



Nordic U12 Girls Program – What to Expect.

Try-outs – We typically hold out try-outs for this age group in mid to late July. Players will be introduced to the Nordic coaching staff and will experience a typical Nordic practice. This will also give our coach's a chance to meet the players and get to know them on a more personal basis. After try-outs players will be sent appropriate paperwork to register for Nordic and initial payment is expected to accept your spot in our U12 Girls program within 2 weeks of try-outs.

Fall Program - Separate from our U12 Girls program, our Fall Program is optional and offers players the opportunity to work with our coaching staff in addition to or instead of the traditional town team fall programs. (There is an additional fee for this!)

Winter season -Nordic U12 Girls kick off their season at the Nordic Indoor Soccer Center (NISC) at the CVE Expo in Essex Jct. Players practice and/or play two times per week through-out the winter months. For session 1 and 2, players will be placed onto evenly balanced and age appropriate teams to compete in our 12 Girls league on Wednesday nights or our 14 Girls 7v7 league on Tuesday nights. Players will have 1 game day per week at NISC and will play in the 7v7 league on Tuesday or Wednesday nights between 4pm to 9pm. Game times will vary from week to week through-out the winter. Players will practice twice per week at NISC: Tuesday or Wednesday for 1 hour between 5pm to 9pm either before or after your 7v7 league game and Saturdays (times TBA...will be between 11.30am to 5pm and will vary from week to week through-out the winter). NISC runs 3 indoor sessions through-out the winter: Session 1 is typically during November and December: Session 2 during January and February with session 3 during March and April. There will be breaks through-out the winter for school holidays and certain CVE Expo shows. Teams will then be split up into Premier and Club after the 2nd or 3rd session of Indoor league play.

Spring season – Teams will start to prepare for their outdoor spring season with 2-3 Sunday outdoor practices on the turf field at South Burlington High School starting in late March/early April (weather permitting). This will replace the Saturday practices at NISC. All Nordic teams will start outdoor practices at the Tree Farm Soccer Complex in Essex Jct after the April school break. Teams will practice twice per week (Mon/Weds or Tues/Thurs) for 90 mins. 5pm to 6.30pm or 6.30pm to 8pm. Nordic U12 Girls teams will compete in the Vermont Soccer League (VSL) in their U12 division. This league includes U11 and U12 Girls teams from other local clubs and town teams. Games are typically on Saturday's through-out the state of Vermont and Plattsburgh, NY. Teams will play in 2 tournaments through-out the spring season. Memorial Day week-end, we will travel to Cape Cod and then the third week-end of June is Nordic Cup. We will also enter Vermont State Cup and teams have the opportunity to advance to the Region 1 Championships in Hersey, Pa in late June/early July.

Center of Excellence - *New for 2011-12 Season*...players will be identified through-out the year for their high level of play and dedication to the Nordic program and the game of soccer. This will be a revolving door with selected players being invited to an additional 1 hour of practice per week to be held at NISC through-out the winter and at the Tree Farm through-out the spring, to further their Nordic experience. There is no additional cost for the practices. . Our goal will be to also take a team to some in-state and out of state tournaments/scrimmages through-out the year.

Cost: \$1225...this includes all costs except uniforms.