



# OPTIONAL LEAGUE TEAMS

## (New Format)

### What is included:

- 16 practices (Saturdays)
- League fees - 14 League games (November through March)
- Professional coach

### What is NOT included:

- Tournament fees
- Tournament expenses
- Uniform

### Games

**Where:** Minneapolis Sports Center, Midtown YWCA. 2121 Lake ST, Minneapolis, MN - 55407

**When:** 12-14 games are played between November and March on Saturday or Sundays. Schedule will be available after scrimmages organized by the league in November.

**How teams are formed and placed in the league:** Coaches will form teams according to interest on each age group. Teams will be placed in the league according to the level of the team. A league is more competitive and B league less competitive. We will roster 9-10 players on each team.

**Tournaments:** Tournaments are not included in the cost of the program but they will be offered at an extra cost.

**Who can participate:** Players from 9-19 years old, boys and girls, all levels are welcome but teams will be formed according to the level of the players.

## **Practices**

**Where:** OMC SMAP

**When:** Saturdays (1 hour between 9am and noon)

October 24th through March 13th

**What:** we will have 1-2 teams per practice.

## **Cost**

**League teams:** \$340 + \$13.50 USYF fee

**Winter 1&2 plus League:** \$690 + \$13.50 USYF fee

**INSTALLMENT PLANS AVAILABLE**

