



Cap City Juniors

(2012-2013 Boys and Girls)

2020-2021 Team Sheet



Summer 2020

- Cap City Summer Camps – Optional – Additional Expense

Fall 2020

- August 6-9 – Cap City Club/Team Camp/Intra Club Friendlies
- Late August through October – Cap City Juniors 5v5 League
- Late August through October – Team Training 2x per week for 60 minutes
- October - Optional Fall Tournament
- Cap City Community Service Project

Winter 2020-2021

- End of Fall Season–December – Rest Period – No training sessions
- December
 - Cap City Community Service – Holiday Giving
 - Scheduled down time for Cap City. Encouraged time with other sports.
 - Cap City Winter Camps – Optional – Additional Expense
- January – Mid February
 - Winter Indoor League – 1x per week – Additional Expense

Spring 2021

- April through Early June – Cap City Juniors 5v5 League
- April through June – Team Training 2x per week for 60 minutes
- May 9-11 – Jaguar Invitational Tournament
- Cap City Community Service – Lansing River Trail Clean Up

Team Fee: \$500. All families will have the option to pay in full or select a payment plan. Our payment plan is structured with an initial deposit and then 10 installments from August through May. Our fee is all inclusive to cover the above plan including all club/coaching fees, league/game /referee fees, tournament entry/coach travel, and training/program costs. The fee does not cover individual travel expenses and uniform costs. New players will need to purchase uniforms for the 2020-2021 season. Returning players will use and keep their number from last year. Our uniform cycle is on a two-year cycle and this is the second year of the cycle.

Program Director: Dan Jury

Girls Head Coach: Megan Norris

Girls Assistant Coach: TBA

Boys Head Coach: Bill Graham

Boys Assistant Coach: TBA

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