

\*Updated 7/9/2011



## 2011 Dos FC U7, U8 and U9 Academy Program

### Overview:

Dos FC will be providing a U7/U8/U9 Academy program for girls and boys interested in receiving training from our highly experienced Dos FC coaches. This program is open to any players who are interested; there will NOT be tryouts.

**Who:** All U7, U8 and U9 boys and girls are welcome and invited to participate in our Academy Program.

### Why?:

Young players will have the opportunity to receive professional soccer training from our top Dos FC Coaches while still participating in their mod seasons. Our goal is to introduce young players to the soccer culture that Dos FC Premier provides to its older age groups. We will strive to teach and encourage each individual player to be comfortable and creative on the ball. Players will learn the basic technical skills necessary to be successful in their future years. We want this to be a fun but focused learning environment.

### Coaches:

- **Lyndsey Patterson** – Women’s Professional Player (currently for the Atlanta Beat). Lyndsey played for the University of Tennessee in college. After graduating from UT, Lyndsey returned to Seattle where she played for the Seattle Women’s Sounders.
- **Jillian Nicks** – Played 4 years for the Oregon State Beavers, currently is playing with the Women’s Seattle Sounders.
- **Malia Arrant** – Dos FC Director of Coaching. Malia played 4 years for the University of Washington, after college Malia played for the Seattle Sounders Women’s Team where she was also a team captain. Malia holds her USSF “A” License
- **Dan Gaston** – Dan has been coaching with Dos FC for 8 years. His specialty is working with the Goal Keepers, but Dan also enjoys working with young girls and boys in developing their soccer skills.
- **Pedro Millan** – Holds his USSF National “B” License (Taking “A” in summer of 2011). Pedro is also a coach at O’Dea High School, has been an ESPN sports announcer, is a Sounders FC Director, and a Head EPD (formally ODP) coach. Pedro is one of the top coaches in the state and is VERY excited to be working with our academy.
- **Jonny Taylor** - Holds his UEFA “B” license, NSCAA Advanced National Diploma, Regional GK Diploma, and Director of Coaching Diploma. Jonny enjoys working with young players and teaching the basics that every good player needs at an early age!

## 2011 Schedule:

## Costs:

### Girls

#### July

- \*Mon 7/18 – 5:00-6:00 @ Meridian MS
- Wed 7/20 – 5:15-6:15 @ Meridian MS
- \*Mon 7/25 – 5:00-6:00 @ Meridian MS
- Wed 7/27 – 5:00-6:00 @ Meridian MS

#### August

- Mon 8/1 – OFF
- Wed 8/3 – 5:00-6:00 @ Meridian MS
- \*Mon 8/8 – 5:00-6:00 @ Meridian MS
- Wed 8/10 – 5:00-6:00 @ Meridian MS
- \*Mon 8/15 – 5:00-6:00 @ Meridian MS
- Wed 8/17 – 5:00-6:00 @ Meridian MS
- \*Mon 8/22 – OFF
- Wed 8/24 – OFF
- \*Mon 8/29 – 5:00-6:00 @ Meridian MS
- Wed 8/31 – 5:00-6:00 @ Meridian MS

*\* U7 Girls – Train on Mondays ONLY*

### Boys

#### July

- Tues 7/19 – 5:00-6:00 @ Meridian MS
- \*Thurs 7/21 – 5:00-6:00 @ Meridian MS
- Tues 7/26 – 5:00-6:00 @ Meridian MS
- \*Thurs 7/28 – OFF

#### August

- Tues 8/2 – OFF
- \*Thurs 8/4 – 5:00-6:00 @ Meridian MS
- Tues 8/9 – 5:00-6:00 @ **Starfire #1**
- \*Thurs 8/11 – 5:00-6:00 @ Meridian MS
- Tues 8/16 – 5:00-6:00 @ Meridian MS
- \*Thurs 8/18 – 5:00-6:00 @ Meridian MS
- Tues 8/23 – 5:00-6:00 @ **Starfire #1**
- \*Thurs 8/25 – 5:00-6:00 @ **Starfire #1**
- Tues 8/30 – 5:00-6:00 @ Meridian MS
- \*Thurs 9/1 – OFF

*\* U7 Boys – Train on Thursdays ONLY!*

- **U8/U9 = \$50 per month;**
- **U7 = \$20 per month**
  - Summer – ½ July & August
    - U7 - \$30
    - U8/U9 - \$75
  - Fall – Sept & Oct
    - U7 - \$40
    - U8/U9 - \$100
  - Winter/Spring – Jan, Feb, March, April
    - U7 - \$80
    - U8/U9 - \$200
- **Additional costs:**
  - Registration fee – (\$35)
    - Fields, admin, etc.
    - Due 1<sup>st</sup> month of training
  - Practice shirts (2 x \$15)
    - Due 1<sup>st</sup> month of training
- **Payment Plan**
  - Payments due by the 5<sup>th</sup> of each month.
  - U7 - \$20 per month (or pay in full for each season)
  - U8/U9 - \$50 per month (or pay in full for each season).