

TRYOUT INFORMATION



MANITOU F.C. EAGAN
2021

DATES

July 23 - July 27

| GIRLS TEAMS | | | | |
|-------------|---------------|------------------|---------------|-------------------|
| BIRTH YEAR | DAY 1 | TIME / FIELD | DAY 2 | TIME / FIELD |
| 2012-2013 | July 23, 2021 | 5:00pm - 6:30pm | July 24, 2021 | 11:00am - 12:30pm |
| 2010-2011 | July 25, 2021 | 8:00am - 9:30am | July 26, 2021 | 5:15pm - 6:45pm |
| 2008-2009 | July 25, 2021 | 9:45am - 11:15am | July 26, 2021 | 7:00pm - 8:30pm |
| 2006-2007 | July 25, 2021 | 11:45am - 1:15pm | July 27, 2021 | 5:15pm - 6:45pm |
| 2005-2003 | July 25, 2021 | 1:30pm - 3:00pm | July 26, 2021 | 3:30pm - 5:00pm |

| BOYS TEAMS | | | | |
|------------|---------------|-----------------|---------------|------------------|
| BIRTH YEAR | DAY 1 | TIME / FIELD | DAY 2 | TIME / FIELD |
| 2012-2013 | July 23, 2021 | 6:45pm - 8:15pm | July 24, 2021 | 9:15am - 11:45am |
| 2010-2011 | July 25, 2021 | 3:30pm - 5:00pm | July 26, 2021 | 5:15pm - 6:45pm |
| 2008-2009 | July 25, 2021 | 5:15pm - 6:45pm | July 26, 2021 | 7:00pm - 8:30pm |
| 2006-2007 | July 25, 2021 | 7:00pm - 8:30pm | July 27, 2021 | 5:15pm - 6:45pm |
| 2005-2003 | July 25, 2021 | 1:30pm - 3:00pm | July 26, 2021 | 3:30pm - 5pm |

GK TRYOUTS U12-U19 will take place on **Sunday, July 25** from **3:15pm - 4:45pm**.

WHERE

All tryouts will be held at **Bridle Ridge Park, 3990 Elrene Rd, Eagan, MN 55123**

FEES

There is a fee for each player participating in tryouts. This fee assists in compensating the evaluators and for facility rental. For the 2021-2022 tryouts the fee is **\$30**.



2021 / 2022 Potential Teams by Gender / Age / Level

| BOYS POTENTIAL TEAMS U11-U19 | | |
|------------------------------|------------------------|-----------------------|
| U11-U19 ORANGE & #TEAMS | U11-U19 BLACK & #TEAMS | U11-U19 GRAY & #TEAMS |
| 2011 -- 1 | 2011 -- 1 | 2011 -- 1 |
| 2010 -- 1 | 2010 -- 1 | 2010 -- 1 |
| 2009 -- 1 | 2009 -- 1 | 2009 -- 1 |
| 2008 -- 1 | 2008 -- 1 | 2008 -- 1 |
| 2007 -- 1 | 2007 -- 1 | 2007 -- 1 |
| 2006 -- 1 | 2006 -- 1 | 2006 -- 1 |
| 2005 -- 1 | 2005 -- 1 | 2005 -- 1 |
| 2004 -- 1 | 2004 -- 1 | 2004 -- 1 |
| 2003 -- 1 | 2003 -- 1 | 2003 -- 1 |

| GIRLS POTENTIAL TEAMS U11-U19 | | |
|-------------------------------|------------------------|-----------------------|
| U11-U19 ORANGE & #TEAMS | U11-U19 BLACK & #TEAMS | U11-U19 GRAY & #TEAMS |
| 2011 -- 1 | 2011 -- 1 | 2011 -- 1 |
| 2010 -- 1 | 2010 -- 1 | 2010 -- 1 |
| 2009 -- 1 | 2009 -- 1 | 2009 -- 1 |
| 2008 -- 1 | 2008 -- 1 | 2008 -- 1 |
| 2007 -- 1 | 2007 -- 1 | 2007 -- 1 |
| 2006 -- 1 | 2006 -- 1 | 2006 -- 1 |
| 2005 -- 1 | 2005 -- 1 | 2005 -- 1 |
| 2004 -- 1 | 2004 -- 1 | 2004 -- 1 |
| 2003 -- 1 | 2003 -- 1 | 2003 -- 1 |

