

## U13-U19

At U13 there are 3 levels of play and from U14-U19 there are 4. As the playing levels increase so does commitment. Setting a commitment standard will promote success and harmony for all teams. Some players want the year round training and others only want to play during the regular season. Tonka United has opportunities for all players. If a player cannot train with their team in the winter, Tonka United provide them with another appropriate team to train with. All players are expected to take the responsibilities of being on a team seriously. If a team member skips practices and/or games the entire team will suffer. Therefore a solid commitment during the summer season is expected. Here's what to expect:

### Classic 3

#### **Summer Season (end of April-1<sup>st</sup> week of August)**

- Practice/conditioning 2-3 times per week
- Games (starting in May) 1-2 per week (*in lieu of practice*)
- Tournaments 2-3 weekends
- State Tournament in Aug. if team qualifies

#### **Fall Season (U13-U14 Sept.-Oct.)**

- Practice/conditioning 1-2 times per week
- Games on weekends (6)
- Possible State Tournament mid-Oct.

#### **January-March (off season)**

- Winter training 1x per week at Tonka Dome

### Classic 2

#### **Summer Season (April-1<sup>st</sup> week in Aug)**

- Practice/conditioning 3-4 times per week
- Games (beginning in May) 1-2 times per week (in lieu of practice)
- Tournaments 2-4 weekends
- State Tournament in Aug. if team qualifies

#### **Fall Season (Sept.-Oct.)**

- Practice/conditioning 2-3 times per week
- Games on weekends (6)
- State tournament in Oct. if team qualifies

#### **November/December optional training**

#### **January-March**

- Practice/conditioning 1-2 per week at Tonka Dome
- Possible indoor league

Players at the C1 and Premier levels should expect to train year round (the competition is). During the playing season (April -1<sup>st</sup> week in Aug.) it is expected that soccer is your sporting/activity priority. Training in the off-season is also important at the higher level of play and the higher level of aspiration, of the player the more of a priority it is.

## Classic 1

C1 begins at U13 and represents the highest level that teams can become and then strive to become Premier Level. These Players represent the top players in Tonka United where no Premier team exists. Because of this, more dedication is required. Here's what to expect:

### **Summer Season (April - 1 week of August)**

- Practice/conditioning 3-4 times per week
- Games (beginning in May) 1-2 times per week (in lieu of practice)
- Tournaments 3-4 weekends per season including out-of-state
- State Tournament in Aug. if team qualifies

### **Fall Season (U13 & 14 Sept. & Oct.)**

- Practice/conditioning 2-3 times per week
- Games on weekends (6) with State tournament if team qualifies or 2-3 tournaments and occasional scrimmages

### **November & December (optional training)**

### **January-March**

- Practice/conditioning 2 times per week
- Possible indoor league

During the off season schedules may be more flexible in order to work around those players participating in other outside sports/activities. Players should still expect to participate in 75% of the team activities. During the summer season 90% participation is expected.

*I/We understand the required level of commitment. (Classic 3 level players do not need to sign this form)*

X \_\_\_\_\_ date \_\_\_\_\_  
Player

X \_\_\_\_\_ date \_\_\_\_\_  
Parent

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**Please Consider us for C1 \_\_\_\_\_ C2 \_\_\_\_\_ Age Group \_\_\_\_\_**