th & Thursday, June 6th @ 6:30 PM - 7:45 PM

### **Bid Day(Team Invites Sent Out)**

- June 19th, 2024 from 8:00 AM to 8:00 PM

### **First Official Week of Practice**

- Monday, August 5th

### **Seasons**

- Fall - Early August through mid-November
- Winter - Early December through mid-March
- Spring - Late March through mid-June

## **CALENDAR**

- **FALL & SPRING** (EACH Season Gets the Following:)
  - 3-4 Practices/Week (4th is a Small Group Training Session and will be scheduled on Wednesday's during lighter weeks with no League Games or Tournaments.
  - Practices = 75-90 Minutes (Monday, Tuesday, & Thursday. Times TBD)
  - Small Group Sessions = 60 Minutes
  - Some optional Open Plays(Small Sided Scrimmages) will be added on lighter weeks with no League Games or Tournaments.
  - 4 Tournaments (Will be Options for Additional Tournaments)
  - 4-6 League Games (ISL - Iowa Soccer League)
  - 6-8 Small Group Training Sessions
  - 3-5 Open Plays
- **WINTER**
  - 1 Practice/Week & 1 Small Group Session/Week (Days/Times TBD)
  - 10 - 12 Small Group Training Sessions
  - 8 - 10 Open Plays
  - 1 Tournament (Will be Options for Additional Tournaments)

## **COSTS**

- \$1850.00 Annual Fee
- No Upfront Cost/Down Payment
- Payment Options will be Available (3, 6, and 9 Month Options)
- 1st Payment Due **July 1st**
- NOT INCLUDED - Travel Expenses & Uniforms

## **Uniforms**

- Player Package = Approximately \$169.00
  - Full Home & Away Kits: Jerseys, Shorts, Socks
  - 1 Training Top & Shorts
  - Warm-Up Jacket
- Will be available to order through New Gen Sports Group via store link on our website.
- Non-Mandatory items will be available on the shop as well.