



SELECT TEAM PROGRAM

HIGH SCHOOL GIRLS 2008-2012



OVERVIEW

The Rose City Futsal Select Team Program provides players the opportunity to train and compete alongside a tight-knit group of players with similar ability, drive, and passion for the game. **Our goal is to help kids grow in all 5 aspects of the game: mentally, physically, technically, tactically and socially.** Our program is designed to develop well-rounded elite futsal/soccer players who play with joy, confidence and character and who are prepared for challenges they will face on and off the court. We want to create not only top-level players but also great citizens.

Our High School Select Team program is designed to coincide with a fall High School outdoor season, and not interfere with winter or spring club seasons. It includes 11 weekly training sessions in the fall, winter adult league participation, and a local winter adult tournament. We also offer a custom strength and injury prevention portion of training to better develop and prepare players for long-term performance. Teams are encouraged to participate in additional leagues or traveling tournament opportunities if availability allows.

Within our high school training group, we will aim to create one team per birth year. Each team will consist of 7-9 players. Different birth years/teams may be combined for training or game purposes based on total season sign-ups. Teams will compete individually in adult leagues and local or out-of-state tournaments. For our Select Teams, we often look to travel to USFF NW Regionals in March as well as USFF Nationals in July. For the older age groups, we try to create international experiences. In recent years, we've sent players and coaches to Spain, Italy, Portugal, and Argentina to compete against local futsal clubs.

WHY 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's Select teams offer a one-of-a-kind experience and community for elite young players to enhance their knowledge and skills in the way that many South American and European kids do - with Futsal!

THE HEART OF THE GAME

PROGRAM TRYOUTS

Select Team tryouts will run on a low-stress system. Players will primarily play/scrimmage 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's training programs:

- Select Teams
- Youth Academy Advanced classes and camps
- Youth Academy All Levels classes and camps
- Adult Academy

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

TRYOUT SCHEDULE

SATURDAY, MAY 16TH, 2026

Age Group	Day	Location	Time
High School Girls 2008-2012	Saturday, May 16th	RCF West	5:30 PM - 6:30 PM

[CLICK HERE TO REGISTER FOR TRYOUTS](#)



rosecityfutsal.com | academy@rosecityfutsal.com | 971-712-4069

RCF East: 5010 NE Oregon St., Portland OR 97213 **RCF West:** 10831 SW Cascade Ave., Tigard, OR 97223

SELECT TEAM PROGRAM PACKAGE: HIGH SCHOOL GIRLS

The Rose City Futsal Select Team Program Package for this age group includes:		
Players	14-16	Trainings include ~15 Players, Game play will consist of ~7-9 Player Teams
Coaches	2	Top Level Coaches, including a Head Coach and Assistant Coach per training Group
# Trainings	11	1x per week training , **including a custom injury prevention and strength training portion**
# Training & Game Hours	41	Training sessions from September through November
League Participation	Winter 1 Adult League	Winter 2 Adult League is optional if availability allows
# of League Games	10	Each game will have a Head Coach or Assistant Coach
Tournaments	1	RCF Hangover Classic Adult Tournament
# of Adult Tournament Games	3+	Each game will have a Head Coach and/or Assistant Coach
Intrasquad Games	1	One Intrasquad Game in the Fall during training
Player Review/Parent Meetings	1	End of season player review with Coach and Parents
Parental Mental Performance Webinar	1	Web based program for parents to learn about mental performance
Applications	Playmetrics	Used for training and game attendance tracking and coach communication

- The number of training sessions may vary due to unforeseen conflicts, or inclement weather.
- Program Tuition also supports key behind-the-scenes activity including but not limited to: Coaches Education, Professional Guest Coaches, Curriculum Development, Facilities & Gear, and more.
- **GEAR:** RCF Select Team **training tops** are required during all Select Team trainings and may be purchased at Tursis Soccer Store est. cost \$12/top. RCF's Nike **uniforms** must also be purchased from Tursis Soccer Store. Est. cost of the basic kit (2 jerseys, shorts, & socks) is \$90. Additional warm-ups or gear bags are optional.
- RCF encourages and supports Select Teams players to participate in additional leagues/events. There is additional cost for participating in leagues/events that are not listed above. Additional tournament opportunities vary from age, level and availability.
- RCF reserves the right to modify, cancel or add to the program without further notice.

****This program may be modified at the discretion of the Technical Director & Head Coach based on final group age ranges and what will most benefit player development – Pricing/League/Tournament Participation may be subject to change to tailor the program to the selected players****

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2026/27 SEASON TRAINING SCHEDULE - SEPTEMBER TO NOVEMBER

Age Group	Day	Location	Time
High School Girls 2008-2012	Saturdays	RCF East	10:00 AM - 12:00 PM

IMPORTANT DATES

First Day of Training	Saturday, September 5th, 2026
New Season Kick-Off Party	Saturday, October 10th @ RCF East
League Dates	Winter I Adult League: November - Early February
Tournament Dates	Hangover Classic: January 1-3, 2027
Last Day of Training	Saturday, November 14th, 2026
Optional Tournaments (additional cost; participation depends on invitation by the Head Coach and Technical Directors as well as player availability)	USFF NW Regionals: March 2027 USFF Nationals: July 2027 *There may be more tournaments offered that are not listed above, again these are optional based on interest from each individual team*



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TUITION & BILLING

- Annual Tuition Cost / player: **\$1,200**
- 2 options for payments: In Full, Deposit + 3x.

Payments	Deposit	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May
Full [-\$30]	\$1,170	-	-	-	-	-	-	-	-	-
3x	\$300		\$300		\$300		\$300			

- A deposit will be required to secure a spot for all payment plans by Monday, June 8th.
- All monthly or 3x payment plans will be automatically billed and charged to the registered Credit Card on the 5th of each month
- Scholarships are available, and scholarship requests can be made to academy@rosecityfutsal.com
- No player with an outstanding balance will be accepted at training without prior consent from our Program Directors

SELECT TEAM CANCELLATION POLICY

All withdrawals from the Rose City Futsal Select Team Program must be made in writing to Rose City Futsal (email to info@rosecityfutsal.com). If written notice of cancellation is received prior to the start of the 2026/2027 training calendar year, a full refund less a \$400 cancellation fee will be issued.

If notice of cancellation is received at any time after the program has already started, no refunds will be issued for payments already processed. If payments received are less than the \$400 cancellation fee, players will owe the difference between their payments and the \$400 cancellation fee.

In certain instances, including serious injury, adjustments to the cancellation policy can be made at the discretion of the Program Directors. Players withdrawing due to illness or injury must provide a doctor's note.

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 the difference between the Pre-Select Team Program and Select Team Program?

Pre-Select Team programs train 1-2x/week and focus on the foundational technical development of players and only compete in local 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 the Select Team Program and Advanced Classes?

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. Advanced 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 Select Team Program expects a full-year commitment.

Can I do both Advanced classes and the Select Team Program?

The Select Team program already includes plenty of training plus games and/or Run the Court Sessions weekly. If a player would like to add additional classes or training we would request that the player notify the coaching staff prior to registering. The coaching staff will determine if the extra training is appropriate for the player and necessary. Every player is unique in their needs and we will treat each situation individually and accordingly.

Will my child's group be assigned a coach?

Groups will have an assigned coaching staff consisting of a Head Coach and an Assistant Coach. Teams 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.