



# Eugene Metro Futbol Club News

spring 2010

## Hello EMFC Players and Families,

2011 is already in full swing and the spring calendar is filled with events for our EMFC families. In this report I want to give everyone not only a look back but also provide a peek into the future.

This winter EMFC has entered eight high school aged teams in the Oregon Premier League. The U18 boys Dynamo is our oldest team this year and they have just reached the final of the Pacific Coast Super Cup and lost in a dramatic penalty shootout. Congratulations to head coach Gabriel Hernandez and the Dynamo boys for this great beginning into the season. All older teams are currently playing in the OPL winter league. In addition, three of our older teams competed in the Northwest Champions League. The U17 girls Spirit missed the semifinal by losing their last game 3-2 up in Seattle against Seattle United. The U15 girls Magic won the Northwest Champions League semifinal against their rival and current Oregon state champion THUSC Sodium and lost the final in a dramatic game in a penalty shootout after a 1-1 draw after 80 minutes and overtime. The U17 boys Fusion finished fourth in their bracket. The U15 and 17 girls

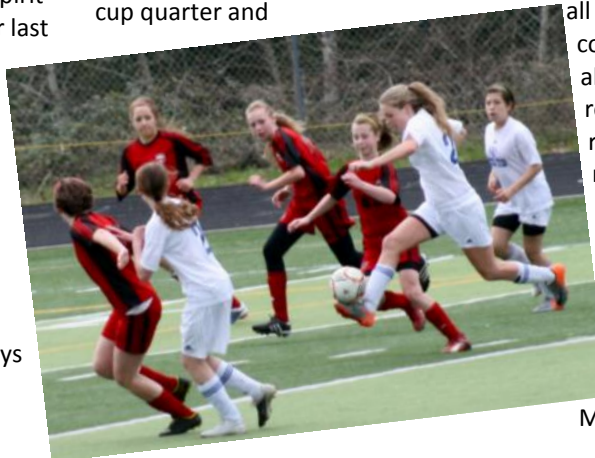
attended the Las Vegas College Showcase on March 10-13 and competed in one of the most prestigious college showcase tournament in the country. The U17 girls Spirit won 3 of the 4 games and tied the last one. The U15 girls Magic lost the first game and then tied the remaining 3 games. The U16 boys United and U17 boys and girls also competed in the FC Portland Showcase in mid January. The Fusion boys finished 6<sup>th</sup> out of 25 teams with two wins and two ties. The U17 Spirit girls also finished 6<sup>th</sup> out of 25 teams with three wins and one loss. The OPL state cup will start April 16/17. The seeding will be based on a combination of last year's state cup semifinalist and this year's league standing. The OPL state cup quarter and

semifinal will be April 30/May 1, 2011 and the final will be May 7, 2011.

All our U11-14 teams have resumed practice and have started league play a couple weeks ago. The OPL spring league offered equal home and away games for all our teams which was a pleasant surprise for all our families. Except our U11 teams (there is no state cup for this age group), all younger teams will play in the OPL state cup that has the same playing dates as for the older teams. The seeding for the OPL state cup U12-14 will be based on the fall league results.

In 2011 all EMFC coaches will go through mandatory online concussion training course. In addition, all coaches have attended several coaching clinics in previous years, and all our families and players have received information material how to respond to concussions. EMFC remains committed to provide their coaching staff with internal coaching clinics, supporting coaches who continue their licensing process, and provide support with local and regional coaching clinics.

What is coming up in the spring? In March, the popular EMFC spring break



## SAVE THE DATES for upcoming EMFC events

May 21—3v3 Tournament

May 28—Champions League Final

June 19—EMFC @ Portland Timbers Night

June—Women's World Cup

July10—EMFC @ Portland Timbers Night

July—Tetra Brazil Summer Camps and Team Training

August—EMFC Membership Picnic

camp took place at Lane Community College. Beside the regular season and OPL state cup in April and early May, the youth team tryouts for U11-U14 teams are coming up May 15-17, 2011. On May 18, 2011 we will have our U10 academy day during which we invite all current 3<sup>rd</sup> graders (boys and girls) to come out to a fun practice for the kids to get to know the coaches, and an information meeting about the U10 academy for the parents. On Saturday, May 21 the 4<sup>th</sup> annual EMFC 3v3 Challenge Cup will be held at Roosevelt MS. Make sure to form your teams early and get your application in. After the team formation meeting on May 23, 2011 all our younger teams will begin to practice for Season 2011-12. A youth calendar can be found in this addition of the newsletter.

