

Midwest City Soccer Club

Player Programs

Fall 2023-Spring 2024 Age Bracket

Recreational		Recreational/Academy		Recreational/Competitive	
Age Group	Birth Year	Age Group	Birth Year	Age Group	Birth Year
Lil Legs	2020	U8	2016	U11	2013
U5	2019	U9	2015	U12	2012
U6	2018	U10	2014	U13	2011
U7	2017			U14	2010
				U15	2009
				U16	2008
				U17	2007
				U18	2006
				U19	2005

Lil Legs (born 2020)-\$30 per season(fall/spring)

Our Fall 2023 and Spring 2024 Lil' Legs program is for children who were born in 2020.

The program itself is designed to get these kids interested in the idea and fun of soccer and to build some basic skills and touches on the ball that will get them pointed in the right direction as they move up in age. In addition to all the quality volunteers, older players and other certified coaches, we will also have our experienced coaches on the field training your children in Lil' Legs!

Lil legs sessions are on club fields. There will be 5 Lil Legs training sessions per season on Wednesday evenings at 6pm. Lil Legs does not play any games on Saturdays.

Fall session dates will be posted on our website, Facebook and emails sent out first of August. Fall session dates will be Sept 13th, 20th, 27th, Oct 4th and 11th.

Spring session dates will be posted on our website, Facebook and emails sent out first of February. Spring session dates will be March 6th, 13th, 27th, April 3th, 10th.

Uniform- First time Lil Leg's players will receive a free t-shirt. Parents will need to furnish black shorts, black soccer socks, shin guards, a size 3 soccer ball and a pair of cleats or tennis shoes.

Coach Contact- There may not be emails sent from coach but you will be emailed by club admin with updates as sessions get closer.

5U/6U- \$70-\$80 per season depending on date you sign up.

Our 5U/6U program is overseen by one of our clubs licensed coaches. The girls and boys programs are separate. Our coach will divide the players into teams and have parents assist with the practices and games. This enables parents that may want to coach in the future to obtain some training and guidance. It also gives the players a better start in learning the fundamentals of soccer through organized practices.

Practices- U5/U6 practices will be once a week. Day will be set by coach sometime closer to August for Fall and February for Spring.

Games- Currently all games are in-house. Games are 4v4. U6 plays at 9am and U5 plays at 10:30am Saturdays. They will play 8 games. Fall games will start September 9th. Spring games will start March 2nd.

Uniform- Parents will need to purchase club jerseys from the club for \$30. Parents will need to furnish black shorts, black soccer socks, shin guards, a pair of cleats and a size 3 soccer ball. Jersey sales will be at the complex office starting in August. Dates and times will be posted as it gets closer.

Coach Contact- The coach or club should be contacting the parent's middle of August for Fall, February for Spring with practice info.

7U- \$70-\$80 per season depending on date you sign up.

Our 7U program is overseen by one of our clubs licensed coaches. The girls and boys programs are separate. Our coach will divide the players into teams and have parents assist with the practices and games. This enables parents that may want to coach in the future to obtain some training and guidance.

Practices- Twice a week. Days and times will be posted/emailed closer to August for Fall, February for Spring but will be twice a week on weekday evenings at 6 or 7pm.

Games- Currently all games are in-house. Games are 4v4, played at 11:30am on Saturdays. They will play 8 games. Games will start September 9th for fall and March 2nd for Spring.

Tournaments- Tournaments are up to the coach and parents. Since players practice and play games as a group, coach can divide interested players in teams for tournament rosters.

Uniform- Parents will need to purchase club jerseys from the club for \$30. Parents will need to furnish black shorts, black soccer socks, shin guards, a pair of cleats and a size 3 soccer ball. Jersey sales will be at the complex office starting in August for Fall, February for Spring. Dates and times will be posted as it gets closer.

Coach Contact- The coach or club should be contacting the parent's middle of August for Fall, February for Spring with practice info.

8U- 8U players have two options, recreational or academy.

Recreational- \$70-\$80 per season depending on date you signed up.

Our 8U program is overseen by one of our clubs licensed coaches. The girls and boys programs are separate. Our coach will divide the players into teams and have parents assist with the practices and games. This enables parents that may want to coach in the future to obtain some training and guidance.

Practices Twice a week. Days and times will be posted and emailed closer to August for Fall, February for Spring but will be twice a week on weekday evenings at 6 or 7pm.

Games- Currently all games are in-house. Games are 4v4, played at 1pm on Saturdays. They will play 8 games. Games will start September 9th for fall and March 2nd for Spring.

Tournaments- Tournaments are up to the coach and parents. Since players practice and play games as a group, coach can divide interested players in teams for tournament rosters.

Uniform- Parents will need to purchase a set of club jerseys for \$30 from the club. Parents will need to furnish black shorts, black soccer socks, shin guards, a pair of cleats and a size 3 soccer ball. Jersey sales will be at the complex office starting in August for Fall, February for Spring. Dates and times will be posted as it gets closer.

Coach Contact- The coach or club should be contacting the parent's middle of August for Fall, February for Spring with practice info.

Academy- \$160 registration, \$100 field usage, \$550 trainer fee and \$20 OSA league fee. Academy seasonal year is 10 months from August-May. The trainer fee and field usage can be paid out in monthly payments in Demosphere through autopay. See Academy Financial Agreement on our website under our forms and documents. Fees are reduced for players joining mid-season.

