

Travel team Trainers and Training FAQ

(updated May 2022)

At the beginning of the season, make sure you have your trainers contact information and that you are in agreement with the schedule dates, times and location. You may also want discuss the curriculum for the season.

Make a plan in advance as to which game date your trainer may attend.

How many sessions are provided (covered by the registration fee) per team per season?

For U8 travel A team we offer 20, one-hour training sessions per season for a total of 40 sessions for the seasonal year (Fall/Spring). A paid staff coach, for league games and team practice sessions. Tournaments and Off-season training is the responsibility of the team. When the U8 A team moves up to the U9 age group the club registration fee covers 20 training sessions per season and the team will be responsible for the balance of hours they decide to add for a trainer for additional training in the winter and pre-season sessions and to attend league and tournament games. Games are charged at 1.5 hours per game. Teams may elect to keep the trainer as a head coach or change to a parent volunteer head coach.

For U8 travel B & C teams we offer 20, one - hour training sessions per season for a total of 40 sessions for the seasonal year. Parent team coaches.

For U9, A&B travel teams we offer 20, one-hour training sessions per season for a total of 40 sessions for the seasonal year. Parent team coaches.

For U10, travel teams we offer 15, one-hour training sessions per season for a total of 30 sessions for the seasonal year. Parent team coaches.

For U11 and up travel teams we offer 10, one-hour training sessions per season for a total of 20 sessions for the seasonal year for those that elect to use a staff trainer. For teams that register for the Spring season only we offer 10 training sessions for the spring for those that elect to use a staff trainer. Parent team coaches.

What if your team wants more sessions?

It is best to request additional sessions before the season begins, when you complete the training request form. For the Fall season the practice days and times should be discussed at a team meeting and the request form completed by June 30. For Spring the form should be completed by January 30th.

How much does an additional training sessions cost?

\$65 per hour and up depending on which staff trainer may be available for your team.

How do I request training with a trainer?

Complete the [Online Training request Form](#) prior to the start of the season. Training request are due by June 15th prior to the fall season.

For Winter Training requests are November 30th, prior to winter training.

For the Spring season requests are January 30th, prior to the spring season

Can I request a field for a coach's team practice? Yes, you may request a field on the request form when requesting trainer run sessions or contact the practice field assignor for random request through the season.

Why do I need to complete the request for fall and spring? Can't I just keep fall and spring the same?

Trainer availability and field availability may change from season to season. High School age teams are added to the schedule in the Spring and trainers may be scheduled with those teams as well. Some of your team members participate in other sports in the spring and may not be available on the same day.

What if our team will not be able to attend a scheduled training session?

The coach should contact the trainer at least a day in advance to cancel the session. If the cancellation is less than 24 hours the team may not be able to reschedule the session. Likewise, if your trainer cannot make a session, they should notify the team 24 hours prior.

What if a trainer does not show up for a scheduled session?

Try to contact the trainer. If you cannot reach him or her, run a practice yourself. This is a good reason to watch what your trainer is doing during the sessions, so that you can repeat technical and tactical skills that were worked on previously.

The team should re-schedule the missed session. *Notify the training coordinator of the missed session immediately.

What is the club operating procedure for sessions cancelled due to field closures?

Contact your trainer, see if they are available for another date and time, contact the field assignor to see if a field is available.