



Select Team High School Program 2006 & 2007 Girls



The Rose City Futsal Select Team Program is designed to provide players an opportunity to train and compete with players of similar abilities. Its goal is to help players grow in all 5 aspects of the game: mentally, physically, technically, tactically and socially. It is a great opportunity for elite players to develop in the way that many South American and European do - with a lot of Futsal!

Futsal provides unparalleled benefits to player development with increased ball touches, need for speed, control, and quick decision making. Our competitive team training, seasonal leagues and local and travel tournaments provide the best augmentation to any outdoor season.

Rose City Futsal will provide a consistent schedule with the appropriate number of training sessions and games for the age group so players can achieve their best potential. With an organized schedule, we hope that families will have an opportunity to also enjoy life outside of futsal/soccer which is an important aspect in a player's social development. Rose City Futsal will follow the European and South American calendar and will have players training on a 10-month calendar (September-June). During the Summer months, we expect and encourage players to have some down time from organized practices, enjoy family and the PNW sunshine. Players are still encouraged to kick the ball around with friends during the off-season in unstructured environments to allow for creativity to grow and to develop other aspects of the game and life. Summer Open Plays will be offered for those wanting more time on the ball and some summer fun.

The goal of the Select Team Program is to create one team per birth year. Each team will consist of 7-9 players. Different birth years/teams will be combined for training purposes only. Each team will compete individually in adult leagues and local and out-of-state tournaments.

Depending on numbers and the quality of the players, Rose City Futsal may decide not to create teams for certain age groups.

Our goal is to develop well rounded elite players that play with joy, confidence and character. At Rose City Futsal, we aim to develop and prepare young players for the challenges that they will face on and off the court. We want to create not only top level players but also great citizens.

Program Tryouts: Select Team tryouts will run on a low stress system. Players will mostly play while the coaches observe and make notes about which Rose City Futsal program will best suit the player's abilities and skills. All players will be observed and recommended to one of Rose City Futsal programs:

- Select Team
- Adult Academy classes
- Adult Leagues

We encourage all players to come play and have some fun!

*Visit <https://rosecityfutsal.com/> for a list of all of our Youth Programs available.

Tryout Schedule: Saturday, May 20th & Sunday May 21st, 2023

Age Group	Day	Location	Time
2006/2007 Girls	Saturday, May 20th	RCF East	5:30 PM - 6:30 PM
2006/2007 Girls	Sunday, May 21st	RCF West	7:15 PM - 8:15 PM

Phase 1: Training Schedule - 2023/24 Season - September - end of November

Age Group	Day	Location	Time
2006/2007 Girls	Saturday's	RCF East	12:00 PM - 2:00 PM

Phase 2: Training Schedule - 2023/24 Season - TBD

Age Group	Day	Location	Time
2006/2007/2008/2009 Girls	TBD	TBD	TBD

Select Team Program Package: Phase 1

The Rose City Futsal Select Team Program Package for this age group includes the following:

- 7 - 9 Players per team, 2 top level Coaches
- 6 Summer Open Plays
 - Designed to let creativity flourish and bring that street soccer style that players love. No active coaching during open plays
- 2 RCF red training tops
- 11, 1x/week training sessions from September - end of November
 - Saturday's 12 PM - 2 PM @ RCF East
 - Trainings will focus on the social, technical, tactical, physical and mental aspect of the game
- TALO - Performance Development Program
 - 11 trainings of performance development interventions, directly to athletes, during select training sessions. Interventions will include mobility, strength, power, and speed and agility training methods appropriately integrated into the training session
 - 2 Sports Performance Science - Testing & Reporting
 - 3 hours blocks/week of Physical Therapy availability for Select athletes as needed
 - Monday & Thursday, 3:30 PM - 5 PM @ RCF East
 - Periodic webinars for players and families covering high performance development topics including sports nutrition, mental performance, athletic performance development, and injury risk management
 - Bridge Tracker App
- 35 GK training sessions
 - Schedule will be confirmed as we approach the first week of training
- 15+ Games throughout the year
 - 2 Intrasquad Games: Fall & Spring with referees
 - 10 games in the Winter I Adult League
 - 3+ games in the Oregon Futsal Cup tournament
 - Head Coach per game, and Head Coach and Assistant Coach during the Oregon Futsal Cup
- [1] 1-on-1 coach and parent meeting
- Coaches Education - Further Developing Select Team Coaches
 - [6] 2 hour Coaches Education courses throughout the year in collaboration with TALO
 - [2] 1-on-1 Head Coach and Technical Director's meetings: mid-season and end-of-season review
 - In-depth coaches meeting to prepare for weekend tournament[s]
- Applications:
 - TeamSnap
 - SportsSession Planner - used for curriculum building
- Taxes, Credit Card fees

***NEW* this year!**

Select Team Program Package: Phase 2 - Optional, Additional Cost

Over the past few years, futsal has gained traction and grown immensely in the US. Even so, futsal is still mostly a developmental tool for soccer players as there are no developed high school, college or professional futsal leagues in our country. But they are coming! In the past year, under US Soccer, the association has added a Men's and Women's National futsal team as well as a Youth National Futsal Development program. These teams have traveled the world competing against top clubs. Rose City Futsal has developed a relationship with the coaching staff of these teams and last year saw many Select Team players as well as coaches receive invitations to travel, train and compete.

