

PLAYER EXPECTATIONS

BY GENDER AND TEAM



MANITOU F.C. EAGAN

2021-2022 **ORANGE LEVEL**

Player Expectations by Gender & Team

MANITOU F.C. EAGAN ORANGE LEVEL / 2021-2022 SEASON

It is important that players and parents have an understanding of the expectations that participation on a Manitou FC Orange Level Team requires. The following age group overviews have been developed to provide as much information as possible so that families can plan accordingly. Manitou FC supports multi-sport athletes and asks that any athlete having such conflicts, especially during the winter season training program, communicate directly with your team's coach to coordinate schedules and attendance.

If you have any questions about the player expectations or would like further clarification about age group programming, please send an email to Edi Buro, Manitou FC Sporting Director, at SportingDirector@manitoufc.org or Shari Eckstrom, Manitou F.C. - Eagan Technical Director TechDirEagan@manitoufc.org.

AREA	FUTURE MANITOU'S U9-U10 BOYS & GIRLS ACADEMY
Training & Competition	F – Train 3x's per week Tournaments + Futbol Fridays
	W – Train 2-3x's per week + Supplemental Club Training
	S – Train 3x's per week + Tournaments + Futbol Fridays
League Play	Tournaments + Scrimmages
Tournaments	<u>Fall</u> : NSC Fall Cup, Eagan Wave Tournament <u>Spring/Summer</u> : NSC Kick Off, Future Stars, NSC Memorial, NSC All American, Mega Cup, US Cup
Communication	Parent to Coach

AREA	U11 BOYS ORANGE - BY 2011	U11 GIRLS ORANGE - BY 2011
Training & Competition	F – Train 3x's per week + Games	F – Train 3x's per week + Games
	W – Train 2x's per week + Technical Training	W – Train 2x's per week + Technical Training
	S – Train 2-3x's per week + Games	S – Train 2-3x's per week + Games
League Play	TCSL / MYSA	TCSL / MYSA
Tournaments	<u>Fall</u> : Eagan Cup - NSC Fall Cup <u>Spring/Summer</u> : NSC Kick Off, Future Stars, US Cup, 1-2 MN Events	<u>Fall</u> : Eagan Cup - NSC Fall Cup <u>Spring/Summer</u> : NSC Kick Off, Future Stars, US Cup, 1-2 MN Events
Communication	Parent to Coach	Parent to Coach

KEY: F = FALL W = WINTER S = SUMMER

AREA	U12 BOYS ORANGE - BY 2010	U12 GIRLS ORANGE - BY 2010
Training & Competition	F – Train 3x's per week + Games	F – Train 3x's per week + Games
	W^T – Train 2x's per week + Technical Training	W^T – Train 2x's per week + Technical Training
	W^C – Futsal, TCSL Winter League or NSC League	W^C – Futsal, TCSL Winter League or NSC League
	S – Train 2-3x's per week + Games	S – Train 2-3x's per week + Games
League Play	TCSL / MYSA	TCSL / MYSA
Tournaments	<u>Fall</u> : Eagan Cup - NSC Fall Cup <u>Spring/Summer</u> : KC Championship, TCSL League Cup, NSC All American, USA Cup	<u>Fall</u> : Eagan Cup - NSC Fall Cup <u>Spring/Summer</u> : KC Championship, TCSL League Cup, NSC All American, USA Cup
Communication	Parent to Coach	Parent to Coach

AREA	U13 BOYS ORANGE - BY 2009	U12 GIRLS ORANGE - BY 2009
Training & Competition	F – Train 3x's per week + Games	F – Train 3x's per week + Games
	W^T – Train 3x's per week	W^T – Train 3x's per week
	W^C – TCSL Winter League (6 Games)	W^C – TCSL Winter League (6 Games)
	S – Train 2-3x's per week + Games	S – Train 2-3x's per week + Games
League Play	TCSL / MYSA	TCSL / MYSA
Tournaments	<u>Fall</u> : Eagan Cup - NSC Cup <u>Spring/Summer</u> : KC Champions, State Cup or Presidents Cup, 1-2 MN Events	<u>Fall</u> : Eagan Cup - NSC Cup <u>Spring/Summer</u> : KC Championship, State Cup or Presidents Cup, 1-2 MN Events
Communication	Parent to Coach	Parent to Coach

AREA	U14 BOYS ORANGE - BY 2008	U14 GIRLS ORANGE - BY 2008
Training & Competition	F – Train 3x's per week + Games	F – Train 3x's per week + Games
	W^T – Train 3x's per week + Strength Training	W^T – Train 3x's per week + Strength Training
	W^C – TCSL Winter League	W^C – TCSL Winter League or NPL
	S – Train 2-3x's per week + Games	S – Train 2-3x's per week + Games
League Play	MYSA	MYSA
Tournaments	<u>Fall</u> : Eagan Cup - KC Final or NSC Fall Cup <u>Spring/Summer</u> : Saint Louis or Indiana, State Cup, TCSL Cup, NSC All American, USA Cup	<u>Fall</u> : Eagan Cup - KC Final or NSC Fall Cup <u>Spring/Summer</u> : Saint Louis or Indiana, State Cup, TCSL Cup, NSC All American, USA Cup
Communication	Parent and Player to Coach	Parent and Player to Coach

