



2016 – 2017

## Arlington Aces Academy Travel Program Overview

For the 2016 - 2017 seasons, the U7 through U10 age team rosters will be somewhat fluid, allowing for some roster movement between the fall and spring seasons and for tournaments. The U11 through U19 age groups field traditional "A" and "B" teams, all trained and coached by professional trainers, and playing in leagues and certain tournaments. Team rosters are set at the end of the spring season with mid-season movement between teams taking place in limited circumstances and with the approval of the Director of Soccer.

### Aces U7 – U10

6 years to 9 years (birth years 2010-2007)

The U7 through U10 age groups use an Academy model, which provides high-level, structured training to players who demonstrate a passion for the game and a commitment to further developing skills through concentrated training. The Academy program emphasizes individual, skills-based training and small-sided games, designed to provide an inspiring, fun environment that fosters confidence, creativity, and composure.

Through small-sided games, all the players have the opportunity to play together regularly. Team rosters are more fluid than traditional models, and some roster movement may occur between the fall and spring seasons and for tournaments.

### Aces U11 – U15

10 years to 13 years (birth years 2006-2002)

Our Youth Development Program (U11 through U14) is integral to our club's continual success. As coaches and educators, we are well aware of the importance of providing a solid foundation for young players. The future development and success of a player depends on receiving individual training at an early age. We have designed a curriculum that emphasizes age-specific technical skills combined with tactical decision-making to ensure that developmentally appropriate skills are taught at every age level. In addition to team practices, the club runs weekly technical training sessions and goalkeeping sessions.

# Time Commitment

The U7 through U14 age groups typically play a 10-games fall and 8-game spring season. During the fall and spring seasons, practices and games require 4.5 to 6 hours per week (excluding travel time). This is typically broken down to two 90-minute practices, one 60-minute technical session, and a weekly league game.

## Winter Training

**U7 through U10** players may register separately for additional winter training, which includes 1 practice and 1 open style game day each week. This program would last approximately 10 weeks, the fee is \$200.

**U11 through U19** age groups have a minimum of one training session per week. Because of space limitations, it is likely that the time and day of this practice will be different from the time and day of fall and spring practices. Typically, younger age teams are scheduled for earlier practice times, and most sessions will be scheduled on weekdays.

## League Play

U7 through U19 teams play in local leagues. Typically boys play on Saturdays girls play on Sundays. Weather and field availability factor into game scheduling, so make-up games may be scheduled during the week or on weekends. Depending on the skill level and age of the team, considerable travel time to and from games may be required.

# Tryouts

Each spring, we evaluate players, both current and new to assess skills and form new teams for the following year. Teams are formed of players with comparable skills. Skills are determined at tryouts based on an evaluation of technical skills observed in small-group play and individual skill testing. Participation in tryouts, or placement on a travel team this year, does not guarantee placement on a team next year. Please see the Travel Tryouts tab for further information regarding tryouts.

## Cost

The approximate annual cost for participating in Arlington Aces travel program:

U7 Academy	\$900 paid in full or \$950 using payment plan
U8 Academy	\$900 paid in full or \$950 using payment plan
U9 Academy	\$900 paid in full or \$950 using payment plan
U10 Academy	\$1,150 paid in full or \$1,200 using payment plan
U11 YDP	\$1,300 paid in full or \$1,350 using payment plan
U12 YDP	\$1,300 paid in full or \$1,350 using payment plan
U13 YDP	\$1,300 paid in full or \$1,350 using payment plan
U14 YDP	\$1,300 paid in full or \$1,350 using payment plan
U15 YDP 8 <sup>th</sup> grade	\$1,300 paid in full or \$1,350 using payment plan
U15-U19 H.S.	\$1,150 paid in full or \$1,200 using payment plan

These figures reflect fees for the 2016 – 2017 season and cover the cost of training (fall, winter, and spring), league games and practice jerseys. Other factors such as the number of tournaments in which a player participates, extra training, and travel costs may increase this amount. Uniform kits are an additional cost and will be approximately \$145. Current uniforms will be used through the 2016 – 2017 season.

If you have specific questions about the cost and time commitment required by a particular team, please contact Arlington Aces at [acesafs@ahaces.com](mailto:acesafs@ahaces.com).

**See Following pages for breakdown of Age Group Fees and what is included**



## **Registration Fees U7 - U9**

6 years to 9 years of age (birth years 2008-2010)

Registration fees effective Fall 2016 through Spring 2017 for the **U7 - U9 Academy** teams.

Fees do not include Winter Indoor or Technical Training, player uniform, or indoor league.

Registration fees include:	U7 - U9 Academy Teams \$950/year - \$50 discount if pay in full
League	✓
Soccer Tournament (1) chosen by club	✓
Referee	✓
Trainer/Coach	✓
Winter Indoor Training; run by Aces coaches, 1 practice and 1 game-day per week for 10 weeks	Optional +\$200
Technical/Goalkeeper Trainings Fall and Spring	✓
Technical/Goalkeeper Trainings Winter	Optional +\$100
Preseason Camp	✓
Coach Certification	✓
Maintenance of fields	✓
Practices 2x per week during fall & spring seasons with a professional coach/trainer	✓



## **Registration Fees U10**

9 years of age (birth year 2007)

Registration fees effective Fall 2016 through Spring 2017 for the **U10 Academy** teams.

Fees do not include the following: Winter Indoor training, player uniform or indoor league play.

Registration fees include:	U10 Academy Teams \$1,200/year - \$50 discount if pay in full
League	✓
Soccer Tournament (1) chosen by club	✓
Referee	✓
Trainer/Coach	✓
Winter Indoor Training; run by Aces coaches, 1 practice and 1 game-day per week for 10 weeks	Optional +\$200
Technical/Goalkeeper Trainings Fall, Winter, and Spring	✓
Preseason Camp	✓
Coach Certification	✓
Maintenance of fields	✓
Practices 2x per week during fall & spring seasons with a professional coach/trainer	✓



## Registration Fees U11 – U15\*

10 years to 14 years of age (birth years 2002-2006)

\*U15 players in 8<sup>th</sup> grade only

Registration fees effective Fall 2016 through Spring 2017 for the U11-U15\* Academy teams.

Fees do not include Player uniform or indoor league.

Registration fees include:	U11-15* Academy Teams \$1,350/year - \$50 discount if pay in full
League	✓
Referee	✓
Trainer/Coach	✓
Soccer Tournament (2) chosen by club	✓
Technical/Goalkeeper Trainings Fall, Winter and Spring	✓
Winter team Practice 1x/per week - 10 weeks	✓
Preseason Camp	✓
Coach Certification	✓
Maintenance of fields	✓
Practices 2x per week during fall & spring seasons with a professional coach/trainer	✓



## Registration Fees High School Academy Teams

Registration fees effective Fall 2016 through Spring 2017 for the **High School Academy** teams. Girls play in Fall 2016 Season, Boys in Spring 2017 Season.

Fees do not include Player uniform or indoor league.

Registration fees include:	High School Academy \$1,200/year - \$50 discount if pay in full
League	✓
Referee	✓
Trainer/Coach	✓
Soccer Tournament (1) chosen by club	✓
Technical/Goalkeeper Trainings Fall (girls), Winter(boys and girls), and Spring (boys)	✓
Winter Practice	✓
Preseason Camp - held in summer	✓
Coach Certification	✓
Maintenance of fields	✓
Practices 2x per week with a professional coach/trainer, Girls in Fall, Boys in Spring	✓