What else is new? Kurt Engle has created and maintained our website for the last five years and has done a wonderful job as our webmaster. He deserves a lot of credit and applause for his work and I am immensely grateful for all his work as webmaster, gear coordinator and board member. One of the most amazing parts of our club is the incredible willingness of our families to help form a home for soccer players in our community. Kurt retired this past summer from the board and will also retire from the tedious job as a webmaster. Technology also has moved on and our website needs to be updated accordingly. Another EMFC parent is currently working on the new site and we hope to launch it within the next two months. The new site will look different and has a different technological platform. We won't be using all the bells and whistles at the beginning but we hope to integrate some of them early on.

Our board of directors has also taken it upon themselves to work on the



continued support of our EMFC scholarship program. In the last three years we have spent \$40,000 each year to ensure the participation of all players and their families. The EMFC board of directors has formed a Development Committee to work more closely in raising funds for the scholarship program. Tris O'Shaughnessy, the president for this program, has introduced the purpose of this new committee in the last newsletter and will have some more info in this edition as well. I am very excited to have our board take a strong role in assisting our EMFC scholarship program. Please read up on the various opportunities EMFC families can help and assist this important program.

In the summer, EMFC has already organized a Tetra Brazil camp from July 25-29, 2011. This excellent and highly rated camp is coming to Eugene with coaches from Brazil. I am very excited about this opportunity for our kids to get to work with coaches from a South American country with a long history and passion for the beautiful game. EMFC is committed to constantly bring in new ideas and opportunities for our players to grow as players and learn something from other soccer cultures. Details about the camp can already be found on the EMFC website.

The Portland Timbers launch their inaugural MLS season this spring and EMFC players and families will have plenty of opportunities to enjoy professional soccer at its best. It is very exciting to have a MLS team so close by and I am sure it will have a tremendous effect on the popularity of soccer in our area. We already have organized a EMFC night during a Timbers home match on Sunday, June 19, 2011 against the New York Red Bulls and on Sunday, July 10, 2011 in the first of a long sequence of rivalry games against the Seattle Sounders. The Timbers also agreed to run a camp in Eugene in the first weekend of June. More details to come.

I am honored and privileged to serve as your Director of Coaching.

Go EMFC  
All the best from coach Jürgen

## Upcoming EMFC Events

EMFC Little Metro Spring Skills Academy from April 11 through May 20, 2011. Mondays at Monroe MS or Main/32<sup>nd</sup>, Wednesdays at Graham field or Main/32<sup>nd</sup>, and Fridays at Roosevelt MS.

EMFC Youth Tryouts U11-14 from May 15-17, 2011 at Lane Community College

EMFC U10 Academy Day May 18, 2011 at Lane Community College

EMFC 3v3 Challenge Cup May 21, 2011 at Roosevelt MS

EMFC Tetra Brazil Camp from July 25-29, 2011 at Lane Community College. Come join this camp with Brazilian coaches.



## EMFC Development Committee

The EMFC Board Development Committee has been created to sustainably fund the EMFC Scholarship Fund to make competitive soccer more accessible to all youth in our community. Our 2011 goal is to raise \$40,000. How? Our plan is to develop community business sponsorships, host fun soccer-centered events and to appeal to our membership for support. We've set an ambitious goal that requires *everyone's* help to achieve.

**Connect your business to Eugene Metro FC's.** Help our players and your business by becoming an EMFC sponsor. More than 500 members, many more event participants, and a website with more than 14,000 unique visitors annually. Not a business owner? Ask your employer. Support soccer in Eugene and make a great community connection at the same time. For more information, contact Michael Capri, EMFC Coach and Roma parent, at [m\\_caprai@yahoo.com](mailto:m_caprai@yahoo.com).