TEAM ROSTERS

U9/U10 - 10-12 Players
U11/U12 - 14-16 Players
U13/U17 - 16-18 Players
U18/U19 - 18-20 Players

PLAYER MOVEMENT

MFC believes in providing players with opportunities to train or play with other age group teams. This process is managed by the Sporting Director and Team Coaches.



MANITOU F.C. CLUB FEES 2021/2022 SEASON

| INCLUDED IN BASE FEE | U9/U10 COMPETITIVE | U9/U10 FUTURE MANITOU'S | U11-U14 GRAY | U15-U19 GRAY | U11-U14 BLACK | U15-U19 BLACK | U11-U12 ORANGE | U13-U18 ORANGE | U19 ORANGE |
|----------------------------------|-----------------------|----------------------------|-----------------|-----------------|------------------|------------------|-------------------|-------------------|---------------|
| Base Fee | \$425 | \$990 | \$660 | \$600 | \$1,220 | \$910 | \$1,560 | \$1,850 | \$1,100 |
| Club Registration | YES | YES | YES | YES | YES | YES | YES | YES | YES |
| League Registration | YES | NO | YES | YES | YES | YES | YES | YES | YES |
| TCSL/MYSA Pass | YES | YES | YES | YES | YES | YES | YES | YES | YES |
| Insurance | YES | YES | YES | YES | YES | YES | YES | YES | YES |
| Referee Fees | YES | YES | YES | YES | YES | YES | YES | YES | YES |
| Ref Assignor Fees | YES | YES | YES | YES | YES | YES | YES | YES | YES |
| Outdoor Fee Field/Rental | YES | YES | YES | YES | YES | YES | YES | YES | YES |
| TeamSnap | YES | YES | YES | YES | YES | YES | YES | YES | YES |
| Field Coordinator | YES | YES | YES | YES | YES | YES | YES | YES | YES |
| Game Insight Platform | N/A | YES | N/A | N/A | YES | YES | YES | YES | YES |
| MFC Admin Cost | YES | YES | YES | YES | YES | YES | YES | YES | YES |
| College Advisory Program | N/A | N/A | N/A | N/A | N/A | N/A | N/A | YES | YES |
| Champions League Fridays/Fall | N/A | N/A | YES | N/A | YES | N/A | YES | YES | N/A |
| VEO Camera/ Subscription | N/A | N/A | YES | YES | YES | YES | YES | YES | YES |
| Zoom Platform | YES | YES | YES | YES | YES | YES | YES | YES | YES |
| Goal Keeper Training | N/A | N/A | N/A | N/A | YES | YES | YES | YES | YES |
| Dome Rental | N/A | YES | N/A | N/A | YES | YES | YES | YES | YES |
| Coaches Fee Fall | N/A | YES | NO | N/A | YES | N/A | YES | YES | N/A |
| Coaches Fee Winter | N/A | YES | N/A | N/A | N/A | N/A | YES | YES | YES |
| Coaches Fee Spring/Summer | N/A | YES | N/A | N/A | YES | YES | YES | YES | YES |
| Coach Assessment | YES | YES | YES | YES | YES | YES | YES | YES | YES |
| Winter Training | Training Academy | YES | N/A | N/A | 1-2x a Week | 1-2x a Week | 2-3x a Week | 3x a Week | 3x a Week |



CLUB INFORMATION

Our Soccer Vision and Game Model

Our vision of the game is based on the importance of maintaining possession while progressing to goal. Players are challenged to play positively and aggressively on offense and defense as an individual, in a group or within the structure of the team. The ability to “read the game” in order to solve the problems presented is an essential quality required of each player within our game model. We encourage players to seek solutions to problems through their technical or tactical abilities and to play with a mindset that enables them to dominate their opponent.

