

*Players selected from tryouts will receive an official offer via email from Herndon Youth Soccer (no-reply@demosphere) that asks you to Accept or Decline. If you accept, you will need to provide a non-refundable deposit of \$200 to confirm your commitment, and that fee will be applied towards the balance of the year's club fees. Please read the information below to gain a better understanding of Herndon's competitive travel program structure.*



**TEAM STRUCTURE:** Depending on the age group, there may be one to four teams in the age group. In order of level of competition: Black, Red, White, Silver. Most age groups have more than one team and will work cooperatively by coordinating their practice schedule and having the opportunity to train together. This is especially true in the youngest of age groups. Some teams may have the opportunity to train with other teams in surrounding age groups that are more aligned with their competitive level. Each team will have a team manager and treasurer to facilitate the needs of that particular team. The teams will each have their own head coach and another coach will serve as an assistant coach as needed to support trainings and/or games.

**TEAM MEETING:** This is held soon after the team is formed, usually in early June, to go over the year's general schedule, player and parent expectations, projected team fees, uniforms, to solicit volunteers if needed, and to hear from the coach about their expectations, etc.

**TRAINING AND PRACTICES:** The teams may begin training over the summer on a light schedule/commitment to allow for summer vacations. Herndon Youth Soccer camps are held in the summer as well, and teams often coordinate dates for players of the same team to attend. The fall season begins in August, with times/dates/field locations TBD. Teams will train 3 times/week in fall and spring, our main competitive seasons, and 2 times/week in winter. During high school soccer season in the spring, our older age groups adapt to a modified schedule that allows players in these age groups to train together with a commitment to attend at least 1-2 practices—see more info in the COMMITMENT section below.

- Fall Season: August-beginning/middle of December
- Winter Season: January–February
- Spring Season: March–beginning/middle of June.
- Summer Season: Middle of June–July

**COMMITMENT:** The time commitment of teams varies depending on the age group and level.

- **U9-U10 COMMITMENT:**

League: The U9-U10 teams compete in Club Champions League (CCL) NextGen, which makes sure competition is more localized because of the high level of competition available at this age in our surrounding area. That means most away games are within a 15-45-minute drive.

- 7-8 League games per season (fall and spring)

Tournaments: Three tournaments are included in your club fees:

1. CCL NextGen Scrimmagemests: Two are played, one in fall and one in spring. Held in Northern Virginia, these are fun one-day events for league teams to compete in a low-pressure tournament environment with several mini-games that focus on development.
2. DNST: The third tournament included is our club-sponsored Dulles National Soccer Tournament, a traditional tournament played at fields in and around Herndon. All Herndon teams participate for free. It's held around Labor Day and is a great preparation for the fall season.

Practices:

- 3 trainings per week in fall and spring. Over the winter, 2 trainings. Summer commitment is very light due to family vacations, and any training opportunities provided by the team or club will be announced. Extended breaks are given for teams at the end of the fall and spring season to allow for recovery and vary depending on the age group/team.

- **U11-U19 COMMITMENT:**

Leagues: Age groups have teams that participate in several leagues depending on the level and age of the team. We align the teams in each age group that fits with the league based on the structure of their competitive development.

- **ECNL National League:** Elite players selected from U13-U19 to play with VDA on full-time or part-time basis
- **ECNL Regional League – Virginia:** U13-U19 Black teams
- **National League – South Atlantic Conference in EDP:** U13-U19 Red teams
- **NCSL:** U11-U19 White and Silver teams
- **CCL Super League:** U11-U12 Black and Red teams

High School Age Groups U16-U19: Most league games are played in fall and over winter, giving a lighter schedule in the spring due to commitments to high school soccer.

Tournaments: U11-U14/15 teams typically play in more local tournaments and may have 1-2 away tournaments that most likely require overnight stay. As teams age and their competitive level increases, tournaments may extend into the region. Beginning at U15 or U16, some teams will play in College Showcases as tournaments, so players have the opportunity for exposure. Depending on the team's level, those showcases can be local or can include overnight travel. Some of our most competitive teams have participated in national showcases, such as the Disney Showcase in Orlando, Fla.