EMFC is planning watch parties for major soccer events this summer, including our very own **Portland Timbers and World Cup 2011**. If you want to help, let us know. We're sure there is a place in town willing to welcome soccer fans to their establishment. Check out the website for more information or email Tris O'Shaughnessy, EMFC Impact parent, at [trisosha@gmail.com](mailto:trisosha@gmail.com).

**Expect a letter in your mailbox** from our EMFC Scholarship Annual Appeal. It's the opportunity to donate directly to players who need it. Check the website for more information.

EMFC needs your support with a **time donation to the Fee Reduction program**. To keep this service available to players and their families, EMFC is looking for volunteers at EVERY UO football, basketball and baseball game. You'll earn money for a player's account for each hour as a volunteer. Check the website for more information.

## Little Metros

Little Metros is the developmental program for EMFC. All of our Developmental Program training sessions focus on introducing and improving the ball handling skills needed to become a successful young soccer player. At this young age, players will work on touching the ball as often as possible in order to learn the motor skills necessary to move with the ball in all possible directions. Players are encouraged to work with the ball, experiment with the ball, and become accustomed to handling the ball in all situations. The program offers four modules, one in each season.

The Little Metros Spring Skills Academy and League will begin on April 11<sup>th</sup>. This academy is a six week program, training twice a week with live games on Friday evenings. This academy is for players ages 6-10 or grades 1-4. Players

are put into training groups based on age and gender. They will train with the same group and same coach on Mondays and Wednesdays. For Friday evening matches, ages and genders are mixed together for coed games. The 1<sup>st</sup> and 2<sup>nd</sup> graders are put into teams of five for 3 vs. 3 games on smaller fields. The 3<sup>rd</sup> and 4<sup>th</sup> graders are put into teams of eight for 6 vs. 6 games and play with larger goals and keepers. These games allow players to maximize their number of touches on the ball, and apply their newly learned soccer skills from week-to-week, in a fun game environment.

In recent years our program has grown substantially. With that said, we are excited to introduce a new Little Metros training group in Springfield. The Springfield Little Metros training sessions will take place on Mondays and Wednesdays at Main Street and 32<sup>nd</sup>. The Eugene group will continue to train at Ascot North on Mondays and Graham Field (Polk & 23<sup>rd</sup>) on Wednesdays. Both groups will be brought together and play games at Century Field (Roosevelt MS) on Fridays. We are very excited about our expansion into Springfield and look forward to the continued growth of the Little Metros program.

For more information on our program, check out the website at [www.littlemetros.org](http://www.littlemetros.org)

Jen Davin  
Little Metros Program Director



## Lane Community College Fields—Training & Game Site Rules

Hello EMFC families and players,

EMFC players have now trained and played at Lane Community College for the last three months. Over those few months we all have learned more about the facilities and how to interact with other LCC users. We share the track field with the Lane track athletes and we share the soccer field with the Lane soccer team and the Lane baseball team. Over the last few months we learned how to respect each of those Lane teams and coaches facilities and how to co-exist with them. We are very happy with our new home but we need to make sure to respect the rules and guidelines LCC sets out for us. Please make sure to take a look at the following rules for the LCC training facilities. Please help to monitor these rules, in particular when we have visiting teams here but also with our own EMFC families and players.



### LCC TRAINING AND GAME SITES RULES:

1. All parents are to park in paved parking lot above field. Use East LCC entrance. **Parents are not to drive down to field for any reason. Please take a look at the picture and do not park anywhere where there is a red marker. Even if you just wait there to pick up a player, please do use the regular parking spaces.**

2. **Managers and Coaches, please do forward the parking picture with instructions to the opponent if you can. I will forward it to the OPL club directors but it might not trickle down to all coaches. Please make sure that on game days you**

**let the visiting team know not to park in any of the marked areas. The LCC public safety personnel is going to ticket cars parked in those areas. Please help to get the visiting team in the correct areas and lead the way by parking in designated areas yourself.**

3. Players, parents and coaches are to **walk down to field on gravel path that is lined w/ red and yellow**



### flagging.

4. Chairs are not allowed on fields.

5. Players may not stay on field without coach after their practice session ends. Players are to be supervised at all times.