The assimilation of these individual abilities within collective team play is a critical element of our vision and players are trained to understand the importance of playing within a team structure. To achieve these goals, we are committed to a long-term development process, where the environment constantly challenges, nurtures and supports the growth and development of each player as they progress along a pathway that embraces an individual’s ability to play at the highest appropriate level of football. Believing that a player’s abilities and maturity rather than their age, determines what level they play at is a fundamental principle within our philosophy of player development.

Most importantly within our philosophy, we believe the whole is greater than the sum of its parts and the team concept – **T**ogether **E**veryone **A**chieves **M**ore – is the ultimate principle within the player development process, as it produces top players who later go on to play on top teams. This quality of character is an essential component in sport and life, and is valued over all else as we look to develop players of the highest caliber, both on and off the field.



Our Commitment to Players

Manitou FC is committed to excellence and a player-first approach. At Manitou, our priority is individual player development. We believe strongly that to learn effectively and develop competitively, players must enjoy what they are doing in order to grow. We want to empower our players to own their soccer path. At the same time, we teach our players to synergize with other players to create great teams. We lead players on a journey of personal development that ultimately impacts team excellence.

Our Training

At Manitou FC, we support a cross-training model that challenges players based on their individual abilities and allows us to monitor our players' growth so we can consistently encourage them. We approach every training with the same rigor, passion, and mentality by promoting player-driven success and an environment where the player begins to demand more of themselves and own their personal growth.

We Welcome All

Manitou FC's model of training applies to **ALL** levels of play and individual player abilities. Manitou FC is also committed to creating a welcoming environment to all people of all walks of life. We not only embrace diversity; we seek it. We want the players and families of our club to reflect the diversity of the people who love soccer across the globe.

A Final Thought

With all this said, the coaches at Manitou FC are competitive people and they want to win as much as anyone. But they understand the commitment to the process we've outlined above is the best way to create high performing players and high performing teams, and they will value team development over the final score every time. More often than not, if individuals and the team perform well, the outcome will be reflected in the score. Our coaches will put players in positions where they have an opportunity to succeed and grow, which may not always be the position the players see themselves playing. This is part of our development philosophy based on years of playing and coaching experience.

Learn more at <https://manitoufc.org/teams/>



Facilities

INDOOR FACILITIES

Rosemount Dome

Address: 13901 S Robert Trail, Rosemount, MN 55068

Elite Feet Indoor Training

Address: 525 Diffley Road, Eagan, MN 55123

TCO Garden

Address: 1490 Co. Rd E East, Vadnais Heights, MN 55110

Sanneh Foundation Dome

Address: 2090 Conway St, St. Paul, MN 55119

OUTDOOR FACILITIES

Eagan Fields

Manitou F.C League play is provided through our affiliations with the Minnesota Youth Soccer Association and Twin Cities Soccer League. In addition, we participate in the following cup competitions and showcases: USYS National Championship Series (State Cup), TCSL League Cup and the US Club Soccer Regional Cup, Jefferson Cup, Players Showcase, Dallas Cup, Disney Showcase.



Other Information

MANITOU F.C COACHES:

<https://manitoufc.org/staff/>

Manitou F.C Eagan will be directed by
Shari Eckstrom.



MFC also provides assistance with the following:

1) College Search Process

<https://manitoufc.org/support/>

<https://manitoufc.org/college-commits/>

2) Strength & Conditioning via The Power House

<https://manitoufc.org/support/>

<https://manitoufc.org/programs/#performancetraining>

3) Individual Development Planning for Player's ages U15 & Up

4) Player evaluations 1-2x's per year

Register for Future Manitous at manitoufc.org/future-manitous

