



Sunrise Soccer Club

A Non-Profit Organization

Select Soccer Program

Tryout Schedule

2010 Season

For All U-10 And Older Players, Boys & Girls

All Tryouts Will Be Held At Tempo Park

(Tempo Park Is Located At 13125 Fair Oaks Blvd., North Of Greenback Lane)

Players Must Attend At Least Two Tryouts

ALL U-10, U-12 & U-14 Teams

Dates	Girls	Boys
Sat. & Sun., February 27, 28	9:00am to 11:00am	12:00 Noon to 2:00 pm
Sat. & Sun., March 6, 7	9:00am to 11:00am	12:00 Noon to 2:00 pm
RainDates: Sat. & Sun., March 13, 14	9:00am to 11:00am	12:00 Noon to 2:00 pm

ALL U-16 & U-19 Teams

Dates	Girls	Boys
Sat. & Sun., April 10, 11	9:00am to 11:00am	12:00 Noon to 2:00 pm
Sat. & Sun., April 17, 18	9:00am to 11:00am	12:00 Noon to 2:00 pm
RainDates: Sat. & Sun., April 24, 25	9:00am to 11:00am	12:00 Noon to 2:00 pm

Please arrive on time and equipped to play soccer

Proper Equipment Includes:

A Regulation Soccer Ball

Protective Gear (Shin Guards, Goalie Gloves)

Soccer Cleats

and PLENTY of Water.

Select teams are open to all U-10 eligible and older players

For more information or to address any questions or concerns, contact the Sunrise Soccer Club Select Coordinator:

Lou Ellis at 723-0350 or louellis@surewest.net

This is not a program of the San Juan Unified School District and the San Juan Unified School District accepts no liability or responsibility for this program. The Sunrise Soccer Club is not affiliated with the Sunrise Recreation & Parks District.

Questions?? Call the Sunrise Soccer Club at 722-8154 or visit our web site at www.sunrisesoccer.org.

Sunrise Soccer Club • 7250 Auburn Blvd #158 • Citrus Heights CA 95610 • 916-722-8154

www.sunrisesoccer.org

2010-2011 Season Age Matrix

If your birthday is between	Your age group for 2009-2010 is
8-1-00 to 7-31-02	U-10
8-1-98 to 7-31-00	U-12
8-1-96 to 7-31-98	U-14
8-1-94 to 7-31-96	U-16
8-1-91 to 7-31-94	U-19

What Is The Difference Between Select and Recreational Teams?

The Sunrise Soccer Club (SSC) supports two levels of soccer development—a recreational program and a highly competitive select program. The recreational program has the philosophy “Everyone plays,” which means that any young person who wants to play soccer can join a SSC recreational team. Select teams, however, require prospective players to compete with their peers for a position on the team.

Select Teams	Recreational Teams
Players required to play at least 1/2 of every game	Players required to play at least 1/2 of every game
Typically have longer playing seasons <ul style="list-style-type: none"> • from August through following January • 20 to 30 games, depending on tournament participation 	Shorter playing seasons <ul style="list-style-type: none"> • September to November • total of 10 games
Coaching staff <ul style="list-style-type: none"> • typically have many years of experience • have taken several coaching certification courses • are assigned by the club’s Select Coaches Coordinator • are approved by the Board of Directors 	Coaching staff <ul style="list-style-type: none"> • may not have as much coaching experience • may have basic coaching certification only • are parent volunteers, supported and guided by the SSC
Up to five age levels: U10, U12, U14, U16 and U19	Seven age levels: U6, U8, U10, U12, U14, U16 and U19
3 to 15 teams sponsored by SSC, depending on the number of talented players available**	As many teams as needed per season, depending on the number of registered recreational players

Please note: Due to the nature of the select teams, the coaches expect a higher level of player commitment to soccer as compared to the recreational program. Commitment is often as important as skill in building a soccer team. The select coaching staff are themselves committed to support the development of individual soccer skills and competitive team play. This development program is a multi-year process that starts with the under-10 age group and continues through the under-19 teams. The emphasis at all levels is on consistent, higher-quality, competitive soccer.

**The SSC reserves the right to choose the number of select teams it wishes to field in any season as circumstances warrant. Depending on the availability of skilled players, some seasons may have fewer teams, and some seasons may have more teams.