6. If a ball is kicked off turf and onto dirt, then players are to do their best to clean boots prior to re-entering turf.

7. No trash or gear is to be left on field. **Coaches, please remind your players on a regular basis to pick up their trash (water bottles, etc). Please pick up trash when you see it. I will buy a larger plastic container and will place it on the field for a Lost and Found. It is amazing how many clothes are left on the field. Coaches, if you find clothes left behind please put them in the container.**

8. Coaches, on game days please do not warm up on the track. This is premium track. Please use the grass field for warm up. Again, please make sure to let the visiting team know as well.

9. Please do not move hurdles or other track gear during practices, etc.

It is very important for all of us to work together and help to monitor the facilities. I hope all coaches, managers, players, and their families can work together and follow these guidelines.

I appreciate very much everyone's help.

All the best, Jurgen

## Eugene Metro FC Youth Teams Annual Calendar 2011

<b>May</b>	
2	EMFC Information meeting for U11-U14 tryouts
9	EMFC Information meeting for U11-U14 tryouts
15-17	Youth tryouts for U11-U14 teams at LCC
23	EMFC Youth team formation meeting mandatory for all U11-14 players
21	EMFC 3v3 Challenge Cup
23	Youth teams U11-14 start practice twice a week
<b>June</b>	
17-19	THUSC United Cup
24	Last day of practice
25-28	National Cup, Seattle, WA *
<b>July</b>	
11	Team practices resume twice a week
8-10	FC Portland Cup*
15-17	Westside Metros Adidas Cup *
25-29	Tetra Brazil Camp
29-31	Lake Oswego Nike Cup*
<b>August</b>	
5-7	Bend Premier Cup
8-11	EMFC U15-U18 tryouts
19-21	Mount Hood Challenge (U10-U19)*
22-Sept 5	Short two week break
<b>September</b>	
6	Teams will resume practice twice a week
10/11	OPL League games start for U11-U14 teams
	There are 12 games in the Fall season
<b>October</b>	U11-14 teams continue to practice twice a week
29/30	Last weekend of OPL Fall season
<b>November</b>	
31-4	Last week of practice unless team participates in tournament
	Teams may participate in OPL Director's Cup
5/6	OPL Directors Cup
12/13	OPL Directors Cup
<b>December</b>	There will be 3 maintenance practice sessions in December and January

*Annual Calendar Continued—next page*

## The College Recruiting Process

On Sunday March 6<sup>th</sup> EMFC hosted a college night with Varsity Student Institute's "VSI" founder Scott Brayton and Coach Advisor Lisa Unsworth. They talked about what is really involved in the college recruiting and selection process. Scott talked about the importance of being prepared for the process. Knowing your "Estimated Family Contribution" numbers. Knowing what you can afford is very important. Knowing what the colleges will think you can afford is even more important. Knowing the sites to go to in order to get this information. The site [www.collegeboard.com](http://www.collegeboard.com) is not just for SAT sign up. This site has so much information about each college in America. Knowing what types of schools will be a best fit for your son or daughter. Why start earlier rather than later. Go visit schools, see college soccer as much as possible. This will help you determine the commitment level you should be considering.

Stats:

- ◆ D1 = 40 – 45 hours per week in season of soccer related activities. 30-35 hours per week of academic activity.
- ◆ D2 = 35 – 40 hours per week in season of soccer related activities. 30 -35 hours per week of academic related activity.
- ◆ D3 = 30 – 35 hours per week in season of soccer related activities. 40 -45 hours per week of academic related activity.

If you want to play at the highest level (D1) you may not be able to major in certain degrees like engineering, architecture, pre-med, nursing or any major with lab requirements. Picking schools you will want to be at whether you are playing your sport or not is a better avenue to take than just focusing on your sport and school. The average college athlete plays 1.5 seasons.