As exciting as the future of futsal is, in today's reality, our High School players have full schedules with many extracurricular activities battling for their time; futsal, club, high school, other sports & activities... The list goes on and on. These scheduling conflicts permitted a 10-month long program for the High School Select Team program. But we hear the desire to train more, to compete more past the 11 week training schedule. We want our teams to be at their best when competing at Regionals in March, and Nationals in July, as well as have player's at their best form when international opportunities come knocking. For this year in Phase 2, we are offering:

- After the 11 team trainings conclude, we will transition to offering a two hour training, 1x/ week to a training pool of all High School Select Team players, per gender
 - Your training pool will include 2006, 2007, 2008 & 2009 Girls coached by the Head and Assistant coaches of these teams
- Training Schedules, time and location, will be released at a later date and will go through the end of May, like our year round Select Team program
- Players may register to individual training sessions that they are available to attend. There is no cap on how many they may attend, but they must be registered before attending
- All RCF Select Teams train under the same philosophy, methodology and style of play. We feel confident the pool of players will provide a healthy, competitive training environment and will allow players to continue futsal specific training throughout the year when other commitments allow

Save the Date!

- [Optional] Summer Open Plays:
 - First Week: Week of July 10th
 - Last Week: Week of August 14th
 - Schedule to be announced
 - No additional cost
- [Optional] Select Team Summer Camp: August 21st - 24th
 - Additional cost; registration to open Monday, June 5th
- First day of training: Saturday, September 9th, 2023
- New Season Kick Off Party: Saturday, October 7th @ RCF East
- Last day of training: Saturday, November 18th, 2023
- Winter I Adult League: November - end of January
- Oregon Futsal Cup: Saturday-Sunday, January 27th-28th, 2024
- USFF NW Regionals: March, 2024
 - Additional cost; participation depends on invitation by the Head Coach and Technical Directors as well as player availability
 - If we attend, we will add team trainings prior to the tournament for an additional cost
- USFF Nationals: July, 2024
 - Additional cost; participation depends on invitation by the Head Coach and Technical Directors as well as player availability
 - If we attend, we will add team trainings prior to the tournament for an additional cost

*Rose City Futsal supports participation in other games/tournaments upon approval by our Technical Directors and Program Directors. The cost for participating in additional events is not included in your yearly tuition. Additional tournaments vary by age, level and availability.

*The number of training sessions and games may vary due to conflicts, inclement weather, or any other reason not originally planned. All of the above are tentative programs. RCF reserves the right to modify, cancel or add to the program without further notice.

Uniforms will be purchased separately and directly through our provider by the player/family. Estimated cost of the basic kit is \$90.

Tuition and Billing: Phase 1

- Annual Tuition Cost / player: **\$905**
- 2 options for payments: In Full or 3x

Payments	Deposit	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May
Full [-\$30]	\$875	-	-	-	-	-	-	-	-	-
3x [-\$20]	\$348		\$179		\$179		\$179			

- A deposit will be required to secure a spot for all payment plans by Monday, June 12th
- 3x Payment Plans will be automatically billed and charged to the registered Credit Card on the 5th of October, December and February
- No player with an outstanding balance will be accepted at training without prior consent from our Program Directors

Tuition and Billing: Phase 2 - Optional

- Players will pre-register to the trainings they can attend
- Detailed information to follow at the conclusion of the 11 team trainings

Refund Policy

All withdrawals from the Rose City Futsal Select Team Program must be made in writing to Rose City Futsal. In certain instances, including serious injury, adjustments to the schedule can be made at the discretion of the Program Directors. Injured players must provide a doctor's note. When notice of cancellation is received prior to the start of the 2023/2024 training calendar year, a full refund (less a \$325 administration fee) will be issued. If a notice of cancellation is received at any time after the program has already started, no refunds will be issued for payments already processed. Once players commit to the program we kindly expect players to follow through with their commitment as changes along the process can affect the overall development of all individuals within their group.

Frequently Asked Questions:

What is TALO and what do they bring to the Select Team High School Program?

Garga Caserta: TALO founder and current USWNT Performance Director, previously the Portland Thorns Performance Trainer.

TALO provides RCF Select teams and its athletes with Sports Rehabilitation & Performance Development solutions by educating coaches, applying interventions in practice sessions, and monitoring measured sports science data over the course of the program year. Look to see TALO out on the court with the players for a portion of their training!

Will my player's team be assigned a coach?

Teams will have an assigned coaching staff - but may also work with different coaches throughout the year. With our Technical Directors and Program Directors overseeing programs and hands-on involvement, we look to assure consistency and continuity throughout Rose City Futsal Programs at all age levels.

What day, time and location will the Adult League games be at?

Women's Champions League, or the highest level Women's league, is held at RCF East on Tuesday nights. Select Teams are prioritized in the 6:30 PM, 7:30 PM or 8:30 PM time slots.

Will my player's team participate in more than just the Winter I Adult League?

The Winter I Adult League is built into the team's tuition. The Winter II and Spring Adult Leagues are optional leagues that we can participate in, with an additional cost, if we have the player availability. The team benefits from consistent game play and helps the team work on specific areas of the game, especially before traveling to tournaments.