

# LEXINGTON F.C. INFORMATION



## PURPOSE

The purpose of the Lexington FC is to provide a challenging environment for children in the Central Kentucky area to develop their soccer skills, to teach sportsmanship, and to enhance the game of soccer in our community. The goal of the Lexington FC is to develop players U-9 to U-18 for high school and collegiate competition.

## COACHING

Lexington FC coaches are selected by the Lexington FC Director of Coaching on the basis of their ability to develop soccer players. A typical Lexington FC coach has played soccer at the collegiate level. Our coaches are required to obtain USSF "E" and/or "D" certification to comply with KYSA requirements and must complete a criminal background check EVERY season. The club encourages its coaches to elevate their coaching skills by providing incentives to attend coaching clinics.

## PRACTICE

Lexington FC teams practice approximately two times a week for about two hours at a time. Each team determines its own practice location. At practices the players work on skills and conditioning. In addition to team activities, the Lexington FC sponsors goalkeeping clinics and offseason training opportunities. Winter training will be available as an option for our U-9 through U-12 age groups for 2010-2011 with discounted fees at the time of registration.

## TOURNAMENTS

Lexington FC hosts three tournaments per year. The Bluegrass Invitational Tournament (BIT), held in May, is the oldest and largest tournament of its kind in the state. It was first held in 1982. Teams from more than 25 states and Canada have participated. The Lexington Invitational Tournament (LIT), held during the fall season, was first held in 1997. This tournament has become a premier tournament for junior teams (U-9 through U-14) in the region. LFC is hosting the Kentucky State Open Cup preliminary rounds May 29-31, 2010 for ages U-13 to U-19. Last year, LFC produced 3 State Champions and 3 State Finalists in these competitions. Proceeds from these tournaments help keep registration fees low.

## SELECTION

Players must arrive at the designated field regardless of weather conditions on the tryout date. If there is severe weather (lightning), you may be instructed to return on an alternate date. Players should

come prepared for tryouts with the appropriate equipment (a ball, cleats, shin guards, goalie equipment, etc) and bring their own water. Lexington FC team tryouts are conducted by the coaching staff. All eligible players will be considered. Tryouts consist of drills in which players demonstrate their skills and competitive abilities. Coaches will be looking for players with sound fundamentals, dribbling, tackling, passing, receiving and shooting as well as a positive, coachable attitude. The size of teams may vary depending on the number of talented players available. National rules dictate that maximum team size is 18 players for U-13 through U-15 teams and 22 players for U-16 and above teams. Team size varies by age group with younger teams having fewer players. U-10's play 6v6, U-11 and 12's play 8v8, U13 and above play 11v11 in accordance with Kentucky Youth Soccer Association rules. Typically, small-sided teams have 10-14 players, depending on age. U-9 Academy "pool" teams can have an unlimited number of players but they will be placed on "game day" teams of 10-12 players and play 6v6 in these fun matches. At the tryout we will explain when and how players can find out if they have been selected for teams. Formed teams will be posted on our website: [www.lexingtonfc.org](http://www.lexingtonfc.org). Registration instructions for players selected will also be posted at the conclusion of tryouts. Lexington FC registration fee and uniform information can be found on our website.

## ACADEMY

The LFC Academy is designed to train young soccer players and allow them to HAVE FUN! The emphasis is on player development rather than winning and losing. Players can experiment, learn, and play without fear of losing a match or making mistakes while being trained by experienced coaches. The academy offers age appropriate training, less travel and expense than traditional select programs, and a convenient practice location (I Am Third fields.) This program serves as an excellent bridge between recreational and select soccer for players that desire to eventually play at a higher level.

## ALUMNI

Lexington FC has proudly placed over 300 players on college soccer teams. (List updated annually on the LFC website)

Former LFC player, Arin Gilliland, is a member of the 2010 US Women's National U-18 team.

Several former LFC players are playing professionally in 2010: Sean Kelley (FC Dallas organization), Jon Kincheloe, Albert Gross, Glenn Volk, Ryan Wood (PASA Louisville Lightning), Jeff Hughes (PASA 1790 Cincinnati Express), and Thabisio (Boyyz) Khumalo (DC United.)

Former player Jessie Birdwhistell founded the LYSA TOPsoccer program in 2010 and won a major USYSA grant to help fund the program.

