

Roanoke Star Season Schedule

We believe that practice is the critical learning environment for our players. The practice environment is where players learn the game and can hone their skills. Therefore part of our approach will be an emphasis on more practice opportunities for our players. Particularly of concern is the practice to game ratio. It is our belief that a higher practice to game ratio will lead to better performance in the games that are played. This we feel will result in numerous benefits to our players, their families and our club.

In late July and early August all players in the club will be strongly encouraged to attend the Pre-Season team camp. The team camp is a very important part of the upcoming season as it gives the players and coaches a great chance to get to know each other. The pre-season camp will be a great opportunity for the players to train closely together all week under the direction of the full time staff and coaches from outside the club (college coaches for example).

12 Important Notifications

1 – Pre-Season Camp

U11– U13 Boys & Girls	July 26 th - 29 th	Monday - Thursday 9-12 AM
U14/U15 Boys & Girls	July 26 th – 29 th	Monday - Thursday 2-5 PM
U16 – U19 Boys & Girls	Aug 2 nd - 5 th	Monday – Thursday 2-5 PM

(The pre-season camp will have an \$100 additional cost)*

The Pre- Season Camp schedule will:

- a) Provide a rich learning environment for the players (training, rest, performance)
- b) Provide another opportunity for interaction between the full time and elite team coaches regarding training methods, philosophy etc.
- c) Enable the teams to get an early start on the teams' preparation for the upcoming year

2 - Fall 2010 Training for Elite teams

U11 – U15 Elite Boys & Girls – start August 2nd – November 21st
U16 Elite Boys – start August 2nd – December 23rd
U16 Elite Girls – start August 2nd – November 21st
U17 Elite Girls – start July 5th – December 23rd
U17 & U18 Elite Boys – start July 5th – December 23rd
18 Elite Girls – start August 2nd – November 23rd

3 - Fall 2010 Training for Premier teams

U11 – U14 Premier Boys & Girls – start August 2nd – November 21st

U15 – U19 Premier Girls – start August 2nd – November 21st

U16 – U19 Premier Boys – start August 2nd – December 12th

4 – Spring 2011 Training for Elite teams

U11 – U14 Elite Boys & Girls – start February 21st 2011 – May 29th 2011

U16 – U18 Elite Boys – start January 11th 2011 – February 6th 2011

U17 Elite Girls – start January 11th 2011 – February 6th 2011

5 – Spring 2011 Training for Premier teams

U11 – U14 Premier Boys & Girls – start February 28th 2011 – May 29th 2011

6 – Additional Training in Fall & Spring

All Roanoke Star players are strongly encouraged to take advantage of the additional night training opportunities. This year we will have Soccer Speed and Agility Training at the Edge for every team and we will also have specialized GK training. Finally players are also encouraged to take advantage of the 3rd night training sessions that will concentrate on functional and skill training. For the U16 – U19 Elite Boys and U17 Elite Girls, the additional training will be mandatory.

7 - All Elite and Premier teams will participate in The Stellar One Star Cup and Kroger Cup.

Stellar One – August 28/29th

Kroger Cup – October 9/10th

8 - Fall 2010 League games

League play for VCCL begins on Saturday 11th September 2010

League play for Premier teams will begin on Saturday 11th September 2010

9 – Tournament Schedule

Elite teams typically attend 2 events outside of Roanoke in the fall including CASL Shootout or Showcase and another high level event. The Elite teams are likely to enter the Virginia State cup as well. Premier teams will attend CASL Shootout or Showcase (or similar event) and possibly one other event. The tournament schedule for all Roanoke Star teams will be released by August 1st.

10 – Winter 2010-11 Schedule

Futsal training will be offered in January and February 2011 at the Edge Sports and Performance Center on Tom Andrews Road. The training nights will be Monday, Tuesday, Wednesday and Thursday. We are currently in discussions with other clubs (CVU and NRUSA) about having an indoor league in the months of January and February. It is anticipated that league play will be Saturday morning.

11 - Spring 2011 League games

League play for VCCL will begin in March 2011
League play for Premier teams will begin in March 2011

12 - Spring season ends

Spring season ends mid to late May