



## Cascade FC Information, 2021-22 Season

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**Zoom: May 2 – 6:00 PM**

<https://us02web.zoom.us/j/81544903262?pwd=TXRJS3U5aXhZY1B1NEJFRk14WDByUT09>

Meeting ID: 815 4490 3262

Passcode: 150614

Mobile: +1 253 215 8782 US (Tacoma)

**#WeAreCascade** We have a long, strong, and proud history of soccer in the valley! Established in 1990, Cascade FC is the Premier and Select Club soccer program under SnVYSA and offers year-round soccer to families in the Snoqualmie Valley and surrounding communities. Our goal is to develop every player to their full potential, giving them the understanding, guidance and confidence to perform at their greatest. We set out to build teams that play attractive, strong, attacking soccer. We offer advance technical, tactical, physical and mental/social year-round soccer training. Ultimately, we create a culture that players, parents, coaches, fans, referees and the community can feel proud to be a part of.

**Tryout Schedule and Tryout Registration Links:** [www.CascadeFC.org](http://www.CascadeFC.org)

**Tryouts Fee:** \$20.00 (non-refundable)

**Tryouts Info:** Tryouts are roughly last week of April through the second week of May (Feb for HS aged boys' teams). Your player will attend two 1.5-hour sessions with their gender/birth year. Tryout schedule will be posted as registration opens, late-March. Registration is by player birth year.

Taking our player development model into consideration, it is not advised, however if trying out as "play up", final placement criteria need to be met:

- At U9 thru U12 tryout, player must have placed in the top 5 to qualify.
- At U13 and U14 tryouts, players must have placed in the top half of the total number of placers taken onto a team.
- At U15+ tryout, player qualification is at coach's discretion.

**Day of Tryout:** Check in will begin approximately 30 mins prior to session. Please bring water and a clearly marked soccer ball (U9-U12 = #4, U13+ = #5). Be dressed, prepared to play soccer. Soccer (only) cleats and shin guards fully covered by socks. No jewelry allowed on field. Parents are welcome to stay and observe but need to stay outside of fencing and refrain from cheering, comments, etc. Our purpose is to provide a neutral and fun, yet objective environment for every participant.

**Cascade FC Fees, 2021-22 season:** \$1845.00 \*non-refundable deposit of \$400 after acceptance to team

Cascade FC offers an auto-payment plan. After deposit, breaks balance into 5 even monthly payments: July 1, Aug 1, Sept 1, Oct 1, Nov 1

Cascade FC registration fee includes, but not be limited to, the following: Coaches stipends, Director of Coaching, field rental fees for practices and matches, referee fees, light fees, keeper training, Player technical training nights, league entry fees, player/team staff cards, Club Director, coach dev/licensing, SnVYSA field development funds and reserves, website/software fees, SnVYSA financial aid fund, HS scholarship fund, credit card processing, administrative, etc. This fee DOES NOT cover any individual team fee (ex. tournament fees, coach travel, team equipment, keeper gear, etc.), and does not cover required player uniform kits.

**Required Nike uniform kit.** Players order from soccer.com, after email invitation. \$275.00 (approx.) and includes: Home game jersey, Away game jersey, Practice jersey, shorts, green socks, white socks, warmup jacket/pants, club backpack, and soccer ball. Also available to players: Training pullovers & hoodies, rain gear, hats, and various spirit wear items. Kits good for both 2020-21 and 2021-22 seasons. 2022-23 will see a uniform 'refresh' year.

**Financial Aid.** Online Financial Aid Application located on Tryouts page. Follows Federal school lunch program guidelines.

**What does year-round soccer look like Cascade FC?**

- Try-outs last week of April, First two weeks of May.
- Team meeting in May, date TBD by coach.

- June - Dec; team practices 2 x 1.5 a week plus Player Tech Training (PTT) 1-hour technical practice (on 3<sup>rd</sup> night). U16+ teams will train 3 nights per week.
- Summer: 2-3 weekend tournaments schedule based on team. Travel based on team.
- Fall: "league" games; Saturday or Sunday.
- Mid Aug - Nov, all Girls U16+ teams break for Girl's HS season.
- January - April; practices 2 x 1.5 a week (April break based on game schedule).
- January: State Cup tournament play for HS Boys.
- Winter/Spring: "League" games; Saturday or Sunday.
- Mid Feb, all Boys U16+ team season ends (for Boy's HS season).
- Late April/early May - Tryouts for next season.

#### In this time frame teams expected to compete in:

- 2 - 4 tournaments (team dependent, most in summer, may have 1 fall or winter).
- CFC Team Week (July 26 – 29), at Jeanne Hansen Park.
- 12 Fall season games, in either North Puget Sound League, RCL, or Jr. RCL.
- State "Founders" (Jan/Feb) or "Presidents" Cup (April/May).
- 6 Spring season games, in either North Puget Sound League, RCL, or Jr. RCL.

#### Additionally, the club includes:

- Goalkeeping Academy practice session with trainer
- S.A.Q. Training curriculum for U15+
- Long Term Player Development Model
- Playing Philosophy
- Playing principles
- Goalkeeper philosophy
- Curriculum Season planner
- Coaching curriculum & Coaching manual
- Training methodology
- Player Evaluation & Player Development Plans
- Coach Evaluation
- Playing in College program
- Cascade FC Culture

## Ways to experience Cascade FC prior to trying out

### Jr. Academy

- For U7-U10 Recreational player as bridge program to Cascade FC coaching staff and curriculum
- 5-week program in Dec and Jan
- 1.5-hour topic-driven technical session - Friday
- 1-hour competitive scrimmage - Sunday
- Academy jersey included

### Mid-Winter and Spring Break Camps

- 2 hours, 4 days during break (varies by school district).
- Run by CFC Coaching Staff
- Additional exposure to CFC Staff and tryout's evaluators

### Spring Technical Academy

- 2 hours, 7 Fridays leading up to tryouts
- Run by CFC Coaching Staff
- Additional exposure to CFC Staff and tryout's evaluators