VSI believes the student that initiates their college search early enough to gain empirical knowledge about schools, academics, campus life and coaches will certainly make a better decision when the time is right. Helping the college coaches get to know you and make it easy on them to recruit you will help you have the best chance to "use your sport to get a great education."

See the article written by Alli Wonn, a player on the EMFC 93 Spirit, that gives you a glimpse of her efforts to play in college and fulfill her dream.



# EUGENE METRO FÚTBOL CLUB

An adidas Premier Soccer Club in Eugene, Oregon



### Annual Calendar - Continued

<b>January</b>	There will be 3 maintenance practice sessions in December and January
<b>February</b>	<b>The following dates are tentative until OPL 2012 calendar is available</b>
10	Resume practice 2 times a week
27	Beginning of spring league (8 games)
<b>March</b>	
	Team practice twice a week until spring break
26-30	Spring break
<b>April</b>	All teams resume practice twice a week
7-29	OPL State Cup
<b>May</b>	
5-13	OPL State Cup Semi-final and Final

\* All youth teams will attend at least two tournaments in July. The tournaments listed are recommended, but team head coaches will determine which tournaments their teams will attend. For existing teams, this decision will be made as soon as possible.

\*\* U11 teams will participate in OYSA U11 regional leagues.

## My Own Path -- Allison Wonn, EMFC '93 Spirit

I can remember the first time I was asked the question, "What do you want to do after high school?" My answer was plain, simplistic, and automatic. "You know, college." I have always known that I wanted to attend college, but there is a difference between saying the words and comprehending their meaning. As a freshman I had no idea where I wanted to go, what I wanted to study, and most importantly, what I had a passion to study. The soccer recruiting process helped me discover my answers.

I have played club soccer for most of my life. As a kid, it gave me something to do after school, helped me make new friends, and taught me life lessons, such as teamwork, motivation, and determination. I have developed a love and respect for the game, and I don't want to stop playing once my club seasons have passed. I then knew that college soccer was my answer – great competition, new atmosphere, and a chance to continue my career. Playing college soccer has become my ultimate goal.

Soccer has forced my mind to think about my post-high school plans much earlier than any of my classmates. Starting at the Division I level, college coaches look at female players as early as sophomore year. By the time I completed my first year of high school, I knew it was necessary to start the recruiting process. That summer before sophomore year, my parents and I sat down and discussed where I could potentially see myself going to school. My list was composed of about 15 schools. After I made that initial list, I started sending out emails to coaches, and attached my player resume to all the emails. The emails were intended to inform the coach that I was interested in potentially playing for their team, and to get a sense of what contacting coaches was all about. Most of the time, the response I got was "Thanks for your interest, Allison. Please fill out our questionnaire." My first contact with those coaches was through those questionnaires (which ask for basic information about yourself – name, age, club team, awards, etc.). The process was

tedious, but those questionnaires put my name on their list of interested players. Another important step is joining the NCAA Clearinghouse, where you will be given a clearinghouse number. This number gives coaches access to a player's eligibility for participation in NCAA athletics through grades, test scores, etc.

Going into my sophomore year, I kind of knew what I wanted to study in college. I've taken an interest in Spanish and subjects surrounding business and economics. My academic interests gave me a way to narrow my list. I only continued to contact coaches if their institution offered the classes I wanted to study. I also discovered that small class sizes were a better fit for me as a student (compared to an auditorium of 300 peers). The types of schools that seemed to fit these criteria were small, private, liberal arts schools. The last factor I had to look at was location. In my case, finding a school outside of Oregon became my preference, and I was able to further narrow my search.

I participated in the Oregon Olympic Development Program (ODP) for three years, and that has helped to attract the attention of college coaches, as well as my appearance in showcase tournaments. These tournaments are usually very competitive and tiring. During the games coaches come and watch players compete. The coaches are looking for a variety of technical skills, understanding of the game, character, and a player's cohesiveness with their team. I sent out emails to the coaches I wanted to come watch me, attached my game schedule, and kept in frequent contact, constantly reminding them of my upcoming matches. I have found that coaches like players who show initiative and seem personable, both on and off the field. Keeping in touch is a crucial part of being recruited to a program.

