



# Select Team High School Program 2007 & 2008 Girls

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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.

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 or to combine 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

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

### Tryout Schedule: Saturday, May 18th & Sunday May 19th, 2024

Age Group	Day	Location	Time
2007/2008 Girls	Saturday, May 18th	RCF West	5:30 PM - 6:30 PM
2007/2008 Girls	Sunday, May 19th	RCF West	5:30 PM - 6:30 PM

### Phase 1: Training Schedule - 2024/25 Season - September - end of November

Age Group	Day	Location	Time
2007/2008 Girls	Saturdays	RCF East	12:00 PM - 2:00 PM

### Phase 2: Training Schedule - 2024/25 Season - TBD

Age Group	Day	Location	Time
2007/2008/2009/2010 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
- 2 RCF 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
  - 1 hour block/week of Injury Evaluation with TALO DPT for Select athletes as needed
  - 11 injury prevention strength training sessions before/after trainings in the Fall
- 35 GK training sessions
  - Schedule will be confirmed as we approach the first week of training
- 14+ Games throughout the year
  - 1 Intrasquad Game during the Fall
  - 10 games in the Winter I Adult League
  - 3+ games in the RCF Hangover Classic
  - Head or Assistant Coach during games and the RCF Hangover Classic
- [1] 1-on-1 coach and parent meeting
- Coaches' Education - Further Development of Select Team Coaches
  - Continuing education for our Select Team coaches is and has been an essential component for us to provide our teams with the best training possible so that they can compete at the highest level.
  - Coaches' Education may be in the form of outside or in house coaching clinics, licensing courses, coaching conventions, and other related events that will give our coaches the best opportunity to learn and develop their coaching skills.
- Applications:
  - TeamSnap
  - SportsSession Planner - used for curriculum building
- Taxes, Credit Card fees

## 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, Phase 2 is tentative and will be offered based on interest and availability of the High School Select Team Pool:

- After the 11 team trainings conclude, ideally we would 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 2007, 2008, 2009, & 2010 Girls coached by the Head and Assistant coaches of these teams
- Training Schedules, time and location, to 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!**

- First day of training: Saturday, September 7th, 2024
- New Season Kick Off Party: Saturday, October 12th @ RCF East
- Last day of Phase 1 training: Saturday, November 23rd, 2024
- Winter I Adult League: November - end of January
- RCF Hangover Classic: Friday-Sunday, December 27th-29th (entry fee included in tuition)
- Winter II Adult League: February - April 2025 (optional, additional cost)
- Optional Tournaments: additional cost; participation depends on invitation by the Head Coach and Technical Directors as well as player availability
  - USFF NW Regionals: March 2025
  - USFF Nationals: July 2025
  - \*There may be more tournaments offered that are not listed above, again these are optional based on interest from each individual team\*

\*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: **\$1030**
- 2 options for payments: In Full or 3x

Payments	Deposit	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May
Full [-\$30]	\$1000	-	-	-	-	-	-	-	-	-
3x [-\$20]	\$254		\$252		\$252		\$252			

- A deposit will be required to secure a spot for all payment plans by Monday, June 10th
- 3x Payment Plans will be automatically billed and charged to the registered Credit Card on the 5<sup>th</sup> 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, based on interest and availability

- 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 2024/2025 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?**

TALO was founded by Garga Caserta, current Head of Performance for the KC Current of the NWSL, previously USWNT and Portland Thorns. TALO provides RCF Select Team players with Injury Evaluation and Sports Rehabilitation from their Physical Therapist throughout the course of the program year. The High School Select Teams will also be provided with 11 injury prevention strength training sessions with a Talo Performance Coach before or after Fall training sessions.

Additionally, TALO will be providing discounted memberships for Select Team group training sessions; discount amount is dependent on the size of the group.

### **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.