



TOGETHER WE RISE

## COMPETITIVE PROGRAMMING

### BIRTH YEARS 2011 (U8)–2009 (U10)

\* 2012 (U7) players may participate in U8 teams if developmentally appropriate

	ACADEMY
<b>TRAINING SCHEDULE</b>	2x per week (M/W or T/Th) with team - <b>Starts the week of July 23</b> <b>Holiday Break:</b> Dec 21 - Jan 6th <b>Spring Break:</b> Mar 11-15 Season ends late May
<b>ADDITIONAL TRAINING</b>	<b>3rd training night available in pool sessions for motivated players</b> <b>Age appropriate:</b> Speed/Agility/Quickness, Ball Skill Work, Futsal, Small-sided games <b>Starts week of September 10 at Lost Creek or Central Campus area</b>
<b>TRAINING LOCATION</b>	<b>Geographically sensible per preference of family:</b> <b>Sugar Land:</b> Lost Creek <b>Missouri City/Sienna Plantation:</b> Camp Sienna <b>Pearland:</b> Hickory Slough <b>West U / Bellaire / Central Houston:</b> South Campus
<b>IN-HOUSE FRIENDLIES</b>	<b>Rise Launch:</b> May 26–27 <b>Rise Scrimmages:</b> August 25–26
<b>CLUB ENDORSED EVENTS</b> *Registration fees are covered for these in-season events.	<b>Houston Youth Cup</b> (August) <b>Labor Day Event</b> (September) <b>Power Cup</b> (Spring season event) * Events subject to change per team Individual team event and tournament calendar will be provided after teams are formed. Some teams may participate in additional approved events at additional cost.
<b>LEAGUE(S)</b>	<b>Fall and Spring:</b> Local league of the highest quality Cross gender / cross age group in-house games
<b>CAMPS</b>	<b>Rise &amp; Grind Pre-Season “Team” Camp:</b> 2010 (U9) - 2009 (U10), July 23-27 <b>RISE 360:</b> July 23-24 6pm-8pm at Lost Creek, Camp Sienna, or South Campus
<b>PLAYER EVALUATION</b>	Written and meeting with coach seasonally

