

# FAR POST SOCCER CLUB

## Far Post Soccer Club 2009-2010 Season

**Coaching Assignments** – We are nearing completion and will announce coaches at the second weekend of tryouts, August 15<sup>th</sup> and 16<sup>th</sup>. These assignments will also be posted on the FPSC website.

**Uniforms & Spirit Gear** – All Far Post travel team players will be required to have, at a minimum, one training t-shirt, two game jerseys, shorts and socks. Far Post will be holding uniform try-on times at The Far Post Soccer Center in late September. We'll continue to offer additional 'spirit items' (with Far Post logos) including sweatshirts, warm up suits, hats, umbrellas and bumper stickers.

We have worked closely with Eurosport this summer, taking steps to "pre-order" estimated quantities of the uniforms and spirit gear in an effort to avoid the delays experienced during past seasons. We'll be announcing dates for try-on sessions and ordering very soon, and it will be very important that all players submit their orders during this time frame so that we meet our final order deadlines.

**Registration Sessions** – We're in the process of scheduling sessions to handle medical forms, uniform orders, tournament releases and other pertinent paperwork. This will be the same time as the "try on" sessions. Please watch for these details over e-mail and on the website and be sure to attend.

**Premier and Club Team Fees** – The Far Post Board of Directors has approved the fees below for the upcoming season. The per player fee includes

- Indoor and outdoor state player registration, insurance, administrative costs
- Winter indoor training
- Spring/Summer outdoor training
- League and Tournament Expenses
- Field & Facility Costs
- Coaches Expense

Team	Per Player Fee	Estimated Uniform Cost
U8 Coed	\$500	\$100
U10 Boys & Girls	\$675	\$100
U11s and Club Teams	\$775	\$125
U12-18 Boys & Girls Premier Teams	\$850	\$125

**Policies** – Payment policies will be enforced more strictly this year. We will **not** be using Blue Sombrero this year and will have an online payment process through the Chittenden Bank. You will be able to make all payments for team fees, indoor leagues, education programs, camps, etc.

**Far Post Soccer Club, Inc.**

[www.farpostsoccerclub.com](http://www.farpostsoccerclub.com)

P O Box 5575

Essex Junction, VT 05453-5575

802-872-8860

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## Tentative Season

Below is the **tentative** schedule of training, league and tournament play. Final details will be announced via e-mail and posted on the website. Be sure to consider the calendar when committing to Far Post Travel Team. Acceptance of a rostered position is a joint commitment between Far Post and the player for the entire season.

**Winter Indoor Training** – All teams train once per week ~ November through April, at The Far Post Soccer Center.

- ⊙ U8's ~ Tuesday, 5:00-6:00pm
- ⊙ U10's Boys – Tuesday, 5:00-6:00pm
- ⊙ U10's Girls ~ Thursday, 5:00-6:00pm
- ⊙ U11 and U12 Boys ~ Monday, 5:00-6:30pm
- ⊙ U11 and U12 Girls ~ Wednesday, 5:00-6:30pm
- ⊙ U13's and U14's ~ Saturday, on a rotating schedule between 10:00am - 2:30pm
- ⊙ U15's –U18's – Sunday, on a rotating schedule between 8:00am - 2:30pm
- ⊙ **NEW:** Twice a month, Premier & Club players will have "pool" training options divided by age.

**Spring/Summer Outdoor Training:** generally finalized by end of March 2010 following field confirmation.

- ⊙ U8's ~ twice per week; 5:00-6:00pm; location and day TBA
- ⊙ U10s ~ twice per week; 5:00-6:30pm; location and day TBA
- ⊙ U11s through U14s ~ twice per week; 5:00-6:30pm; location and day TBA
- ⊙ U15s through U18s ~ twice per week; 6:30-8:00pm; location and day TBA
- ⊙ **NEW:** Individual coaches might choose to run three practices per week.

### League Play

- ⊙ U8s & U10s ~ Jamborees, first 3 Saturdays in May
- ⊙ All other teams play in the Vermont Soccer League (VSL), starting May 1, 2010

### Tournaments

Please hold these dates on your calendars as these are the tournaments Far Post will be participating in this coming year:

- ⊙ *April Club-Wide Training Weekend ~ April 23-25, 2010*
  - Far Post will be going to Golden Goal in Ft. Ann, NY as a club for training. Golden Goal has dorms, cafeteria and many AstroTurf fields. This will be our 2<sup>nd</sup> year having this training weekend with practices, fitness, goal setting, team building, mental conditioning and matches. Our goal is to get our players and teams outside earlier to get them more prepared for the spring season. An additional \$100.00 approximately will be charged to cover the players food and lodging for the weekend.
- ⊙ *Memorial Day Weekend ~ May 29-31, 2010*
  - Wellesley (MA) Memorial Day Weekend Tournament ~ U10 Teams
  - Needham (MA) Invitational Soccer Tournament ~ U11 through U18 Teams
- ⊙ *Father's Day Weekend ~ June 19-20, 2010*
  - Coastal Challenge (ME) ~ U10 through U18 Teams

Many Premier and Club teams will elect to participate in additional tournaments at the families' expense. This will be outlined by the coaching staff and communicated by the team managers

### State Cup/Regionals ~ for Premier Teams, U12 and older

- ⊙ Preliminary Matches ~ May 22 & 23, 2010
- ⊙ Finals Matches ~ June 5 & 6, 2010
- ⊙ Regionals ~ for State Cup Champions ~ July 1-6, 2010 in West Virginia

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