

Hello Ranger Families!

**We understand that this document has a lot of information but we highly encourage you to at least read through the parts that pertain to your age group as a LOT has changed this year.**

Below is some important information and key dates about our winter programs for session #2 that are offered to all our players. Most of this information can be found on our website [www.rangerspfc.com](http://www.rangerspfc.com). If you have not logged on and created an account, please do so as soon as possible. This not only shows you what programs are out there for your player, it's also how we communicate practices, games, and other changes. While you are there, click on the "Club Calendar" tab towards the top of the page. It will show you all of the programs, practices (once they are all set), and indoor Saturday game times.

**Winter Session 2 runs from Monday, January 23rd until Saturday March 18th for any players that are looking for additional games and training.**

- **NEW FAMILIES (How to Set up an Account and Register)**
  - At [RangersPFC.com](http://RangersPFC.com) there's a link at the top of the screen on Registration that explains how to set up an account and register
  - We have also included the registration instructions at the very end of this document
  - For each available program below, we have highlighted in red font the specific program name you'll need to select when registering
  
- **LOCATIONS (Below is a list of all the locations we will be at during the winter, what is held at each location and the address)**
  - Classic City Center (CCC) - Academy & Goal Keeper Training, Little Rangers, Saturday Games and Sunday 15u-19u Practices -- Address: 3375 CR 427, Waterloo, IN 46793
  
- **NEW PARTNERSHIP WITH PARKVIEW**
  - We are excited to announce that we are beginning a partnership with Parkview and their Sports Performance Coaches. They will be working with our players on Tuesday and Friday night Academies as well as during our Sunday 15u-19u Travel Team practices. "Parkview Sports Medicine Performance implements evidence-based training programs designed to improve each participant's athleticism while reducing their risk for injury. PSM Performance's sports-specific training sessions work to improve balance, flexibility, strength, speed, quickness, power, agility and cardiovascular fitness and are tailored to the athlete's age and skill level."

- **Little Rangers Academy practices (Born 1/1/2013-10/31/2020) at the CCC weekdays start 01/25 and Saturday's start 02/04**
  - **Little Rangers Preschool: (Born 1/1/2018 – 10/31/2020)**
    - The Little Ranger Preschool program has been designed to enhance children's motor and social skills through a sports environment. We will accomplish this through an activity-based program with an emphasis not only on the game of soccer but also other creative activities. This program requires adult participation to help with motivation as well as foster a greater bond with adult/child relationships. (Parent Participation Required)
    - 45-minute class with a cost of \$80 for the entire session
    - Saturday mornings from 9-9:45am starting 02/04
    - Dates: 2/4, 2/11, 2/18, 2/25, 3/4, 3/11 & 3/18
    - **Register for "Little Rangers Preschool (2018-10/31/20) Winter 2"**
  - **Little Rangers Enrichment: (6u-7u, 2016-2017)**
    - The Little Rangers Enrichment program has been designed to enhance and support a player's technical skills. This will be accomplished through an activity-based program with an emphasis on passing, shooting, dribbling, footwork and teamwork.
    - 45-minute class with a cost of \$85 for the entire session
    - Wednesday evenings from 6:15-7:00pm
    - Dates: 1/25, 2/1 2/8, 2/15, 2/22, 3/1 3/8 & 3/15
    - **Register for "Little Rangers 6u-7u (2016-2017) Academy, Winter 2"**
  - **Rangers 10U Academy: (8u-10u, 2013-2015)**
    - **This IS included in Team Fees if you registered for "FULL YEAR TRAVEL". However, if you signed up for "FALL ONLY" you will need to sign up for each program you'd like to participate in this winter.**
    - The Rangers 10U Academy program has been designed to work on all areas of a player's foundational skills, including speed and agility, fast foot work and shooting. Each training session will challenge players and help them grow. This program has two options:
    - One- 60-minute Training Session each week (Practice only) with a cost of \$80 for the entire session that will be held Wednesday evenings from 5:00-6:00pm
      1. Dates: 1/25, 2/1, 2/8, 2/15, 2/22, 3/1, 3/8 & 3/15
      2. **Register for "Little Rangers 8u-10u ('13-'15) Academy, Winter 2"**
    - Two- 60-minute sessions each week (Training and Inter-Squad game) with a cost of \$160 for the entire session. The Training is the same as above on Wednesdays but it also includes inter-squad games on Saturday mornings from 10-11am or 11am-12pm.
      1. Wednesday Practice Dates: 1/25, 2/1, 2/8, 2/15, 2/22, 3/1, 3/8 & 3/15
      2. Saturday games will be on the following dates: 2/4, 2/11, 2/18, 2/25, 3/4, 3/11 & 3/18
      3. **Register for "8u-10 ('13-'15) – Games & Academy, Winter 2"**

