

CRYSTAL LAKE

Force Youth Program – U11-U14:

Our FORCE Youth Program is for players age 11-14. All FORCE Youth Program teams are professionally coached to compete at the highest level. Youth players will focus on technical skills and tactical concepts.

Youth Program Details:

- Professionally coached and trained
- Season begins with a Team Camp - Aug 10, 2009
- 13 weeks of fall training – 3 sessions per/wk (1.5 hour sessions) - early August - early November
- 11 weeks of training winter – 2 sessions per/wk (1 hour sessions) - January - mid March
- 12 weeks of training spring – 3 sessions per/wk (1.5 hour sessions) - April - early June
- 10 games in the fall, 10 in winter, 9 games in spring
- 4 tournaments - Fall – Palatine Celtic Cup, Libertyville Octoberfest - Spring – Rockford Puma Cup, Grove United Cup Illinois Cup

Tryouts:

Players are selected based on ability. The FORCE will create two teams per age group (dependent on numbers). Tryout dates:

U12-U14 Girls: 6/1 and 6/3 - 6:00 to 7:30 - check in at 5:30

U12-U14 Boys: 6/2 and 6/4 - 6:00 to 7:30 - check in at 5:30

For more information contact Dan Quinn at: Quinn0205@hotmail.com