



# Sound Football Club

## Parent Information Guide 2019-2020

Welcome to Sound Football Club (Sound FC)! We are looking forward to the 2019-2020 season. Our mission is to provide a community in which athletes compete at their maximum potential while developing strong minds, strong bodies and strong skills that inspire lifelong success, on and off the field.

### Sound FC Club Fees for 2019-2020

Premier 2011 and 2010 Teams playing 7 vs 7 \$1,850

Premier 2009-2001 Teams \$2,350

*A \$100 per player discount is offered to families paying the full club fee for two or more players in the club. This discount will be applied to your account mid-August. For families that pay fees in full, a check will be mailed.*

Our fitness programs focus on injury prevention (with an emphasis on ACL prevention), conditioning, quickness, agility and flexibility. Professional fitness trainers work with Sound FC players and coaches to design age and ability appropriate exercise/training programs. Our technical training (2011-2003) programs focus on individual technical skill development. Sound FC technical staff and coaches work with Sound FC players during technical training periods throughout the year. Our functional training (2003-2001) programs focus on individual and small group technical skill and tactical decision-making development. Sound FC technical staff and coaches work with Sound FC players during functional training periods throughout the year.

### Sound FC Club Fees pay for the following club expenses:

- |   |                                    |
|---|------------------------------------|
| a. Player Registration Fee                | g. Technical & Functional Training |
| b. Club Administrative Fees               | h. Referee Fees                    |
| c. Head/Assistant Coach Salary            | i. Field Rental Fees               |
| d. Speed & Agility Training (2005-2001)   | j. WYS League Fee (RCL)            |
| e. Technical & Coaching Director Salaries | k. State Cup Fee                   |
| f. Goalkeeper Training                    |                                    |

### Additional Costs:

#### Team Fees

Costs not covered by Club Fees are summer tournament fees, team equipment, coach travel expenses, etc. These costs are higher for older teams traveling to out-of-state tournaments, but for most players will be \$200-\$300.

#### Uniforms

Uniforms (Adidas) are not included in Club Fees and will be ordered through soccer.com. The basic kit includes 3 jerseys, 2 pairs of shorts, 2 pairs of socks, training top, shorts, socks and warm up top and bottom. Youth basic kit cost is approximately \$250, and the adult kit cost is approximately \$300. For the 2019-2020 season, the club will be providing the 3rd jersey, backpack and soccer ball for each player at no cost to our families.

#### How to Register

Go to the Sound FC website at: [soundfc.org](http://soundfc.org). Select the Registration tab and follow the prompts to complete the registration process. **Please be prepared to upload a birth certificate or passport and a current head shot of your player at the time of registration if you did not upload them previously.**

### **Payment Options**

There are two payment methods available: credit/debit card payment or e-check payment from your bank account. Payment options available are: payment in full, monthly auto payment plan for 9 months or a 3-auto payment plan over 7 months (1<sup>st</sup> payment upon registration, 2<sup>nd</sup> and 3<sup>rd</sup> payments 3 and 6 months after registration). There are processing fees associated with both auto payment plans. All credit/debit card payments are assessed a 2.5% service fee per month. E-Check payments are assessed a fee of \$5 per month.

### **Financial Aid**

Sound FC is committed to making premier-level soccer training available to youth of all income levels. Generally, financial aid is granted to families who qualify according to their income level. For a complete explanation of the Financial Aid Program, please go to [soundfc.org](http://soundfc.org). Application forms are available on the club website under Forms.

### **Coaches**

For a complete list and bios of all the outstanding Sound FC directors and coaches please go to our club website [soundfc.org](http://soundfc.org)

### **Field Locations**

Sound FC has 25 field locations that we use on a regular basis for both practices and games. Our players enjoy first-rate facilities owned by the Northshore School District, Edmonds School District, Edmonds Community College, King County and the cities of Lynnwood, Bothell, Woodinville and Mountlake Terrace.

### **Training Schedules**

Most teams train three times a week with the 7v7 teams training only twice a week. Training locations and times can change throughout the year. Usual training days are Monday-Thursday and most training sessions are 1.5 hours in length beginning at 5:00, 5:30, 6:00, 7:00 or 7:30 pm.

### **Pre-Season Tournaments**

Most teams participate in three or more summer tournaments around Western Washington. Older teams may participate in out-of-state tournaments. Tournaments are a great opportunity for the players and families to bond, have fun, and create great memories of their competitive soccer days. They are also an important tool in gauging a team's developmental benchmarks and preparing for league play.

### **League Play**

Sound FC premier teams compete in the top league in the state of Washington, the Regional Club League (RCL) of Washington Youth Soccer (WYS). The RCL offers teams aged 2011 to 2006 a fall and winter season. In order to maximize most players' desire to play on their high school teams, the high school boys' season is in the fall; and the high school girls' season is in the winter.

### **Post-Season State Cup Tournaments**

State cup play begins at the end of RCL season play with a guarantee of at least three games. After the elimination round, teams continue to play until they lose or compete in the tournament final.

### **Anticipated Seasons by Age/Gender (Year of Birth)**

2011/2010 teams play 7 vs 7. 2009/2008 teams play 9 vs 9 compared to 2007-2000 teams who play 11 vs 11.

#### **G/B 2011-2010 Premier Teams**

- Pre-Season Summer Training/Tournaments: May – August
- Fall League Games: September – November (down time over December winter break to be determined by the Director of Soccer and age group coaching staff)
- Winter League Games: January – March
- State Cup for 7 vs 7 teams: March – April

#### **G/B 2009-2006 Premier Teams**

- Pre-Season Summer Training/Tournaments: May – August
- Fall League Games: September – November (down time over December winter break to be determined by the Director of Soccer and age group coaching staff)
- Winter League Games: January – March
- State Cup: March – April

#### **BOYS 2005-2001 Premier Teams**

- B05 8<sup>th</sup> graders will compete in a supplemental spring league organized by the RCL
- Pre-Season Summer Training/Tournaments: May – August
- Fall League Games: September – December
- State Cup: January – February
- High School Season: March – May (potential limited club involvement during this time)

#### **GIRLS 2005-2001 Premier Teams**

- Pre-Season Summer Training/Tournaments: May – early August
- High School Season: late August – mid-November (potential limited club involvement during this time)
- G05 8<sup>th</sup> graders will compete in a supplemental fall league organized by the RCL
- Winter League Games: December – March
- State Cup: April – May

### **Parent Involvement**

Sound FC is a volunteer run organization and families are encouraged to volunteer service to their team and to the Club. Volunteer opportunities are available throughout the year. Each team relies on a manager, treasurer, fundraising coordinator, team representative and other volunteers. Please consider offering your time in one of these positions. In addition, the Club needs volunteers to help with several events throughout the year.

### **Questions or want to volunteer?**

Please let us know if you have any questions. You can email or call the club at: [info@soundfc.org](mailto:info@soundfc.org) or 425-899-7873