

Panther Soccer Club Guidelines

Goals:

- Provide professional training and a competitive environment to youths of all ages within the Oswegoland area
- Develop individual and team skill sets, including foot skills, strategy, teamwork, and leadership
- Have fun!!!

Guidelines:

- Practice – Training sessions are typically offered twice per week, lasting 1 – 1.5 hours each, depending on the age group. Teams that are playing U10 and older are 1.5 hours, where the younger teams are 1 hour in length. There are always at least 10 weeks of training per season (fall and spring). Winter training sessions are offered on a voluntary basis, but require additional fees.
- Games – League play for each season is 10 games, half at home, and the other half on the road. Typically, all games are played on Sundays, but occasionally, Saturdays are used for make-up games. Away games can be played anywhere in the Chicagoland area, but the leagues usually attempt to group teams by ability and geographical area to help limit the traveling done.
- Camp – Each year, our professional trainers conduct a week long camp aimed at developing skills and teamwork prior to kicking off the fall season. Each day, the teams will train for 3 hours. The camp is typically offered the first week of August.
- Tournaments – We try to play in at least one per season. The Panther Soccer Club hosts a tournament in Oswego over Memorial Day, and then teams will select one other tournament for the fall. Tournaments not hosted by PSC can be located anywhere in the Midwest, determined by the team. Most teams select tournaments in Illinois, but many select ones located in Wisconsin, Iowa, and Indiana as well. Tournaments last all weekend and usually have the teams playing 3-4 games during that weekend.
- Coaching – PSC uses a hybrid coaching model. We have a professional trainer assigned to each team, who leads the effort in all training activities (camp, practices), and helps coach our home games. The trainer is also responsible for developing and following an approved curriculum for the training. Additionally, each team has a parent coach, who is responsible for all away games, team budget, communication, assisting with practice, etc.
- Skill development – In addition to normal practices, specialized training for foot skills and goalkeepers are periodically offered.
- Fees – Annual player fees cover all league, referee, tournament, and training fees for the camp, fall and spring seasons. Fee structures are set such that they increase with age. For 2007-2008, annual fees were \$750 for U9 and under, \$850 for U10-U11, and \$900 for U12-U14. High school age teams have their fees determined on a case by case basis, depending on the focus of the team (league based team vs. tournament based team).
- Indoor / Winter – Every team within the club offers indoor training through the winter. Sessions are typically one per week and are conducted by the professional

trainers in one of the local school gyms. Some of the teams also participate in indoor leagues. The winter activities are not included in the annual fees, so costs are determined for each team and split evenly among the players. Typically though, the proceeds from the previous year's tournament that PSC hosts in May are distributed among the teams within the club, which goes a long way in offsetting the training costs. Though it is never guaranteed that the tournament will be profitable, we have had some really good success over the years.

- Uniforms – All teams play use a set uniform, with jerseys, shorts, and socks. Typical uniform packages are approximately \$90.