



MOUNT PLEASANT

2019-20 Boys Programs

South Atlantic National Premier League **U12-U19**

The conference includes: USA/MP (SC), Tormenta FC (GA), GPS Charleston (SC), Lake Norman (NC), Wake FC (NC), Triangle United (NC), Chattanooga Red Wolves (TN), UFA (GA), SSA (GA), AFC Lightning (GA).

- The U15-U19 teams play each other two times home and away format for 18 games.

- The U12-U14 teams play each other two times home and away format, and a third time at a neutral or alternating 2 year cycle home away format for a total of 27 games from August through April.
- Schedules are completed with dates and general locations.
- Game times and exact field locations will be posted by August 1st.

Southeastern Clubs Champions League **U13-U19 11 vs. 11**

After a successful first year of the Carolinas Premier League for the U8 through U12 all the founding league members voted to expand through U19 becoming the first full US Club League in South Carolina. IN addition, the league has now partnered with clubs in Georgia to form the SCCL.

The clubs committed include: USA-Mt. Pleasant, Discoveries, South Carolina United FC, Carolina FC, Augusta Arsenal, SC Bulls, GPS NASA, GPS JIYSC, GPS Coastal, GPS Lexington, Coast FA, Daniel island Soccer Academy, and Cainhoy Athletic.

The clubs committed to the West Conference include: Atlanta Fire United (GA), Carolina Football Clubs (SC), Concorde Fire (GA), Gwinnett Soccer Academy (GA), NASA TopHat (GA), Southern Soccer Academy (GA), United Futbol Academy (GA).

The league scheduling will be completed at June 5th meeting and will be formatted for Club vs. Club games rather than singular team games. Each club will play each other home/away or neutral site for travel over more than 2 hours. Clubs will determine to travel with boys, girls, both, U12-U19, or U12-U14, U15-U19 setting up a more festival and event atmosphere to enhance the experience for the players, parents, coaches, and referees.

Carolinas Premier League **U8-U12 7 vs. 7 and 9 vs. 9**

The clubs committed include: USA-Mt. Pleasant, Discoveries, South Carolina United FC, Carolina FC, Augusta Arsenal, SC Bulls, GPS NASA, GPS JIYSC, GPS Coastal, GPS Lexington, Coast FA, Daniel Island Soccer Academy, and Cainhoy Athletic.

The league scheduling will be completed at June 5th meeting and will be formatted for Club vs. Club games rather than singular team games. Each club will play each other home/away or neutral site. Clubs will be able to work together to create the festival and event atmosphere improving the game day experience for the players, parents, coaches, and referees.

Age Group Training Standards

**Additional training may take place including strength and conditioning sessions, futsal sessions, beach sessions, and other non-soccer traditional training methods.

15 to 19 Under - Training for these age groups begins immediately following the team formation period in May and concludes when the league season is complete in January.

- NPL Teams - train four times a week with their coach and trainers for 1 hour and 20 minutes.
- CPL Teams - train three times a week with their coach and trainers for 1 hour and 20 minutes.

-2019 NPL Summer Program: The teams will train 3 times per week leading up to the US Club Regionals in Winston-Salem, NC June 22-25th. Teams qualified for the ENPL National Cup will continue training through the cup at the end of June and National Championships in July. Teams that win the US Club Soccer Regionals will compete in the National Cup Finals July 19-23 also in Commerce City, CO.

-2019 CPL Summer Program: The teams will train 2-3 times per week and may attend the US Club Regionals in Winston-Salem, NC June 22-25th.

14 Under - Training for these age groups begins immediately following the team formation period in May and concludes when the league season is complete in May.

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13 Under - Training for these age groups begins immediately following the team formation period in May and concludes when the league season is complete in May.

- NPL Teams - train four times a week with their coach and trainers for 1 hour and 20 minutes.
- CPL Teams - train three times a week with their coach and trainers for 1 hour and 20 minutes.

-2019 Summer Program: Teams will train 1-2 times per week and participate in the EFC Summer Futsal League. All teams will be split into two rosters for the league and have the ability to share players for games per EFC rules, when needed. All players pay into the EFC team budget whether they are able to make all the games or not. Teams will be coached by USA/MP staff assigned before the league begins.

11 to 12 Under - Official Team Training for these age groups begins in August and concludes at the end of November, starts again in the middle of January and concludes in May when the spring season is complete.

- Teams train three days a week with their coach and trainers for 1 hour and 20 minutes.

-2019 Summer Program: Teams will train 1 time per week and participate in the EFC Summer Futsal League. All teams will be split into two rosters for the league and have the ability to share players for games per EFC

rules, when needed. All players pay into the EFC team budget whether they are able to make all the games or not. Teams will be coached by USA/MP staff assigned before the league begins.

9 to 10 Under - Official Team Training for these age groups begins in August and concludes at the end of November, starts again in the middle of January and concludes in May when the spring season is complete.

- Teams train three days a week with their coach and trainers for 1 hour.

-2019 Summer Program: Teams will participate in the EFC Summer Futsal League. All players pay into the EFC team budget whether they are able to make all the games or not. Teams will be coached by USA/MP staff assigned before the league begins.

8 Under - Official Team Training for these age groups begins in August and concludes at the end of November, starts again in the middle of January and concludes in May when the spring season is complete.

- Teams train two days a week with their coach and trainers for 1 hour.
- Teams compete in the local CPL from September to November, February to April.