

2024 CLT Kick-Off Meeting

Administration

- If you pay by check, you can put your payment in the dropbox by the front office of the building - you can't mail it.
- If you chose to change from check to credit card or visa versa contact Kate at kate@tcsportshealth.com
- **IF ACCOUNT IS NOT CURRENT, YOUR ATHLETE WILL NOT BE ELIGIBLE TO PARTICIPATE IN PRACTICES OR TOURNAMENTS**

Issues

- If you ever have concerns or are not comfortable with a situation - missed practices, lack of organization, ect, please do not hesitate to contact me or Coach Pam. Remember the 24/48 rule.

Forms

- You are required to fill out a USAV form and we need your birth certificate.
- Both should be uploaded in PlayMetrics.
- There is a \$10 fee if they are not turned in tonight!

Uniforms

- This is a uniform year - everyone must order new jerseys - look for links in the email
- FriscoMo - Order your jerseys and your hoodie
- Soccer Village - Spandex, practice shirts and backpack

Practice Attire

- Practice shirts are to be worn on Mondays
- Uniform shirts are to be worn on Wednesdays. The tryout shirt can also be worn on Wednesday if you are not playing that day. Up to the team and the coach

Facility Rules

- Parents must remain in the concession/viewing area.
- All food must remain in the concession/viewing area. Water and sports drinks are permitted.

Parking

- Members are expected to park in properly designated spaces only, regardless of weather conditions.
- Members are requested to honor designated "Handicapped Zone Parking" and fire lanes. Violators will be ticketed or towed at the owner's expense.
- There is to be no parking or excessive waiting at the main entrance in the front of the Athletic Center. **DO NOT LINE UP IN FRONT OF THE BUILDING.**
- Warning: Please do not leave valuables in your car.
- When parking is crowded, We have added new parking in the front of the property next to the Dairy Queen. We also have a joint parking agreement with the Great Escape, so you may use that lot as well. **YOU MUST PARK IN A LINED SPOT**
- No parking in the turn around at the end of the parking lot at the Athletic Center.
- Please do not enter in the first opening of the parking lot - that is an exit only.

Weather

- **CANCELLATIONS** - when Town and Country is closed, we are closed.
- We will post on the website as soon as we know.
- If you feel like the roads are unsafe to drive, please contact Coach Pam and let her know you can not make it. Mark it in PlayMetrics

Town and Country

Members can get 20% off. Mention that you are a member of NKYVC.

Practices

Practice begins Monday, February 5th

Mondays/Wednesdays

11U/12U - 4:15 - 5:45pm

13U/14U - 6:00-7:30pm

15U-18U - 7:45 - 9:15pm

Practice Structure

- Facilitated gym (managed and mentored) - Pam Wurtz
- First 2 weeks - all skills, Positionals will start February 13th
- MONDAYS - repetition drilling, skills, speed and agility
- WEDNESDAYS - positionals and team competition days
- There are NO MAKE UP PRACTICE

Competition Dates - Wednesdays

- February 21st
- March 6th
- March 20th
- April 3rd
- April 17th

Storm Stakes Tournament

- Saturday, April 20th - 11s, 12s, 13s,
- Sunday, April 21st - 14s, 15, 16s-18s

CLT Picture Day - Monday, February 12, 2024

4:00 - 4:30 - 11 Red, 11 White, 11 Blue, 11 Grey, 11 Black

- 12 Red, 12 White, 12 Blue, 12 Grey, 12 Black

5:30 - 6:00 - 13 Red, 13 White, 13 Blue, 13 Grey

- 14 Red, 14 White, 14 Blue, 14 Grey

7:15 - 7:45 - 15 Red, 15 White, 15 Blue,

- 16 Red, 16 White, 17 Red, 16/17 White, 16/17 Blue