## **Expectations:**

- Attendance: For players to maximize their development, they must show commitment through attendance. For the team to develop its competitive potential, all players must be committed.
- Communication: It is imperative to notify the coach and team manager in the event players must miss trainings or have major conflicts to miss competitions. Teams have an app to keep track of attendance and mark availability for trainings/events in a timely manner. Anytime a player is marked as unavailable, they are expected to also directly notify/speak with the coach.
- Multiple Sports/Activities: Most coaches support and value the benefit of players participating in multiple sports to develop their athleticism, as well as their involvement in non-sport activities that contribute to their overall growth and well-roundedness. Families must balance and prioritize these commitments. The expectation is that soccer is prioritized in the fall and spring, and should speak directly with their coach about expectations over the winter/summer with potential conflicts. Please have a discussion with the coach so there is a mutual understanding and agreement as this varies depending on the coach, team, age and competitive level.

## **FEES:** Club fees, team fees and individual fees.

Club fees for the 2022-2023 seasonal year:

- U9-U10: \$1800
- U11-U12: \$1900
- U13-U19: \$2100

1. Club fees include covering costs related to coaches' salary, league fees, referee fees, county field fees, liability insurance, and overall club operations.
2. The club fees are paid through your same online Demosphere account you used to register for tryouts. The \$200 non-refundable deposit required at the time of acceptance is counted towards the club fees, and you will have a few options to pay the remainder of the year's fees: 1) Pay in full; 2) Pay in 4 consecutive monthly installments; 3) Pay in 6 consecutive equal payments; or

- 4) Pay in 8 consecutive monthly payments with the last installment being drawn in January. Any person wishing to pay via check or cash may do so.

**Team fees** for the 2022-23 year will vary depending on the age and level of the team and will cover additional tournaments and team miscellaneous expenses such as if your team chooses to practice indoors over the winter or play in a futsal league. We project the team fees to be anywhere between \$50 - \$500, with our youngest teams on the lowest end of approximate cost to our older teams playing in competitive showcases on the highest end of approximate cost).

**Individual fees** would include your travel costs if staying overnight in hotels for away tournaments, as well as a uniform fee every third year when we change uniforms per our contract with Adidas (approximately \$100-\$140).

This budget assumes no fundraising. If the team does a lot of fundraising, this can substantially reduce costs in future seasons. We have some great opportunities for individuals to make money working as site coordinators for our club's tournament, the DNST, around late August/early September and/or in our club's recreational All-Star Tournament in November selling concessions. Individuals have earned \$400 for working at a weekend tournament.

**Herndon Youth Soccer has financial aid assistance available for families eligible (for example, having proof of Medicaid insurance). Last year, the baseline for scholarships was \$500, which meant the club fees were reduced by \$500 for families approved for financial aid. The amount of financial aid given may vary depending on sponsorships, fundraising opportunities, and the number of players in need of financial aid.**

When families accept the offer to play on one of our Herndon travel teams, you must also sign a financial obligation agreement at the time of accepting. This is to ensure you understand your commitment to the team/club for the full year.

## **CLUB-PROVIDED OPPORTUNITIES:**

- Goalkeeper Development: At no additional cost, our club provides specialized training for all goalkeepers with a goalkeeper coach to include regular training opportunities to maximize their development in this specialized position.
- Pathway to Individual Excellence: As part of our membership to VDA that competes in ECNL, our Herndon's most elite players now have a pathway to compete in ECNL either through selection to VDA teams full time, or the possibility to be part of VDA on a part-time basis as a Development Player while playing in Herndon. In addition, our club's new league structure within the age groups supports player movement based on their development and competitive level in this pathway to the elite competition.
- College Placement: Through our partnership with VDA in the ECNL, our club has access to their professional college placement programs to help potential college soccer prospects gain exposure and find the right fit. Our club also provides resources to help parents and players navigate the college soccer recruiting scene.

- Development Pathways from U4-U23: The foundation of Herndon Youth Soccer begins with our successful U4/U5 Microkicks program, where our youngest players develop their social, physical and cognitive skills while being introduced to soccer fundamentals. We also provide a platform for our oldest players present and past in CCL Pro23 league to give college players and others the opportunity for structured competition over the summer.

For questions, please contact Club Administrator Michelle Alioto  
[michelle.alioto@herndonyouthsoccer.org](mailto:michelle.alioto@herndonyouthsoccer.org).

