



**Spring Registration for REC is now open** - Deadline to register and be guaranteed a returning spot on your team is February 1, 2018. Open registration will close on March 1, 2018.

**REC Uniforms** - Here are some FAQ's on how the uniform process will work for Spring. It is very important that you register for REC soccer by the deadlines so you do not incur additional uniform costs.

<https://clubs.bluesombrero.com/Default.aspx?tabid=333479>

**Futsal** - ROFC is excited to announce its 2nd annual Futsal League for the Winter 2018 season! Registration open now through your ROFC online account.

- The league will play on Sundays - game times will range from 11am to 4pm: January 21, 28, February 4th, 11, 25 and March 4
- Teams will consist of 7-9 players and play a 5v5 format
- All games will be played at Keller Elementary gym
- League (6 Sundays) open to all Rec and Premier players born between 2007-2010. The league registration fee is \$50 and includes a team t-shirt.

- Weekly Drop-In/'pick-up' games on each Sunday for players born between 2006-2004. \$10 per Session. You can pre-register on-line, or just show up.
- Registration deadline is December 22, 2017
- Volunteer coaches are needed

**U7/U8 Academy** - The U7/U8 ROFC Youth Academy is a brand new ROFC soccer development program for boys and girls born in 2011 and 2010. Registration open now through your ROFC online account.

The program offers several unique benefits:

- A curriculum created and taught by ROFC Directors using additional coaches that are current or former college and semi professional players.
- Two coaches at all times and a class size limited to 20 players.
- 8 one hour classes--3 hours indoor on turf at the 2SP Facility this winter and 5 hours in the Spring on the Royal Oak fields.

#### *WINTER PROGRAM SCHEDULE:*

2011 Boys - January 4, February 1, March 1, 2018 5-6PM @ 2SP indoor facility in Madison Heights

2010 Boys - January 11, February 8, March 8, 2018 5-6PM @ 2SP

2011 Girls - January 18, February 15, March 15, 2018 5-6PM @ 2SP

2010 Girls - January 25, February 22, March 22, 2018 5-6PM @ 2SP

#### *SPRING PROGRAM SCHEDULE:*

2011 Boys and Girls - 6-7PM @ a Royal Oak outdoor field - May 21, 23, 30 June 4, 6 2018

2010 Boys and Girls - 7-8PM @ a Royal Oak outdoor field - May 21, 23, 30 June 4, 6  
2018

**Speed and Agility** - In keeping with our goal of making sure that we offer all possible training and development opportunities for our players, we are pleased to bring to you a brand new speed and agility program. The program is designed by 2SP, the Madison Heights sports performance facility where our premier teams practice, and 2SP describes the program as an entry level strength training and multi-direction speed training program designed specifically for soccer players. Registration open now through your ROFC online account.

The basics of the program are as follows:

- Classes are co-ed by age
- Class size will be capped at 15 players per class and registration will close once that point is reached
- Each class will be 75 minutes long and run by 2 speed and agility trainers provided by 2SP
- Classes start January 6th and run each Saturday for 13 consecutive weeks (except that there will be no class on March 3rd) --
- Class times are:
  - 10:30 am - 11:45 am for ages 7-10
  - 11:45 am - 1:00 pm for ages 11-14
- The cost is \$175 for 13 sessions, or you can sign up for the first 6 sessions (January 6th – February 10th) for \$100, or the next 6 (February 17-March 31 (skipping March 3rd) for \$100. Only those that sign up for the full package will go to the 13th and final session on April 7th. You can only attend the classes in the 6 week session you signed up for--there are no make-ups if you miss a class.
- As noted, registration is capped at 15 players per class. Premier players will have registration priority until December 10th, but starting December 11th, registration will be open to all players in the club.

**Coach of the Year Award** - Each year, ROFC recognizes our coaches by honoring both a REC coach, and a Premier coach, with a Coach of the Year Award.

We want to hear from you! Please take a few minutes to let us know who you think should be coach of the year by filling out this form:

<https://goo.gl/forms/J5eAk8DbDOSZ5gob2>

We will announce and present the awards at the December Annual All Members meeting, held for all Rec and Premier Coaches, as well as Premier Team Managers.

**All Members Meeting** - Our annual All Members Meeting will be held Monday, December 11 at Oakridge Elementary, starting at 7:00pm.

The ROFC Board of Directors and Director of Coaching, Stephen Gorton, will review the state of the Royal Oak Football Club, highlight our many successes over this past year, and share our future direction. We will also be electing new board members to fill open positions and recognizing Coaches of the Year in both our Rec and Premier programs. Dinner will be provided by ROFC!

Per ROFC bylaws, all teams receive one vote to cast at the All Member Meeting.

For Rec teams, the head coach is expected to attend and has voting rights for the team. If the head coach is not able to be there, an assistant coach or a team representative needs to attend in their place.

Premier teams should be represented by their coach and their team manager or another non-paid representative. The non-paid individual will have the voting rights for the team.

Oakridge Elementary is located at 506 E 13 Mile Rd, Royal Oak.

## **Moonbeams for Sweet Dreams at Beaumont Children's Hospital -**

### **Please join us for ROFC Nights December 15th AND December 22nd!**

Being a patient in the hospital can be a very lonely experience, especially for children. Beyond the physical challenges of illness, they also face psychological and emotional stress during hospitalization. They miss their friends and school. They miss home. They're scared. Due to their conditions, they're often unable to leave their rooms. They feel isolated in the hospital as the rest of the world continues without them.

Through "Moonbeams for Sweet Dreams," the Beaumont Children's Pediatric Family Advisory Council has found a way to let them know they're not alone. With the help of the community, we can make sure they go to bed with smiles on their faces. During the month of December, we ask that you bring a flashlight, or any other creative lighting, and take a moment to join us outside of Beaumont Hospital, Royal Oak to say goodnight to our special young patients. The children will be anxiously awaiting your arrival with flashlights of their own. At 8:00 pm every evening, they will flash their lights from the hospital windows and look for you to flash back from outside. It's simple and easy

<https://bsbproduction.s3.amazonaws.com/portals/968/docs/moonbeams%20for%20sweet%20dreams.pdf>

**Grant Writer** - ROFC is looking for a Grant Writer to volunteer their time to help is submit a grant or two. Please contact us if you are interested.

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