I am currently a junior and have been involved in this process for about two years. Based on my academic and soccer goals, I have narrowed my list to six schools; four private (out of state) and two public (in state). I have chosen one "reach school," which is a school that will

be most difficult to be accepted into. I have gone to visit their campus and had the chance to meet with the coach in person. I keep in frequent contact with her, and encourage her to see me play as often as possible. In addition, I plan to attend their ID camp this summer. College ID camps are perhaps the best way to get a coach to see you play. They also give you time to sit down and talk to the coach about your strengths and weaknesses as a player.

The most important part to getting recruited by a school is to be passionate. Coaches are looking for players who show initiative, not complacency. This initiative should occur both on and off the field. Grades are a huge factor coaches consider when looking for potential players. Work hard to keep your grades as high as possible, because it will pay off in the long run. So find a school that fits your interests, both academically and athletically. Every player serious about playing college soccer, regardless of the caliber of the program, will find a perfect fit if they work hard and show a passion for the game.



## EMFC Tryouts - What to Expect?

Every year many players and parents worry about Eugene Metro FC's club soccer tryouts. Coaches, too, are nervous, though for different reasons. In hopes of reducing anxiety, I would like to explain how the tryout process works for EMFC.

First, all US Club Soccer competitive teams are required to hold open and publicized tryouts each year during a specified period. This year, the Oregon Premier League has determined that tryouts can be organized after May 11, 2011. EMFC youth tryouts are scheduled from Sunday, May 15 through Tuesday, May 17, 2011 for U11-U14 age groups. All age groups will have two tryout sessions, and each player needs to attend both sessions to get a fair and good evaluation from the coaches. Most clubs charge players to tryout for teams; EMFC does not. Our tryouts are free.

How do I register for the tryouts? Beginning in mid-April, players need to register online for tryouts. Once the registration is open, players may access the online registration system through the Eugene Metro FC website: [www.emfc.org](http://www.emfc.org). Players are strongly encouraged to register online before the tryouts begin to provide EMFC with a realistic sense of how many players will tryout and how many teams may form. If a player cannot register online before May 15, registration forms will be available at the tryout check-

in table.

What age group do I register for? Soccer age groups are organized differently in each state. In Oregon, each age group begins on August 1 and ends on July 31 the following year. For example, most players on the EMFC 98 Storm team were born between August 1, 1998 and July 31, 1999. The only exception typically made is for players born in August who want to play with their grade level. A player who was born in August 1999 should play with the younger EMFC 99 Athletica team according to the Oregon age-group rules. However, if her school grade level is the same as the 98 Storm team, she would try out for the older team instead of the younger team. In general, you should register for the age group that your birthday falls within. If you are born in August, you should discuss your options with me before tryouts begin.

When should a player play up? In most cases players should not play up on older teams. However, if a player is not challenged in his/her age group, as the Director of Coaching I sometimes allow this player to tryout for an older team. In general, players must be considered to be potential starters and in the top 7 or 8 players on the older team before I allow

them to play up. In the younger ages, it is very important for players to gain confidence and to get enough playing time. If a player will likely sit more on the bench on the older team, it may not make sense to play up. The overall quality of the team also plays a factor. Sometimes an older team is not the better team, and it makes more sense for a strong player to stay with a younger age group. And of course, safety is an issue. Younger players often lack the physical presence and strength needed to train and compete effectively against older players. In general, I will make these evaluations along with the coaching staff, and we will make decisions with the best interest of the individual player and the teams in mind.

How many teams do you form? EMFC tries to form two teams in each U11-14 age and gender bracket. If there are enough committed players, EMFC will form both A and B teams in an age group. Each of these teams has a head coach and an assistant coach. Both teams receive the same coaching support from the Director of Coaching and the Technical Director. If there are not enough qualified players trying out to form two competitive teams, then we will select a roster for one team.

