



U9-U10 Academy

This program is for players to increase their development in the game of soccer. Teams play a fall and spring season, and indoor winter training is also offered.

Menace U9-U10 Academy Basics

Player Ages—open to any U9 or U10, boys or girls born in 2009 and 2010.

U7-U8 — We also offer a U7-U8 program that gives players a chance to "dip their toes in the water" of seeing what competitive soccer training is like. The cost is \$160 for this program.

Practices—Three practices per week. We offer two different locations and times in order to be more accommodating to your busy schedules!

Coaching—Menace professional coaching will run practices and coach games as possible; parent "E-licensed" coaches provide support at practices and games.

Games— Games will occur around the Des Moines Metro area. Games will be played on Saturdays and Sundays with the furthest game taking place in Ames.

Locations— Aliber Soccer Complex in Des Moines and Menace Practice Fields in Grimes.

Cost—The Spring cost is \$260.

Start Date—We plan on starting around the middle of March and ending the first week of June.

Menace Tickets—Each registrant will receive Menace League Two tickets to a game of their choosing.

Rec vs. Academy

The difference between rec soccer and U9-10 Academy really comes down to the commitment level of the player and parents, both financially and from a time standpoint. This list of characteristics can also help to determine if U9-U10 Academy is a good fit for your player.

- demonstrates a solid technical foundation
- physically stronger and/or quicker than most players their same age
- high level of coordination and agility
- demonstrates high level of focus and concentration during games/practices
- soccer is a high priority
- practices on their own
- U9/U10 player planning to tryout for select soccer

There are no tryouts and any players can sign-up—this list is just a guideline.

Questions? Call Evan at 515-457-6367 or email Evan.Janssen@MenaceSoccer.com or Dan James at 515-490-6121 or email Daniel.James@MenaceSoccer.com.

U9-U10 Player Registration for 2019

Payment due with registration to: Des Moines Menace
1459 Grand Ave,
Des Moines, IA 50309

Checks payable to *Menace Academy*.
Online registration at MenaceAcademy.com

Name _____ Child's B-Day _____ Mom's B-Day _____ Gender _____
(month/day only)

Address _____ City _____ Zip _____

Phone _____ Email _____ Location: Des Moines or Grimes
(please circle)

\$260 U9-U10 Spring Registration

This is not a school publication, nor is it in any way endorsed or sponsored by any school district. This publication is being provided only to inform you of other available community activities and opportunities.

Parent/Guardian Authorization

I hereby approve of my child's participation in the U9-U10 Menace Academy soccer program. My child is currently covered by medical insurance. I understand I am responsible for any fees due to injuries my child may obtain while participating. I will in no way hold F.C. Des Moines, L.C., Menace Soccer Foundation, Soccer West Soccer Club, DCG Soccer Club, City of Grimes, The U, Iowa's Sports University, Des Moines Public Schools, program directors, staff or any of their affiliates responsible for injuries resulting from participation in the U9-U10 Menace Academy soccer program. I give F.C. Des Moines L.C., permission to publish photographs or the likeness for promotional use without written consent unless the parent/guardian provides F.C. Des Moines L.C. with written notification that they object to this policy.

Parent's Name (Print) _____ Parent's Signature _____