



ECU Team Expectations

The ECU "official" seasons are:

- Fall: Mid-August through early October and
- Spring: Post spring break through the conclusion of play in mid-July.

MYSA League play consists of 6 games in the fall and 10-12 games in the spring (half at home and half in the MYSA East District). See MYSA website for more information on playing days. Parents on the team select tournaments; however, all teams typically play at the ECU tournament which is Father's Day Weekend. The coach works with the team manager and parents to establish practice schedules. The following are the club guidelines for each age group:

U9/U10 Teams

- ❖ Plan on 2-3 training sessions per week of 60-75 minutes each*
- ❖ FALL:
 - Participate in MYSA League
 - Select 1 or more tournaments.
- ❖ WINTER:
 - Optional team training indoors.
- ❖ SPRING:
 - Select 4 or more tournaments between the end of April and the middle of July.

U11/U12 Teams

- ❖ Plan on 2-3 training sessions per week of 75-90 minutes each.*
- ❖ FALL:
 - Participate in MYSA League
 - Select 1 or more tournaments.
- ❖ WINTER:
 - Optional team training indoors.
- ❖ SPRING:
 - Compete in MYSA League Play
 - Select 3 or more tournaments.
 - Participation in State Qualifiers and the State Tournament is recommended.

U13/U14 Teams

- ❖ Plan on 3-4 training sessions per week of 90+ minutes each.*
- ❖ FALL:
 - Participate in MYSA League
 - Select 1 or more tournaments.
- ❖ WINTER:
 - Optional team training indoors.
- ❖ SPRING:
 - Compete in MYSA League Play
 - Select 3 or more tournaments.
 - Participation in State Qualifiers and the State Tournament is recommended.