



EDEN PRAIRIE SOCCER CLUB

Commitment Guidelines

This document is presented to ensure that players and their parents understand the level of commitment expected for a given level of play. Consistent with these guidelines, each team's coach, with input from players and parents, will make the final decision on the amount and type of training, and the number of matches to be played. If a player cannot participate at the level determined for his or her team, the player may request to be assigned to a team with a lower level of commitment. Each player's commitment level will be evaluated by his or her coach and reported to EPSC as a part of the player and team evaluation process. A player's level of commitment is considered, along with other criteria, in determining the appropriate placement for that player. Player evaluation is an on-going process. EPSC may move a player down (or up) a level between the fall and summer seasons based on many criteria, including player commitment and performance.

Players must be willing to participate in the training offered throughout the calendar year. For those playing at the highest level (Premier, C1, or C2 at the U11 age group), you should expect to train year round (the competition is doing so). During the playing seasons, players are expected to make soccer training and match play their top priority sport. Off-season training also is important, and the higher the level of play, or the greater the player's aspiration to improve, the greater the priority that off-season training must have. As with any other sport or activity, the more you train, the stronger you become as a player, and the stronger your team becomes as a whole.

Regardless of the season, conflicts with training and matches will arise. Our hope is that coaches, players, and parents in EPSC will work hard to avoid these conflicts. This can be accomplished through communication and planning with the coaches of all sports in which a player may participate, or the leaders of other activities in which a player may participate. EPSC endeavors to make its program as flexible and fair as possible so that players may be involved in soccer and still take part in other activities.

Please read the specific level section that applies to you. Then follow the directions on the back.

U9 – U10

There are two levels of play at U9 – U10; Maroon and Gold, with Maroon being the higher level of play. Teams comprised of U8 players will play, at least initially, at the U9 Gold Level. No match scores or league standings are kept for these age groups, as the focus is on development of the players, not winning. Teams at these age groups are formed as players join the club, and so the talent is spread among the teams as evenly as is possible. Once formed, teams will stay together until the players reach the U11 age group. Here is what to expect in terms of commitment:

Summer Season (late April – mid-July)

- Training 2 times per week
- Matches (beginning in May) 1 – 2 times per week (in lieu of training)
- Tournament play 1 – 3 weekends

Fall Season (late August – mid-October)

- Training 2 times per week
- Matches (beginning in early September) on weekends only (in lieu of training)
- Tournament play 1 weekend

November – December

- Optional team or individual training
- Indoor play possible

January – March

- Training 1 time per week through EPSC Winter Training Program
- Indoor play possible

U11 – U12

At U11 teams begin 8 v 8 play, and move to competitive soccer, with league play and tournament results being recorded. There are two levels of play at U11, Classic 2 (C2) and Classic 3 (C3). At U12, Classic 1 (C1) is added. Here is what to expect in terms of commitment:

Classic 1 and 2

Summer Season (April – July)

- Training 3 – 4 times per week
- Matches (beginning in May) 1 – 2 times per week (in lieu of training)
- Tournament play 2 – 4 weekends
- State Tournament in late-July (if team qualifies)

Fall Season (August – October)

- Training 2 – 3 times per week
- Matches (beginning in early September) on weekends only (in lieu of training)
- Tournament play 1 – 2 weekends
- State Tournament in late-October (if team qualifies)

November – December

- Optional team or individual training
- Indoor play possible

January – March

- Training 1 – 2 times per week through EPSC Winter Training and Academy Programs
- Indoor play possible

During the off-season, teams will work to schedule team events around those players who participate in other sports or activities. Players on the top team at U11 and U12 are expected to participate in at least 75% of team events in the off-season, assuming that conflicts can be avoided, and 90% of team events during the playing season.

Classic 3

Summer Season (April – July)

- Training 2 – 3 times per week
- Matches (beginning in May) 1 – 2 times per week (in lieu of training)
- Tournament play 1 – 3 weekends
- State Tournament in late-July (if team qualifies)

Fall Season (August – October)

- Training 2 – 3 times per week
- Matches (beginning in early September) on weekends only (in lieu of training)
- Tournament play 1 weekend
- State Tournament in late-October (if team qualifies)

November – December

- Optional team or individual training
- Indoor play possible

January – March

- Training 1 time per week through EPSC Winter Training Program
- Indoor play possible

U13 – U19

At U13 teams begin 11 v 11 play. There are three levels of play at U13 (C1, C2 and C3). Beginning with U14, Premier Level is added. For a U13 C1 team, or for an older C1 team where no Premier team exists, this represents the top players in EPSC, and these teams should strive for promotion to the Premier Level, and the players must dedicate themselves to improvement.