SCROLL FOR ALL AGES ⬇️



## COMPETITIVE PROGRAMMING

### BIRTH YEARS 2008 (U11) - 2007 (U12)

	ELITE / DEVELOPMENT ACADEMY	PREMIER
<b>TRAINING SCHEDULE</b>	<p><b>*DA teams will train 3x per week</b> (coach will provide schedule)</p> <p>3x sessions total per week</p> <p>2x per week with team <b>(Starts week of July 23)</b></p> <p>1x per week in a team, pool or functional (position) session <b>(Starts week of September 10 at Lost Creek or Central Campus area)</b></p>	<p>Up to 3x sessions per week</p> <p>2x per week with team <b>(Starts week of July 23)</b></p> <p>1x per week in a team, pool or functional (position) session <b>(Starts week of September 10 at Lost Creek or Central Campus area)</b></p>
<b>3RD SESSION ACTIVITIES</b>	<p><b>Age appropriate:</b> Speed/Agility/Quickness, Ball Skill Work, Futsal, Small-sided games</p>	<p><b>Pool sessions include: Age appropriate:</b> Speed/Agility/Quickness, Ball Skill Work, Futsal, Small-sided games</p>
<b>TRAINING LOCATIONS</b>	<p><b>Geographically sensible per preference of family:</b></p> <p><b>Sugar Land:</b> Lost Creek</p> <p><b>West U / Bellaire / Central Houston:</b> South Campus</p> <p><b>U12 Boys Development Academy Teams</b> will train at South Campus/McGovern Park</p>	<p><b>Geographically sensible per preference of family:</b></p> <p><b>Sugar Land:</b> Lost Creek</p> <p><b>Pearland:</b> Hickory Slough</p> <p><b>West U / Bellaire / Central Houston:</b> South Campus</p>
<b>IN-HOUSE FRIENDLIES</b>	<p><b>Rise Launch:</b> May 26-27</p> <p><b>Rise Scrimmages:</b> August 25-26</p>	<p><b>Rise Launch:</b> May 26-27</p> <p><b>Rise Scrimmages:</b> August 25-26</p>
<p><b>CLUB ENDORSED EVENTS / TOURNAMENTS</b></p> <p>Registration fees are covered for these events. Staff travel outside of greater Houston area to club endorsed event will be covered subject to meeting club guidelines and restrictions.</p>	<p><b>Elite Teams:</b></p> <p><b>4 events/tournaments:</b> 3 Houston area events (including Power Cup or other Rise Hosted Tournament) and 1 additional in Texas</p> <p><b>U11 Qualifying Event</b> (for U11s only, if required by league) - August</p> <p><b>DA Team:</b> Development Academy sponsored events</p> <p>Individual team event and tournament calendar will be provided after teams are formed, including which events will be covered by club fees. Many teams will participate in additional approved events at additional cost.</p>	<p><b>3 events/tournaments:</b> 2 Houston area events (including Power Cup or other Rise hosted tournament) and 1 additional in Texas</p> <p><b>U11 Qualifying Event</b> (for U11s only, if required by league) - August</p> <p>Individual team event and tournament calendar will be provided after teams are formed. Some teams will participate in additional approved events at additional cost.</p>
<p><b>LEAGUE(S) / CUP PLAY</b></p> <p>(All league fees and staff travel covered by club)</p>	<p><b>Elite Teams:</b></p> <p><b>Fall and Spring:</b> Local league of the highest quality Cross gender / cross age group in-house games</p> <p><b>Late Spring:</b> STYSA State Cup or President's Cup competition</p> <p><b>U12B Development Academy Team:</b> Development Academy League (Aug-Jun season)</p>	<p><b>Fall and Spring:</b> Local league of the highest quality Cross gender / cross age group in-house games</p> <p><b>Late Spring:</b> STYSA President's or Director's Cup competition</p>
<b>CAMPS</b>	<p><b>Rise &amp; Grind Pre-Season "Team Camp":</b> July 23-27</p> <p><b>Rise 360:</b> July 27 6pm-8pm at Lost Creek, Camp Sienna, or South Campus</p>	<p><b>Rise &amp; Grind Pre-Season "Team Camp":</b> July 23-27</p> <p><b>Rise 360:</b> July 26, 9-11 am at Lost Creek, Camp Sienna, or South Campus</p>
<b>PLAYER EVALUATION</b>	Pre-Season and Mid-Season	Pre-Season and Mid-Season



## COMPETITIVE PROGRAMMING

**BIRTH YEARS 2006 (U13) - 2005 (U14)**

	<b>ELITE / DEVELOPMENT ACADEMY</b>	<b>PREMIER</b>
<b>TRAINING SCHEDULE</b>	<p><b>*DA teams will train 3x per week</b> (coach will provide schedule)</p> <p>3x sessions total per week</p> <p>2x per week with team <b>(Starts week of July 23)</b></p> <p>1x per week in a team, pool or functional (position) session <b>(Starts week of September 10 at Lost Creek or Central Campus area)</b></p>	<p>Up to 3x sessions per week</p> <p>2x per week with team <b>(Starts week of July 23)</b></p> <p>1x per week in a team, pool or functional (position) session <b>(Starts week of September 10 at Lost Creek or Central Campus area)</b></p>
<b>3RD SESSION ACTIVITIES</b>	<b>Age appropriate:</b> Speed/Agility/Quickness, Ball Skill Work, Futsal, Small-sided games	<b>Pool sessions include: Age appropriate:</b> Speed/Agility/Quickness, Ball Skill Work, Futsal, Small-sided games
<b>TRAINING LOCATIONS</b>	<p><b>Geographically sensible per preference of family:</b></p> <p><b>Sugar Land:</b> