



## U19 Boys Commitment Info

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### Winter Programming

1. 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.
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 spring 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.

### 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.**

### Spring Programming

#### Training Sessions

Team Training begins in late March to early-April. Players are required to attend Training twice per week during April, May and June. Each training session lasts from 1 ¼ hrs. – 2 hrs depending on the philosophy of the coach and the team that he/she is developing.

### Games

U13-U19 teams play 7–12 games in the Midwest Regional League (MRL) or Michigan State Premier Soccer Program (MSPSP).

### Tournaments

Michigan Rush selects three to eight tournaments over the course of the year. 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.***)

Age group director and/or team coach will follow up with other tournament shortly after tryouts. Each team is expected to do 1-2 tournament per season.

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

**Rush team: \$2,210**

**Nero team: \$2,190**

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

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