# Lexington FC Tryout Schedule 2010-2011

<b>Age Group</b>	<b>Date</b>	<b>Time*</b>	<b>Location</b>
<b>Boys U-9 through U-14 (All Teams)</b>	<b>Monday, June 7</b>	<b>6:00 PM</b>	<b>Masterson Station Fields</b>
	<b>Wednesday, June 9</b>	<b>6:00 PM</b>	<b>Masterson Station Fields</b>
<b>Girls U-9 through U-14 (All Teams)</b>	<b>Tuesday, June 8</b>	<b>6:00 PM</b>	<b>Masterson Station Fields</b>
	<b>Thursday, June 10</b>	<b>6:00 PM</b>	<b>Masterson Station Fields</b>
<b>Boys U-15 through U-18 Premier</b>	<b>Sunday, June 13</b>	<b>4:00 PM</b>	<b>Masterson Station Fields</b>
<b>Girls U-15 through U-18 Premier</b>	<b>Sunday, June 13</b>	<b>1:00 PM</b>	<b>Masterson Station Fields</b>
<b>Boys U-15 through U-18 Classic</b>	<b>Tuesday, June 15</b>	<b>6:00 PM</b>	<b>Masterson Station Fields</b>
<b>Girls U-15 through U-18 Classic</b>	<b>Tuesday, June 15</b>	<b>6:00 PM</b>	<b>Masterson Station Fields</b>

\* CHECK IN will start about 30 minutes before this time. Do not arrive too early.

Tryouts typically last 1 1/2 to 2 hours.

U-9 through U-14 tryouts are scheduled for two days. The coach may cancel the second tryout date at his/her discretion at the conclusion of the first day of tryouts. You should plan on attending both nights.

All coaches reserve the right to form Premier/Classic pool teams in any age group. This "pool" may have additional training sessions with the coaches before final team placement. A pool, if any, will be announced at either the first or second day of tryouts.

Office Use Only

Tryout # \_\_\_\_\_

<b>Age Groups Seasonal Year 2010-2011</b>		
<b>Age Group</b>	<b>Grade</b>	<b>Born Between</b>
U-18	12	8-1-92 & 7-31-93
U-17	11	8-1-93 & 7-31-94
U-16	10	8-1-94 & 7-31-95
U-15	9	8-1-95 & 7-31-96
U-14	8	8-1-96 & 7-31-97
U-13	7	8-1-97 & 7-31-98
U-12	6	8-1-98 & 7-31-99
U-11	5	8-1-99 & 7-31-00
U-10	4	8-1-00 & 7-31-01
U-9*	3	8-1-01 & 7-31-02



*\* There is a limit on the number of underage players (turning 8 after Aug.1) that can play in the academy. In general, it is no more than a 1 to 6 ratio of younger players to "of age" players. Players two years under age are not eligible to play in the academy.*

**Complete and turn in at check in**

Age group you are trying out for \_\_\_\_\_ Grade in School (2010-11) \_\_\_\_\_ Birth date \_\_\_\_/\_\_\_\_/\_\_\_\_

*Failure to try out for the proper age group can result in not being placed on a team. The responsibility for trying out in the proper age group lies with the player and parents.*

**Please print:**

Goalkeeper: **Yes No** (Please Circle)

Name \_\_\_\_\_ Parent/Guardian \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_ ParentPhone \_\_\_\_\_

CellPhone \_\_\_\_\_ WorkPhone \_\_\_\_\_

Have you played for Lexington F.C. before? **Yes No** (Please Circle)

Which team(s) \_\_\_\_\_ Coach(s) \_\_\_\_\_

Other select team(s) \_\_\_\_\_ Coach \_\_\_\_\_

**Waiver**

*I recognize and understand that soccer is a sport involving risks not encountered in everyday play. With this understanding, in consideration of Lexington F.C., a division of Lexington Youth Soccer Association (LYSA), Kentucky Youth Soccer Association (KYSA), and the United States Youth Soccer Association (USYSA), their Board of Directors, coaches, referees, and other such volunteers that are connected with LYSA, KYSA, USYSA in any capacity, fully and forever release the aforementioned for any and all damages, claims, and/or liability arising out of any injury to or caused by my child. With the knowledge and understanding of the foregoing, this is to certify that my child has permission to participate in the Lexington F.C. tryouts.*

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date