**Coaches:**

Dilan Chastain, 417-839-3234 John.Chastain@coxhealth.com Abe Stamper, 417-818-6116, Astamper@jackhenry.com

**Team Administrator:**

Leara Cooper, 417-848-1654, leadoco@hotmail.com

**Training Sessions**

The SSC-ELITE MRL team will train 2-3 times per week. One session will be dedicated to continuing to develop technical skills on the ball such as dribbling, passing, crossing, finishing, etc. The second session will be devoted to team tactical training with items like counter attacking, attacking in the final third, team defending, etc. The third session will only be an hour long and will consist of speed, agility and strength training. This session will be required for those who are only participating in club soccer. It will be optional for multisport athletes. Days will be determined after LCS field draw.

**League**

We are applying to both MRL first division and KC. We will make a decision by the end of July. Both are also on the table for spring as well.

**Tournaments/Showcases**

|  |  |  |  |
| --- | --- | --- | --- |
| Tournaments-MRL | Date | Location | Level |
| Blitz United Fall Invitational | Oct 25-27 | Tulsa, Ok | Gold |
| SLSG Fall Classic Showcase | Nov 1-3 | St. Louis, Mo | Premier |
| Texas Cup Showcase | Nov 29-Dec 1 | Dallas, Texas | Gold |
| Lexus Cup | April 12-13 | Tulsa, Ok | Gold |
| KC Champions Cup | May 2014 | Overland Park, KS | Gold |
| State Cup | June 2014 | Springfield, Mo |  |

**Fee Structure**

Fees will be determined after tryouts are completed, but should be in the $650-$750 range. Tournament fees are separate and will be $300-400. Checks can be made out to *SSC-ELITE*. Fee schedule will be as follows…

**July 1**: Deposit due - $100

**August 1**: 1st half of fees due

**September 1**: Tournament fees due -$300-400

**October 1**: 2nd half of fees due

**FAQ**

* Attendance to all training sessions will be Mandatory. This isn’t pay to play, you will earn your starting position and time on the field with the work you put in during the week.
* No Middle School Soccer- MRL is the best of the best. It will be a weekend of long (90 minute matches) and intense competition. Add that to our 2-3 training sessions per week, playing middle school just doesn’t give your body enough time to rest and recover. Over-training leads to 100% avoidable injuries and burnout.
* Playing time will not always be equal. As mentioned earlier, it will be earned.
* RESPECT is #1. Respect your teammates, coaches, referees, opposing players and most of all, the game.
* No after action conversations, whether it is training or matches. If you need to discuss something with a coach, please contact them no sooner than 24 hours after an event.
* Fees are due on the due date or according to your payment plan. Failure to follow these timelines will result in a loss of playing time. We have our own account so we cannot pull money from other teams to cover expenses.
* We will be utilizing guest coaches from MSU, Drury, ELITE and SSC throughout the season to help us prepare for State Cup.
* Weather decisions will be made no later than 1.5 hours before training begins. We will make every effort to make a decision as soon as possible
* We will plan on at least one session of indoor in the HS girls group. These costs will be separate from Club or Tournament fees.
* We will operate on an 8 month season. Fall season will be August through November, while spring season will run March through June. We will offer off-season training opportunities.