Why should I tryout for an EMFC team? If you love the game, want to learn how to play at a high level, and also want



to join a committed team, EMFC is the right address for you. We pride ourselves on providing quality training throughout the year and form committed teams that often stay together for years. While some of our teams compete at the highest state level in the Oregon Premier League, we also have teams competing in the next highest Division 1 or 2 leagues. While it



is nice to be a big fish in a small pond, in order to improve, soccer players have to compete against good teams. Because it is unlikely to find this competition in Eugene, EMFC joined the Oregon Premier League last year to ensure that our teams play in leagues with the best possible competition in the state. The combination of quality training and consistently good competition ensures the improvement of our players and teams.

What happens on tryout day? During both tryout sessions, players have many opportunities to demonstrate their individual and team skills, knowledge, energy, and attitude. Coaches will organize age-appropriate drills and games for players to showcase their skills, athleticism, and potential. We assess players' technical skills, test physical attributes (speed, strength, fitness, athleticism, etc.), observe the players' knowledge about the game in small-sided and full-sided scrimmages, and learn more about the mentality players bring to the game. Is the player a competitor? How does a player respond to coaching advice? How does a player react when challenged? In order to give players a fair look in just two sessions, the team's head coach and assistant coach, and usually one or two other coaches, including myself, will evaluate.

How are coaches selected for teams? As the club's Director of Coaching, I assign head coaches and assistants to all teams, and by mid-April, the coaching slate is listed on the EMFC website. Head coaches usually stay on teams for two years and then are rotated on to other teams. EMFC believes that players need to work with different coaches to grow as players. Head coaches work closely with the Technical Director (U10-12 teams) and the Director

of Coaching (all teams) on the development of individual players and teams. Our coaching staff shares our experience and knowledge by often working together on the field, and through our off-the-field discussions and coaching clinics.

What should I bring to EMFC tryouts? Players should bring an age appropriate soccer ball (size 4 for U11-U12, size 5 for U13-14) marked with their name/phone number and water, and should arrive 15 minutes early to check in. Always look at the EMFC website before coming to tryouts in case there are any schedule changes. Players may not wear current team, club, or ODP affiliated clothing or uniforms during the tryouts, and they may be asked to remove such items. Each player will be assigned a tryout number before the first session. After the first tryout session, please make sure to keep your number and bring it to the second session.

How do players learn if they made a team? Coaches will tell players after the second tryout session when the rosters will be published on the EMFC website. Coaches will also phone players who have not been selected for any of the teams and those players who do not have access to computers. Players will also find details about the club's team formation meeting on the website after tryouts are completed.

What is the team formation meeting? During this meeting, players and parents will meet the Director of Coaching, board members, most of the EMFC coaching staff, and the club's registrar and office administrator. We will distribute a lot of information about fees, fundraising, uniforms, and club expectations. Players and parents will also meet with their

coaches and teammates to learn more about the team's plans, goals, and summer schedule, and hopefully, each team will select a manager by the end of the meeting. In short, it is a very important meeting to get a team started well.

What will my schedule be after tryouts? Typically, training sessions begin after the formation meeting. All coaches follow a general training plan for the summer but each team might have slightly different plans depending on the selected summer tournaments. Coaches are expected to present their team's summer plans at the team formation meeting.

If there are two teams – A and B teams – is there movement between the teams? In general, the two coaches stay in close contact with each other to discuss player movement from one team to another during the year. In a few cases, the coaches may choose to permanently move a player after tryouts if it becomes clear that a player would benefit from being on the other team. More often, one team will need to temporarily borrow a player for a game because of illness or injury. In these situations the Director of Coaching is usually directly involved to ensure fairness and transparency. Sometimes a player will be invited to participate in the other team's training sessions to allow the coaches to evaluate a player's progress. Players are permanently moved in very few cases and only with the Director of Coaching's input and approval.

Can I tryout after the scheduled tryouts? The simple answer is yes – in some cases. If a team is full after tryouts, the coach probably will not add players to the team's roster. However, if we have two teams in an age group, new players will usually tryout with the B-team first and then work their way up if it is clear they belong on the A team. In some cases when rosters are full, players are allowed to join as "training" players first and later added to the roster if openings become available.