



# Pre-Select Team Program

## 2014 & 2015 Girls

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

The focus of this new program will be on the technical aspect of the game and individual technique to help players develop futsal specific foundational skills. This year-long program will in turn prepare players for our elite Select Team Program the following year. 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 tournament(s) provide the best augmentation to any outdoor season.

Pre-Select teams will train under the same philosophies and methodologies as the Select Team Program while not having the expectation or pressure to prepare for out-of-state and/or international tournaments. For our Select Teams, we look to travel to USFF NW Regionals in March as well as potentially USFF Nationals in July. For the older age groups, we try to create international experiences. Last year, we sent players and coaches to Portugal and Argentina to compete against local futsal clubs.

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-end of May). 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. Open Plays and Summer Camps will still be offered for those wanting more time on the ball and some summer fun.

The goal of the Pre-Select Team Program is to create one team, 7-9 players, per birth year. This will allow for a healthy training environment. For all games (leagues, tournaments, friendlies), the 2014 girls & 2015 girls will compete separately. During games, players will focus on their development and implement what they learned in practice that week.

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:** Pre-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 kids will be observed and recommended to one of Rose City Futsal programs:

- Pre-Select Team
- Jr Academy advanced classes and camps
- All Levels classes and camps

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
2014/2015 Girls	Saturday, May 20th	RCF West	7:15 AM - 8:15 AM
2014/2015 Girls	Sunday, May 21st	RCF West	7:15 AM - 8:15 AM

### **Training Schedule - 2023/24 Season - September to end of May**

Age Group	Day	Location	Time
2014/2015 Girls	Monday & Wednesday's	RCF East	5:00 PM - 6:30 PM

## Pre-Select Team Program Package:

The Rose City Futsal Pre-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
- 3 RCF red training tops
- 68, 2x/week training sessions from September - end of May
  - Monday & Wednesday's; 5 PM - 6:30 PM @ RCF East
  - Trainings will focus on the social, technical, tactical, physical and mental aspect of the game
- TALO - Performance Development Program
  - 33 trainings of performance development interventions, directly to athletes, during Pre-Select training sessions. Interventions will include mobility, strength, power, and speed and agility training methods appropriately integrated into the training session
  - 3 Sports Performance Science - Testing & Reporting
  - 3 hours blocks/week of Physical Therapy availability for Pre-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 for those who are interested
  - Schedule will be confirmed as we approach the first week of training
- 15+ Games throughout the year
  - 2 Intrasquad Games: Fall & Spring with referees
  - 2 Spring Friendlies with referees
  - 8 games in the Winter I Youth League
  - 3+ games in the Oregon Futsal Cup tournament
  - Head Coach per game, and Head Coach and Assistant Coach during the Oregon Futsal Cup
- [2] 1-on-1 coach and parent meetings: mid-season and end-of-season player review
- 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

## 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: Wednesday, September 6th, 2023
  - No training on Labor Day, Monday, September 4th, 2023
- New Season Kick Off Party: Saturday, October 7th @ RCF East
- Winter I Youth League: November - end of January
- Oregon Futsal Cup: Saturday-Sunday, January 27th-28th
- Last day of training: Wednesday, May 29th, 2024
- [Optional] Soccer in the Sand: June 2024
  - Additional cost; participation depends on invitation by the Head Coach and Technical Directors as well as player availability

\*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

- Annual Tuition Cost / player: **\$1,719**
- 3 options for payments: In Full, 3x or Monthly

Payments	Deposit	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May
Full [-\$30]	\$1,689	-	-	-	-	-	-	-	-	-
3x [-\$20]	\$553		\$382			\$382			\$382	
Monthly	\$549	\$130	\$130	\$130	\$130	\$130	\$130	\$130	\$130	\$130

- A deposit will be required to secure a spot for all payment plans by Monday, June 12th
- All monthly payment plans will be automatically billed and charged to the registered Credit Card on the 5th of each month starting in September and ending in May
- 3x Payment Plans will be automatically billed and charged to the registered Credit Card on the 5<sup>th</sup> of October, January and April
- No player with an outstanding balance will be accepted at training without prior consent from our Program Directors

## Refund Policy

All withdrawals from the Rose City Futsal Pre-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 Pre-Select and Select Team Programs?**

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

TALO provides RCF Pre-Select and 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!

### **What is the difference between the Pre-Select Team Program and Select Team Program?**

Pre-Select Team programs train 1x/week and focus on the foundational technical development of players and compete in local only youth leagues and tournament[s]. Games are used to focus on the player's development and implementation of their new knowledge from training, not winning.

The Select Team Program is a selected group of 7-9 players that train 1x, 2x, or 3x/week and play as a regular group throughout the year. Select teams focus on individual and collective technique, and individual and collective tactics with the older teams. These teams train all year to travel and compete at USFF Regionals and potentially other out-of-state or international tournaments or experiences. When the team travels, we are competing to win.

### **What is the difference between Pre-Select Team Program and Jr Academy Classes?**

The Pre-Select Team Program is a selected group of 14-16 players that train 1-2x/week and play as a regular group throughout the year. Jr Academy classes are taught in 7-week sessions throughout the year. Players need to be approved by our Technical Directors as an advanced player in order to register. Advanced classes by their very nature, allow players to come and go during the year, whereas the Pre-Select Team Program expects a full-year commitment.

### **Can I do both Jr Academy classes and the Pre-Select Team Program?**

Yes! If a player is interested, they may register to any Jr Academy class and/or School of Technique class to continue their development.

### **Will my child's group be assigned a coach?**

Groups 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.