There are no try-outs for this program. Academy is for the player that wants to have an additional level of training and to play in a more competitive environment.

The Academy program can provide each player training with players of similar ability. The program is also able to provide a consistent level of competition in each game. With the practices and games, the program assures a more consistently competitive environment than that of the recreational leagues. The emphasis is on development, not winning, losing or how many goals are scored.

The focus of the Academy is to teach the players the necessary technical skills to compete at the next level. This will include proper dribbling, passing, shooting, and receiving techniques. Other skills we emphasize are agility, speed training and goal keeping. Due to the knowledge and experience of the staff and like abilities of the players at practice and games the individual is constantly challenged. We hope with providing this environment and challenges each player will excel to the next level of play.

The Academy is staffed with USSF nationally licensed coaches. Each has a minimum National "D", National Youth License, or is enrolled in future courses to accomplish this. The staff uses positive and creative training sessions to provide an atmosphere that will help the child develop as a soccer player. The staff stimulates the player to learn to problem solve on their own.

The Academy program and staff encourages each player to learn self-discipline, work ethics and good sportsmanship. There is also a focus on teaching respect for oneself and others they meet. The largest goal of the program is to develop a PASSION for the sport of soccer.

Practices are on club fields. Practices will start in August. Academy requires a 10-month commitment and will practice through May 2024, including practices during winter months, weather permitting.

Games- Academy teams currently play games against other academy teams in the metro.

Tournaments- May play 2 or more tournaments per season, based on team performance.

Uniforms- The uniform will match our competitive teams and a cost approx \$150.

Coach Contact- If you are interested in moving into our Academy program, there are no tryouts, so contact academy@mwcsoccer.org to have your player evaluated for team placement.

9U/10U-

A 9U/10U player has two options, recreational or academy.

Recreational- \$70-80 per season depending on date you signed up.

Recreational is volunteer parent coached. 9U/10U plays 7v7 format. We make every attempt to form boys and girl's teams, but coed teams are possible.

Practices are off club fields, generally at Regional Park or other locations as determined by the coach. Most teams practice twice a week on select weekday evenings.

Games- Teams currently travel and play against other eastside clubs, i.e., Harrah, Choctaw, Shawnee, Chandler, Seminole, and Ada. Will have home and away games. Games may be Saturday or Sunday. Season opens September 9th for Fall, March 2nd for Spring. Usually 8-10 games.

Tournaments- Tournaments are up to the coach and parents. We encourage teams to at least play in our club's tournaments.

Uniform- Parents will need to purchase a set of club jerseys for \$30 from the club. Parents will need to furnish black shorts, black soccer socks, shin guards, a pair of cleats and a size 4 soccer ball. Jersey sales will be at the complex office starting in August for Fall, February for Spring. Dates and times will be posted as it gets closer.

Coach Contact- The coach or club should be contacting the parent's middle of August for Fall, February for Spring with practice info.

Academy- See 8U Academy. 9U/10U is the same info.

11U-19U- A 11U to 19U player has two options, traveling recreational or competitive.

Traveling Recreational- \$70-80 per season depending on date you signed up.

17U-19U may play 7v7 or 11v11 depending on number of player signups.

Volunteer parent coached and teams compete against other Oklahoma Soccer Association teams. Home games will be played at our complex.

Practices are off club fields, generally at Regional Park or other locations as determined by the coach. Teams generally do not practice during winter months. Teams generally practice twice a week on select weekday evenings.

Games- Games can be either Saturday or Sunday and maybe even during week for makeup games. Most teams will be in Metro area but may require some travel to clubs 1hr or so away. Games may be Saturday or Sunday. Season opens September 9th for Fall, March 2nd for Spring. Usually 8-10 games.

Tournaments- Tournaments are up to the coach and parents. We encourage teams to at least play in our club's tournaments.

Uniform- Parents will need to purchase a set of club jersey for \$30 from the club. Parents will need to furnish black shorts, black soccer socks, shin guards, a pair of cleats, a size 4 soccer ball for 11U/12U and size 5 soccer ball for 13U-19U. Jersey sales will be at the complex office starting in August for Fall, February for Spring. Dates and times will be posted as it gets closer.

Coach Contact- The coach or club should be contacting the parent's middle of August for Fall, February for Spring with practice info.

Competitive- \$180 registration, \$100 field usage fee, \$650 trainer fee, and \$20 OSA league fee. Trainer fee and field usage can be paid in monthly payments in Demosphere with Autopay. The competitive season is based on a 10-month contractual year, August-May. U11-U14 plays a fall and a spring season. U15-U19 plays league games in an extended season from August-February and may play tournaments from March-May. See Competitive Financial Agreement on website under forms and documents.

Competitive teams are coached by a nationally licensed club coach, practice on club fields and may travel out of state for games or tournaments.

Uniforms- Competitive uniform will be approx. \$150.

Practices- Practices will start in August on club fields. Competitive requires a 10-month commitment and will practice through May 2024, including winter months, weather permitting.

Games- Games will generally be Saturday or Sunday with some makeup games during the week. Will require travel to Tulsa area several times during a season.

Tournaments- Generally plays 2 or more tournaments per season, based on team performance.

Coach Contact- Must tryout to join team. Contact coaching@mwcsoccer.org for a tryout session.

Player Flowchart

