



## Team Practice Policy

### **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 1st
- 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 team practice
- Teams will break for approx. 2-3 weeks in December, after final fall league game.

Teams will resume training 1st week of January for State Cup play (if it's possible depending on when holidays fall).

- 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 1st
- Teams will participate in Crossfire Select Cup and 3 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 (Feb-April)

Teams will practice once a week, 90 minutes a session

- 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
- 6 weeks (6 practices and 6 games)
- No extra scrimmages on the weekend or extra practices during the week