

CELTIC SC ACADEMY INFORMATION (2000-2006)

13U to 15U (Players born in 2006 to 2004)

The 13U to 15U age groups are for boys and girls born in 2006 to 2004. These players play 11v11 throughout the year and separated by gender. These ages feature a Showcase level where teams will train 3 days per week. We are also offering the option to train 3 days per week for all teams at the 13U to 15U levels. The 13U to 15U program features:

- 3 professionally coached training sessions per week (Fall & Spring, this is mandatory for Showcase teams, but is an option for all 13U-15U teams)
- 2 professionally coached training sessions per week (Winter)
- 11v11 League (Fall & Spring)
- State or Regional League competition possible (Showcase level only, possible extra cost)
- Optional winter competitive league (extra cost)
- 3 tournaments (one will be an overnight tournament)
- Weekly technical centers with specific technique coach
- Mental Skills Training (developing confidence, growth mindset, and competitiveness)
- Cup competition (Showcase level, but option for other teams training 3 times per week)
- Minimum 4 Celtic SC Benchmark Updates plus 1 Parent Player Coach Conference
- Preseason Camp (August 6-9)
- Celtic SC New Balance Uniform Kit (extra cost)

13U to 15U players will train in their team environments. The teams will train according to principles and philosophies set forth by the Celtic staff. Players at these ages should be committed to their club and team. It is expected that players make all trainings (if they cannot make a team training, it should be made up with another team within these ages). Players are also highly encouraged to speak with staff if they want more training. Our goal at these ages is to refine players' technical skills and guide players in recognizing the roles in a team concept.

16U to 19U (Players born in 2003 to 2000)

The 16U to 19U age groups are for boys and girls born in 2003 to 2000. These players play 11v11 in either an August-February season (Girls) or November-July (Boys) and separated by gender. All teams at these age groups will train 3 days per week featuring two team trainings and one large group training.

The 16U to 19U program features:

- 3 professionally coached training sessions per week (Fall for girls, Spring for boys)
- 2 professionally coached training sessions per week (Winter)
- 11v11 League (Fall & Spring)
- State or Regional league competition possible (Showcase level only, possible extra cost)
- Optional winter competitive league (extra cost)
- 3 tournaments (At least one will be an overnight tournament)
- Celtic College Advisory Program
- Cup competition
- Individual player plans for each player 16U-19U
- Preseason Camp (August 6-9)Celtic SC

- New Balance Uniform Kit (extra cost)

16U to 19U players will train in their team environments. The teams will train according to principles and philosophies set forth by the Celtic staff. Players at these ages should be committed to their club and team. It is expected that players make all trainings (if they cannot make a team training, it should be made up with another team within these ages). Players who are interested in playing soccer beyond high school and club should approach their staff coach in the beginning of the year. We will put together staff if they want more training. Our goal here is to promote competitiveness and quality play from our players in training to lead to success in our matches.

If you have any questions, please contact Director of Soccer Operations- JJ Ruane at jjruane@palatinecelticsc.com.