

EMFC U10 Academy Program (2010 – 2011)

EMFC offers a U10 year-round program in order to train and prepare players for a successful entrance into EMFC's competitive program at U11. The annual program includes five modules and begins with the early summer skills academy module in May/June, includes a summer module and two summer tournaments, a fall module and league play, winter foot skills module, and spring module and league play. All league play will be in an 8 v 8 format. Players in this program will also receive their OYSA players card which enables them to play in summer tournaments.

This is a year round program for those players wanting a higher level of skill building, competition, and commitment than that offered in the Little Metros program. Only U10 players (in fourth grade during 2010 – 2011 school year) can register for this program. Any third graders in 2010 – 2011 must have permission from Director of Coaching for inclusion in this program. This program will assign an EMFC coach to work with committed players.

The program attempts to create a training environment of 12-16 players. Finn Cronin will coach the boys group and Caitlin O'Donnell will coach the girls group. **Registration for this program will be open from April 15 to May 15 and requires a full one-year financial and time commitment to all five modules. On Saturday, May 15, 2010 we invite all interested players to a 2-hour training session.** When a team is full, EMFC will try to form another team. EMFC will dedicate a head coach for all 5 modules and help coordinate efforts to play in local leagues and tournaments. Director of Coaching Jürgen Ruckaberle will coordinate, promote, register, oversee, and assist the program. Players wanting to make the full year commitment to join the U10 program will pay a total cost of \$595 plus an additional cost for each tournament (approx \$50/tournament.) This fee can be paid off over a five month period if desired.

Summer Skills I Program (May 18 – June 19)

5-week training sessions with EMFC head coach twice a week (10 sessions, 75 minutes/session)

Participation in EMFC 3v3 tournament, Memorial Day *** extra cost ***

Summer Program + one tournament (July 5 – August 7)

5-week training sessions with EMFC head coach twice a week (10 sessions, 75 minutes/session)

Participation in at least one summer tournament *** extra cost approx. \$50 per tournament ***

Fall Program + league (September 14 – October 23)

6 week program with 2 sessions/week with EMFC coach (12 sessions @ 75 minutes/session)

Participation in local Kidsports league at U11 Klassic with about 10 games

Winter Program (December 1 – January 31)

10 one hour indoor training sessions with EMFC head coach as part of the Winter Skills I Program

optional participation in indoor league (KickCity – ***extra cost ***)

Spring Program (March 16 – May 2)

6 week program with 2 sessions with EMFC coach (12 sessions, 75 minutes/session)

Participation in local Kidsports league at U11 Klassic with about 10 games