



PRACTICE LOCATION: VAUGHAN ATHLETIC CENTER, Aurora, Illinois.

### GIRLS PROGRAM (2009-2010)

6<sup>th</sup> Grade/12u Girls: \$495.00 (Limit= 2 Teams), uniforms separate.

Team Practice: 1-2 per week (Mostly Fridays)

Tryout Date: 11/2/09 @ 7:00 p.m.

Practice Season: December 1<sup>st</sup>, 2009 – May 31<sup>st</sup>, 2010

Tournaments: 8-10 total play dates (Local Travel ONLY)

7<sup>th</sup> Grade/13u Girls: \$995.00 (Limit= 2 Teams), uniforms separate.

Team Practice: 2 per week (NEVER on Wednesday).

Tryout Dates: 1<sup>st</sup> Tryout- 9/20/09 @ 9:00 a.m., 2<sup>nd</sup> Tryout- 10/4/09 @ 7:00 p.m.

Practice Season: December 1<sup>st</sup>, 2009-May 31<sup>st</sup>, 2010 (off holidays and one week spring break)

Tournaments: 11-14 total play dates (Power League, Asics, and Local Travel ONLY)

8<sup>th</sup> Grade/14u Girls: \$1350.00 (Limit= 2 Teams), uniforms separate.

Team Practice: 2-3 per week (NEVER ON WEDNESDAY).

\*Position Training: Monday Night

Tryout Dates: 1<sup>st</sup> Tryout- 9/20/09 @ 9:00 a.m., 2<sup>nd</sup> Tryout- 10/4/09 @ 7:00 p.m.

Practice Season: December 1<sup>st</sup>, 2009- May 31<sup>st</sup>, 2010 (off holidays and one week spring break)

Tournaments: 15-18 total play dates (Power League Included, Local Travel)

High School Girls: \$1750.00 (Limit= 4 Teams), uniforms separate.

Team Practice: 2-3 per week.

\*Position Training: Monday Night @ 7:30 p.m.

\*\*Weight Training: TBD

Tryout Dates: 15u/16u- 10/26 @ 7:00 p.m., 18u- 11/1 @ 7:00 p.m.

Practice Season: December 1<sup>st</sup>, 2009 – June 15<sup>th</sup>, 2010 (off holidays and one week spring break)

Tournaments: 19-24 total play dates (Power League Included, Some Travel)

### BOYS PROGRAM (2009-2010)

Middle School/14u Boys: \$750.00 (Limit= 2 Teams), uniforms separate.

Team Practice: 1-2 per week. (Wednesday Night)

Tryout Date: 11/2/09 @ 7:00 p.m.

Practice Season: November 15<sup>th</sup>, 2009 – March 1<sup>st</sup>, 2010, then two weeks in June.

Tournaments: 9-11 total play dates (Local Travel ONLY)

High School Boys 16u/18u: \$1350.00 (Limit = 2 Teams), uniforms separate.

Team Practice: 2-3 per week.

Weight Training: TBD

Tryout Date: 17/18 – September 10<sup>th</sup>, 2009 @ 6:00 p.m., 15/16 – September 10<sup>th</sup>, 2009 @ 8:00 p.m.

Practice Season: October 1<sup>st</sup>, 2009 – March 1<sup>st</sup>, 2010, then whole month of June.

Tournaments: 18-22 total play dates (TOP-LEVEL TOURNAMENT EXPOSURE)