



Welcome to SOUND FOOTBALL CLUB! We are really looking forward to the 2023-2024 season! At SFC, 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. Additional club information can be found at SoundFC.org. Also, check out our social media pages on Instagram, Facebook, and Twitter with the handle [wearesoundfc](https://www.instagram.com/wearesoundfc).

Sound FC Club Fees for 2023-2024

AGE GROUP	BIRTH YEAR	PLAYER REGISTRATION FEE (includes ALL credit card fees)
U9 – U10	2015 - 2014	\$1855
U11 – U12	2013 – 2012	\$2060
U13 – U19	2011 - 2005	\$2425

Sound FC Club Fees pay for the following club expenses:

- Player Registration Fee
- Club Administrative Fees
- Professional Coaching
- SFC Technical Staff
- Goalkeeper Staff/Training
- Secondary Health Insurance
- Referee Fees
- Field Rental Fees
- RCL League Fee
- **State Cup Fee (now covered by Sound FC!)**

Additional Costs: Team Fees and Uniforms

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

Uniforms are not included in Club Fees and will be ordered through team and club level uniform coordinators. The mandatory kit includes 2 game jerseys, 2 game shorts, 2 pairs of game socks, training jersey, training shorts, training socks, Warm-up jacket/pants, a backpack, and a match quality ball. The Sound FC uniform kit cost is approximately \$400 + tax and shipping. For the 2023-2024 season, all players are required to buy the full kit as this is a new uniform cycle year. These uniform kits will be in use for two consecutive annual cycles. Additional information will be distributed once players are registered.

How to Register

Once you have accepted a position on a Sound FC team you will receive an email with registration instructions. Be prepared to upload a birth certificate or passport and a current headshot of your player at the time of registration if you did not upload them previously. If you don't receive the registration email within 48 hours of the second tryout session, please contact your head coach.

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Payment Options

For our Sound FC families, we are offering the following three payment options at time of registration.

1. Pay in full
2. Pay initial fee due at the time of registration, followed by three equal payments starting June 15th, July 15th, and third payment August 15th.
3. Pay initial fee due at the time of registration, followed by seven equal payments, next sequence of equal payments come out monthly starting with June 15th and running through December 15th.

Please note that NYSA is a nonprofit, cash-based business. We encourage families, if it is financially possible, to pay in full at time of registration. For those who chose to opt-in to the pay in full plan or any other plan we offer to secure your spot with your premier team we thank you and welcome you to premier soccer with Sound FC.

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. Application forms are available on the club website under Resources, 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. Typically, coaching slates are released 2 weeks prior to tryouts.

Field Locations

Sound FC has over 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, Snohomish County, and the cities of Bothell, Woodinville, Lynnwood, and Mountlake Terrace.

Training Schedules

All 9v9 and 11v11 teams train three times per week and our 7v7 teams training twice per 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 4:30, 5:00, 5:30, 6:00, 7:00 or 7:30 pm.

League Play

Sound FC premier teams compete in the top league in the state of Washington, the Regional Club League (RCL). Most of our age groups play a fall and winter season. However, because we encourage players to play on their high school teams, the high school boys' RCL season is in the fall; and the high school girls' RCL season is in the winter/spring.

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Tournaments, etc.

Most teams participate in three or more tournaments around Western Washington and these events usually take place during the summer months. Older teams may participate in out-of-state tournaments. Some of our teams, based on competitive level and season success, may take part in one or more of the following: USYS Far West Regionals, USYS National League - Northwest Conference, USYS National League, etc. All teams have the option to participate in a WYSA State Cup tournament which begins at the end of the RCL season 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.

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.

Anticipated Seasons by Age/Gender (Year of Birth)

2015 – 2014 teams play 7 vs 7

2013 – 2012 teams play 9 vs 9

2011 – 2005 teams play 11 vs 11

Boys and Girls 2015 – 2009 Premier Teams

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

BOYS 2009-2005 Premier Teams

- Pre-Season Summer Training/Tournaments: June – August
- Fall League Games: September – December
- State Cup: January – February
- High School Season: March – May (potential limited club involvement during this time)
- B2009: 8th graders will be able to compete in a supplemental spring league organized by the RCL (number dependent)

GIRLS 2009-2005 Premier Teams

- Pre-Season Summer Training/Tournaments: June – early August
- High School Season: late August – mid-November (potential limited club involvement during this time)
- G2009: 8th graders will be able to compete in a supplemental fall league organized by the RCL (number dependent)
- Winter League Games: December – April
- State Cup: April – May

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Parent Involvement

Sound FC is supported by a dedicated group of volunteers, and families are encouraged to volunteer service to their team and to the Club. Unlike other clubs, Sound FC does not charge families a volunteer fee to earn back through service. We ask that you lend your expertise and time to help us continue to develop the Sound FC family, into an atmosphere and experience that your children will cherish for the rest of their lives. Volunteer opportunities are available throughout the year. Each team relies on a manager, treasurer, equipment coordinator, 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: [**bmitalas@soundfc.org**](mailto:bmitalas@soundfc.org) or [**office@northshoresoccer.org**](mailto:office@northshoresoccer.org) or 425-486-5106.

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