- **Academy practices (11u-19u, 2004-2012) at the CCC start the week of January 23rd**
  - This IS included in Team Fees
  - Training sessions are included in a Rangers Academy Travel player's tuition and are also offered at a cost to non-Rangers Travel players. Goalkeeping training will still be offered at cost to Rangers Travel and non-Rangers Travel players (see below)
  - Training Sessions will be facilitated by multiple members of The Rangers Academy coaching staff and Parkview Sports Performance Coaches.
  - **No need to sign up if you are a current Ranger (for any non-Rangers, please sign up online and Register for "Weekly Skills Academy, Winter 2" for a cost of \$90 for the entire Winter Session #2)**
  - Tuesdays
    - 4:30-6:00 Boys 15u-19u (Birth Years of 2004-2008)
    - 6:00-7:30 Girls 15u-19u (Birth Years of 2004-2008)
    - Dates: 1/24, 1/31, 2/7, 2/14, 2/21, 2/28, 3/7 & 3/14
  - Fridays
    - 4:30-5:45 11u-12u (Birth Years of 2011-2012)
    - 5:45-7:00 13u-14u (Birth Years of 2009-2010)
    - Dates: 1/27, 2/3, 2/10, 2/17, 2/24, 3/3, 3/10 & 3/17
  
- **Indoor Session 1 Games (11U-14U, 2009-2012) at the CCC starts Saturday 02/04**
  - 2<sup>nd</sup> Session of Games ARE included in Team Fees. **You don't have to sign up.** Just let us know if you plan to NOT play so we don't put you on a team.
  - **For any non Ranger travel player, please sign up ASAP to be included as the deadline is Tuesday 01/24/2023.**
  - Saturday games will be on the following dates: 2/4, 2/11, 2/18, 2/25, 3/4, 3/11 & 3/18
  - The breakdown for age groups are as followed:
    - 11U-12U Division (Birth Years of 2011-2012)
      1. Register for "12u ('11-'12) – Games & Academy, Winter 2"
    - 13U-14U Division (Birth Years of 2009-2010)
      1. Register for "14u ('09-'10) – Games & Academy, Winter 2"

- **11U-19U (born 2004-2012) Boys & Girls**
  - **Travel Team Practices** for our 15u-19u Teams (2004-2008) will remain on Sunday's at the CCC. Scheduled days are 1/8 and 1/15. In the next week or so, we'll announce further times. Please note the practice times are a little longer this year since we've added the PSM Training.
    - 15u-16u Boys (2007-2008) 1:00-2:45
    - 17u-19u Boys (2004-2006) 1:45-3:30
    - 15u-19u Girls (2004-2008) 2:50-4:45
  - **Times for after 1/15/2023 will be posted soon**
  
- **15U-19U (2008 and older) Boys & Girls Indoor Games at the CCC**
  - **This is NOT included in your Team Fees**
  - Please note that the 18u indoor games for both winter sessions are on Thursday nights and are handled exclusively by the CCC and are not run through the Rangers. Players are free to create their own teams but please know that only 7 players from the same high school team (not counting current seniors) can be on the same indoor team. Please contact the CCC for more information.
  
- **Goalie Training (11u-19u, 2004-2012) at the CCC starts Monday 01/23**
  - **This is NOT included in your Team Fees.**
  - We will be holding Goalkeeper classes over the winter for our players that want to improve their game
  - Goalkeeper Training will be held on Mondays at the following times based on your age
    - 4:30-5:30 11u-14u (Birth Years of 2009-2012)
    - 4:30-6:00 15u-19u (Birth Years of 2004-2008)
  - The cost is \$85 for Session #2
  - Dates: 1/23, 1/30, 2/6, 2/13, 2/20, 2/27, 3/6 & 3/13
  - **Register for "Goal Keeping 2 – Your Age Group - Winter 2"**

## **SECOND WINTER SESSION – ADDITIONAL NOTES**

- **11U-14U Boys & Girls Travel Team practices will start in January (location TBD)**
  - **This IS included in your Team Fees**
  - We will have more information soon
  
- **10U Team practices will start in April at the YMCA Sports Complex**
  - We will have more information in the spring

The Board of Directors and Program Managers have been hard at work putting together a competitive but fun winter training program for all ages. We are very excited to improve the fundamentals of our program and look forward to watching our players develop their skills.

If you have any questions or concerns, please feel free to contact us and THANK YOU for allowing us to help better your players, both on and off the field!

### Program Managers

Jamie Martin, Premier Phase (15u-19u), 260-350-8681, [weasal1989@gmail.com](mailto:weasal1989@gmail.com)

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### • **NEW FAMILIES (How to Set up an Account and Register)**

- Here are some brief instructions for how to set up a New Account and Register for Ranger Programs
  - 1. Go to [RangersPFC.com](http://RangersPFC.com)
  - 2. Either "Login" or "Register" in the upper right corner. If you are new, create an Account for your family and then add each participant individually under your Account.
  - 3. Go to "My Account" on the left hand side (should be the default screen)
  - 4. Next to each participant there will be a Circle that shows "## Programs Available". Click on this circle and Select the appropriate program(s).
  - 5. Scroll to the bottom and click on Continue
  - 6. Continue entering information. Once you get to Submit Order you are finished.