



## U14 Girls Commitment Info

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### Fall Programming

#### Training Sessions

1. Team training begins in late-July to early-Aug. Each coach will communicate the exact first day of training to the parents and players at tryouts. Players are required to attend training twice per week during August, September, and October. Each training session lasts from 1½–2 hrs, depending on the philosophy of the coach and the team that he/she is developing.
2. Director of Coaching (DOC) training. The club strongly encourages all players to attend 'DOC' sessions, which are held a minimum of 2 sessions for 1 to 1½ hrs during the fall season. The emphasis at DOC Training is on developing technical skills and team play.
3. Goalkeeper Training will run twice a week for August-September, once a week October-April and twice a week in May. These sessions will be run by the Director of Goalkeeping Jeff Shuk.
4. Technical Training will run 4-5 times during the fall season, typically on Friday nights.

#### Games

All teams will play 10–12 games in the Michigan State Premier Soccer Program (MSPSP). Other communities in MSPSP are Canton, Livonia, Novi, Ann Arbor, Rochester, Troy, Kalamazoo, Grand Rapids, and Lansing. If accepted, top team may play in the Midwest Regional League (MRL)

### Winter Programming

Teams will train either twice a week or three times every two weeks depending on age group and commitment. Teams are recommended to play 2 sessions of indoor games. Team coaches and parents are encouraged to discuss benefits/costs of indoor soccer leagues and/or futsal leagues. An additional option for winter programming is team training additional skill training session.

### Spring Programming

#### Training Sessions and Games

The spring season is very similar to the fall season in relation to games, training sessions, club training, and tournament commitments. The spring season training begins in late March or early April, weather permitting. The spring season ends in the beginning of June before tryouts.

This outline is accurate for most Michigan Rush teams. However, our coaches have the right to change the calendar in an effort to maximize player development.

### Tournaments

Michigan Rush selects two to three tournaments in the fall and two to three tournaments in the spring. The purpose of attending tournaments is to "tune up" for an upcoming season, to experiment with strategies of play, to build relationships among team members, and to experience a variety of competition. Most tournaments are held over a Saturday/Sunday weekend. The tournaments chosen for the younger teams are local to the Midwest. Expected tournaments are local tournaments that do not require a hotel stay. Recommended tournaments require a hotel stay are recommended for elite competition. Our older teams may travel outside of the Midwest for a tournament. (***Tournament schedule is subject to change.***)

#### Rush Team

Rush Kickoff Classic, Northville (Aug 17-19)  
Genesee Cup, Fenton (Aug 10-12)  
State Cup (Fall 2019)  
Michigan Club Challenge, Northville (April 2019)

**Cost Estimate:** Includes all league, game, tournament, official, club, coaching, training and uniform costs - Does not include individual travel expenses, uniform

**Rush team: \$2,692**

**Nero team: TBA**

“Where the trails of passion and purpose meet, begins the path to victory”

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