



DAKOTA UNITED
SOCCER CLUB

PURPOSE

- Explain all programming for the U13 Boy's Summer 2012



U13 GIRLS

- Intro
- Teams
- Jerseys
- Training
- Tournaments
- Great Plains League
- MRL 2013?



COACHING STAFF

The coaching staff will be announced after the February 25th deadline.

- All USSF Licensed



U13 GIRLS

There will likely be two teams at this age group.

Teams will be split according to commitment/players skill

- Players will be watched through March indoor session/various training sessions.
- Players can guest play on either team depending on availability.
- Blue/Gold teams

JERSEYS

We would like to find out numbers so we can fix duplicates or order new ones.

TRAINING

Teams will train back to back.

Training will consist of

- Endurance/Conditioning/Strength Training/Injury Prevention
- Soccer Specific activities
- Game Preparations

TOURNAMENTS

The Dakota United fee covers participation 3 events and the Great Plains Soccer League.

TOURNAMENTS

- Sioux Falls- June- 15-17 (1 Team)
- Tri City- Fargo- June 22-24 (1 Team)
- USA Cup Weekend- July 13-15 (2 Teams)
- North Dakota Cup- July 27-29 (2 Teams)

MIDWEST REGIONAL LEAGUE



The **MIDWEST REGIONAL LEAGUE (MRL)** mission is to provide the highest standard of competitive play for youth teams in US Youth Soccer Region II (the Midwest Region) and to assure the continued growth and development of elite level players.

QUESTIONS?