KEY: F = FALL W = WINTER W^T = WINTER TRAINING W^C = WINTER COMPETITION S = SUMMER

AREA	U15 BOYS ORANGE - BY 2007	U15 GIRLS ORANGE - BY 2007
Training & Competition	F – High School (8th Grade eligible for Fall)	F – High School (8th Grade eligible for Fall)
	W^T – Train 3x's per week + Strength Training	W^T – Train 3x's per week + Strength Training
	W^C – TCSL Winter League	W^C – TCSL Winter League
	S – Train 2-3x's per week pending game schedule	S – Train 2-3x's per week pending game schedule
League Play	MYSA (Premier)	MYSA (Premier)
Tournaments	<u>Spring/Summer</u> : Saint Louis or Indiana, State Cup or Presidents Cup, NSC All American, US Cup	<u>Spring/Summer</u> : Las Vegas, Indiana, State Cup or Presidents Cup, TCSL Cup, NSC All American, USA Cup
Communication	Player or Parent to Coach	Player or Parent to Coach

AREA	U16 BOYS ORANGE - BY 2006	U16 GIRLS ORANGE - BY 2006
Training & Competition	F – High School	F – High School
	W^T – Train 3x's per week + Strength Training	W^T – Train 3x's per week + Strength Training
	W^C – TCSL Winter League	W^C – TCSL Winter League
	S – Train 2-3x's per week pending game schedule	S – Train 2-3x's per week pending game schedule
League Play	MYSA (Premier)	MYSA (Premier)
Tournaments	<u>Winter/Spring/Summer</u> : SSM Showcase, Las Vegas, Dallas Cup, State Cup, TCSL Cup, 1-2 other events	<u>Winter/Spring/Summer</u> : Eclipse Showcase, State Cup, TCSL Cup, Las Vegas, Indiana, 1-2 other events
Communication	Player to Coach	Player to Coach

AREA	U17 BOYS ORANGE - BY 2005	U17 GIRLS ORANGE - BY 2005
Training & Competition	F – High School	F – High School
	W^T – Train 3x's per week + Strength Training	W^T – Train 3x's per week + Strength Training
	W^C – TCSL Winter League U18/19	W^C – TCSL Winter League U18/19
	S – Train 2-3x's per week pending game schedule	S – Train 2-3x's per week pending game schedule
League Play	MYSA (Premier)	MYSA (Premier)
Tournaments	<u>Winter/Spring/Summer</u> : SSM Showcase, Las Vegas, Dallas Cup, State Cup, TCSL Cup, 1-2 other events	<u>Winter/Spring/Summer</u> : Eclipse, Indiana, Las Vegas, State Cup or Presidents Cup, TCSL Cup, 1-2 other events
Communication	Player to Coach	Player to Coach

PLEASE PLAN ON TOURNAMENT TRAVEL REQUIRING THREE FLIGHTS

KEY: F = FALL W = WINTER W^T = WINTER TRAINING W^C = WINTER COMPETITION S = SUMMER

AREA	U18 BOYS ORANGE - BY 2004	U18/U19 PREMIER GIRLS - BY 2004/03
Training & Competition	F – High School	F – High School
	W^T – Train 3x's per week + Strength Training	W^T – Train 3x's per week + Strength Training
	W^c – TCSL Winter League	W^c – TCSL Winter League
	S – Train 2-3x's per week pending game schedule	S – Train 2-3x's per week pending game schedule
League Play	MYSA (Premier)	MYSA (Premier)
Tournaments	<u>Winter/Spring/Summer</u> : SSM Showcase, State Cup, Dallas Cup, TCSL CUP, NSC All American	<u>Winter/Spring/Summer</u> : Eclipse Showcase, State Cup, Las Vegas Showcase, TCSL Cup, CASL
Communication	Player to Coach	Player to Coach

AREA	U19 PREMIER BOYS - BY 2003
Training & Competition	F – High School
	W^T – Train 3x's per week + Strength Training
	W^c – TCSL Winter League
	S – Train 2-3x's per week pending game schedule
League Play	MYSA (Premier)
Tournaments	<u>Spring/Summer</u> : SSM, State Cup, TCSL Cup, 1-2 Events
Communication	Player to Coach

KEY: F = FALL W = WINTER W^T = WINTER TRAINING W^c = WINTER COMPETITION S = SUMMER