

**RVSC Spring Recreational Soccer Program**  
Questions can be directed to [RVSCrec@gmail.com](mailto:RVSCrec@gmail.com)

**RVSC Help Me Grow Division Description:** All sessions will be professionally coached by licensed RVSC Trainers. An adult must be available during the practice to assist the player through all of the activities (if needed). The players will learn technical skills through fun activities and small sided games. Players will continue to develop listening skills, gross motor skills, problem solving, and ball skills in the program. Our hope is to instill passion for the sport. The program runs 6 weeks, weather and field conditions permitting. T-shirts will be provided to each registrant. Parents are responsible for size 3 or size 4 soccer ball, cleats, shin-guards and water.

**RVSC Watch Me Grow Division Description:** All sessions will be professionally coached by licensed RVSC Trainers. An adult must be available to assist the player through activities if necessary. The players will learn technical skills through fun activities and small sided games. Players will continue to develop listening skills, gross motor skills, problem solving, and ball skills in the program. Our hope is to instill passion for the sport. The program runs 6 weeks, weather and field conditions permitting. T-shirts will be provided to each registrant. Parents are responsible for size 3 or size 4 soccer ball, cleats, shin-guards and water.

**RVSC Micro Division Description:** All sessions will be professionally coached by licensed RVSC Trainers. The players will learn technical skills through fun activities and small sided games. Players will continue to develop listening skills, gross motor skills, problem solving, and ball skills in the program. Our hope is to instill passion for the sport. The program run 6 weeks, weather and field conditions permitting. T-shirts will be provided to each registrant. Parents are responsible for size 3 or size 4 soccer ball, cleats, shin-guards and water.

**RVSC Freshman Division Description:** All sessions will be professionally coached by a licensed RVSC Trainer. The players will learn and develop technical skills through fun activities and small sided games. Players will not be assigned to a team, but rather will be split into different teams each week for small-sided games and scrimmages during the practice. Our Spring Rec Soccer program is focused on getting players extra training and giving them the opportunity to continue playing through the Spring. Our program also prepares players who would like to play at a higher level for Travel soccer tryouts in the Spring. Players will receive a t-shirt. Parents are responsible for a properly inflated size 4 soccer ball, cleats, shin-guards and water.

**RVSC Junior Division Description:** All sessions will be professionally coached by a licensed RVSC Trainer. The players will learn and develop technical skills through fun activities and small sided games. Players will not be assigned to a team, but rather will be split into different teams each week for small-sided games and scrimmages during the practice. Our Spring Rec Soccer program is focused on getting players extra training and giving them the opportunity to continue playing through the Spring. Our program also prepares players who would like to play at a higher level for Travel soccer tryouts in the Spring. Players will receive a t-shirt. Parents are responsible for a properly inflated size 4 soccer ball, cleats, shin-guards and water.

**RVSC Senior Division Description:** All sessions will be professionally coached by a licensed RVSC Trainer. The players will learn and develop technical skills through fun activities and small sided games. Players will not be assigned to a team, but rather will be split into different teams each week for small-sided games and scrimmages during the practice. Our Spring Rec Soccer program is focused on getting players extra training and giving them the opportunity to continue playing through the Spring. Our

program also prepares players who would like to play at a higher level for Travel soccer tryouts in the Spring. Players will receive a t-shirt. Parents are responsible for a properly inflated size 5 soccer ball, cleats, shin-guards and water.

**RVSC U15 Age Group Description:** All sessions will be professionally coached by a licensed RVSC Trainer. The players will learn and develop technical skills through fun activities and small sided games. Players will not be assigned to a team, but rather will be split into different teams each week for small-sided games and scrimmages during the practice. Our Spring Rec Soccer program is focused on getting players extra training and giving them the opportunity to continue playing through the Spring. Our program also prepares players who would like to play at a higher level for Travel soccer tryouts in the Spring. Players will receive a t-shirt. Parents are responsible for a properly inflated size 5 soccer ball, cleats, shin-guards and water.