



2022-23 Team Practice Policy

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Summer/Fall Season

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BU9-BU19 & GU9-GU15 Teams

Summer (Season starts June 2nd/Fall Season (Season starts Sept. 10th - Dec 18th)

Teams will practice twice a week, 90 minutes a session, from first week of June until last game of season (usually mid-December).

- No practices allowed before June 2nd or after last fall season game for your team.
- No practice for U9-U12 during one Soccer camp (August)
- Do not cancel training/reschedule games because HC cannot attend. Use your assistant or another age group coach. Contact DoC if you still do not have cover.
- Goal Keeper training takes priority over regular practice
- Teams will participate in Crossfire Select Cup and two other tournaments (max.)
- No practices or games during Thanksgiving (unless your team chooses to participate in a Thanksgiving tournament).
- Teams will break for approx. 2 weeks in December, after final fall league game.

State Cup (est. Group play Jan. 7-8, 14-15, 21-22, 28-29 (quarterfinal if needed) semifinal and finals Feb 3-5

Teams will resume training for 1 week before State Cup play (if it's possible depending on when holidays fall). Teams will continue to train twice a week during State Cup play.

- No practices allowed after last State Cup game.

GU16-GU19 Teams

Summer Season

Teams will practice twice a week, 90 minutes a session, from first week of June until High School Tryouts in August (usually mid-August).

- No practices allowed before June 2nd
- Teams will participate in Crossfire Select Cup and two other tournaments (max.)
- Goal Keeper training takes priority over regular practice

Winter Season (Season starts Dec. 3rd 2022 – Mar. 25th 2023)

- Teams will practice twice a week, 90 minutes a session, starting week of November 14th
- Practice over Thanksgiving week permitted
- Teams will break for approx. 2 weeks in December

State Cup

Teams will continue to train twice a week during State Cup play.

- No practices allowed after last State Cup game.

U9-U14 Spring Teams

Spring Season (Season starts Feb. 25th 2023– beginning April. 2023)

Teams will practice once a week, 90 minutes a session, from week of Feb.13th 2023 until last game of season.

- Participation is for all Crossfire Select players and teams will be formed based on what coaches volunteer to coach and player interest
- GHS age teams have priority on field space and time slots
- No practices allowed after last Spring game for your team.
- No rescheduling of home games