For players at C1, during the off-season teams will work to schedule team events around those players who participate in other sports or activities. Players nonetheless are expected to participate in 75% of team events in the off-season, assuming that conflicts can be avoided. Players are expected to participate in 90% of team events during the playing season.

Approximately one half of the U13-U19 players with EPSC play at the C2 and C3 levels. These levels require a significant but lesser degree of commitment than C1. For players at the C2 and C3 levels, their attitudes regarding commitment may range from dedication to year-round training to recreational player. For those who wish for more training, EPSC encourages that the player register for training programs as an individual, and will seek to place the player for training with an appropriate team. Players on the recreational end may choose to participate only during the playing season, but nonetheless are expected to take the responsibilities of the team seriously.

Here is what to expect at these age groups in terms of commitment:

Classic 1 and 2

Summer Season (April – July)

- Training 3 – 4 times per week
- Matches (beginning in May) 1 – 2 times per week (in lieu of training)
- Tournament play 2 – 4 weekends
- State Tournament in late-July (if team qualifies)

Fall Season (August – October) (U13 – U14 only)

- Training 2 – 3 times per week
- Matches (beginning in early September) on weekends only (in lieu of training)
- Tournament play 1 – 2 weekends
- State Tournament in late-October (if team qualifies)

November – December

- Optional team or individual training
- Indoor play possible

January – March

- Training 1 – 2 times per week through EPSC Winter Training and Academy Programs
- Indoor play possible

Classic 3

Summer Season (April – July)

- Training 2 – 3 times per week
- Matches (beginning in May) 1 – 2 times per week (in lieu of training)
- Tournament play 1 – 3 weekends
- State Tournament in late-July (if team qualifies)

Fall Season (August – October) (U13 – U14 only)

- Training 1 – 2 times per week
- Matches (beginning in early September) on weekends only (in lieu of training)
- Tournament play 1 – 2 weekends
- State Tournament in late-October (if team qualifies)

November – December

- Optional team or individual training
- Indoor play possible

January – March

- Training 1 time per week through EPSC Winter Training Program
- Indoor play possible

Premier Level (U14 – U19)

There are only six Premier teams at each age group (boys and girls) in the entire state. The coaches for Premier teams typically are paid professionals. Teams train year round, and travel to out-of-state tournaments is common.

During the off-season, Premier teams will work to schedule team events around those players who participate in other sports or activities. At this level, however, it is assumed that soccer is a player's main sports priority. Players are expected to participate in at least 80% of team events in the off-season, assuming that conflicts can be avoided, and 95% of team events during the playing season.

Here is what to expect at the Premier Level in terms of commitment:

Summer Season (March – July)

- Training 3 – 4 times per week
- Matches (beginning in May) 1 – 2 times per week (in lieu of training)
- Tournament play 2 – 4 weekends (including out-of-state tournaments)

Fall Season (August – October)

- Many players at U14 – U18 participate in High School soccer programs and therefore have no fall club season.
- A U13 team that has achieved U14 Premier status for the following summer may elect to play a fall schedule at the U14 C1 level, or to train as a team and play a tournament schedule or friendly matches. Under these circumstances, a team should expect to train 2 – 3 times per week.

November – December

- Optional team or individual training at coach's discretion
- Indoor play possible

January – March

- Training 2 – 3 times per week
- Indoor play possible

Once you have completed reading the section above applicable to you, please sign the form below. This form must be signed and submitted to the EPSC prior to the player's attendance at EPSC Summer Camp or tryouts, whichever is applicable. Please indicate the player's age group below (for the coming season), and select the playing level for which the player wishes to be considered (U11 and above only).

I (we) have read the EPSC Commitment Guidelines and understand the commitment expectations for the Club.

X _____
Player

_____ Date

X _____
Parent (Guardian)

_____ Date

U _____
Age Group

PLAYING LEVEL (check one):

Premier C1 C2 C3

