



## THE ST. JAMES FCV U7 & U8 ACADEMY SOCCER PROGRAM

This new, pre-travel soccer preparatory program aims to provide a positive learning environment for players born in 2014, 2015, 2016 & 2017 in Fall 2022- Spring 2023. The St. James & FCV professional coaching staff will lead these programs under guided methodology and training curriculums to ensure all players are achieving their goals of improving their soccer technical and tactical skills while preparing for U9 Travel Soccer!

[REGISTER NOW TO REQUEST A FREE PLAYER EVALUATION!](#)

## **FREQUENTLY ASKED QUESTIONS**

### **What ages can play U7 & U8 Academy soccer?**

U7 Academy is a supplemental training program that is held in conjunction with The St. James & FC Virginia Recreational Soccer Leagues. This program is held Fall/ Winter/ Spring for players born in **2016 and exceptional 2017's.**

U8 Academy is a 10-month focused program that will combine training and competitive game play. Players born in **2014, 2015 and exceptional 2016's** are eligible for this program. Please note that players must be invited to participate in the U8 Academy by participating in a Talent ID session or by recommendation of a member of the STJ or TSJFCV professional coaching staff.

### **What COVID-19 safety protocols and procedures does The St. James have in place?**

We're taking extra precautions to keep our league participants and staff safe and healthy. Read our **Standards of Safety** for more information.

### **How are teams formed?**

Teams are grouped based on geographic location. U7 & U8 Academy locations for 2022-2023 will include:

- North Region
  - Ashburn (County allocated fields)
  - Brambleton/ South Riding (County allocated fields)
  - Chantilly (The nZone)
- South Region
  - Springfield (The St. James/ local outdoor fields)

Upon acceptance into The Academy participants will be able to select the location that is most convenient assuming space is available.

***\*Please note there are no teams and no game play for U7 Academy. We highly recommend participating in the STJ or FC Virginia Recreational Soccer Leagues to accommodate game play\****

### **How often do teams practice?**

The U7 Academy meets 1 time per week for 1 hour and will be available for the following sessions in 2022-2023:

- Fall (Aug-Nov): 8 sessions
- Winter 1 (Dec-Jan): 6 sessions
- Winter 2 (Jan-Mar): 6 sessions
- Spring (Mar-May): 7 sessions

The U8 Academy practices are as followed:

- Fall: 2 practices per week (Aug- Nov)
- Winter: 1 practice per week (Dec-Mar)
- Spring: 2 practices per week (Mar-May)

### **Where/when will my child's team practice?**

Practice Days/ Times are TBD for the 2022-2023 Season. Our goal is to provide schedules a minimum of 1 month prior to the start date. Session times will fall between 5-7:30pm throughout the year and will be dependent on field availability. Practice locations will be local to your registered Academy location.

### **When are games?**

U7 Academy: ***No games included. We highly recommend participating in the STJ Recreational Soccer League in addition to U7 Academy training.***

U8 Academy: The TSJFCV U8 Academy teams will participate in the Club Champions League (CCL) U8 Division for Fall & Spring. Home games for North Region will be at Bles Park in Ashburn. Home games for South Region will be at The St. James (or nearby outdoor fields). Away games will be in and around the DMV. Please be prepared to drive 30-45 minutes for away games.

### **What are the game formats?**

The U8 Academy has a progressive game format that will change throughout the course of the year. In addition to the playing formats the U8 Academy will also introduce the goalkeeper position in the Fall.

- Fall Match Formats: 4v4 & 5v5
- Winter Match Format: 5v5 (turf or Futsal)
- Spring Match Formats: 6v6 & 7v7

**What are the fees?**

U7 Academy: ***\$150 per session***

U8 Academy: ***\$425 per season or \$1,175 Pay in Full***

- Payment Plan Option
  - Fall- \$425 (due in full by September 1<sup>st</sup>)
  - Winter- \$425 (due in full by December 1<sup>st</sup>)
  - Spring- \$425 (due in full by March 15<sup>th</sup>)

**Further questions?**

For additional information, contact Adam Baumgardner via email:  
adam.baumgardner@thestjames.com

**UNIFORMS & EQUIPMENT**

<b><u>EQUIPMENT/UNIFORM</u></b>	<b><u>PROVIDED BY STJ?</u></b>	<b><u>REQUIRED ITEM?</u></b>
Practice/ Game Uniform	<b>U7 Academy:</b> T-shirt provided, Black Shorts & Black Socks  <b>U8 Academy:</b> Grey Practice Shirt, Blue Game Shirt, Black Shorts & Socks- To be purchased through Soccer.com (Approx \$80)	Yes.
Soccer cleats - please choose footwear that is suitable for synthetic turf.	No	Yes
Shin Guards	No	Yes
Game Ball	Players should bring a ball to each session. U7 Academy- Size 3. U8 Academy- Size 4	Yes
Goalie Jersey	Not Required but available for purchase through Soccer.com	U8 Academy

**COST EXCEPTIONS**

- 10% Sibling Discount (for U7 & U8 Academy programming only)
- 15% Referral Discount (to be applied to future season registration in U7 & U8 Academy only)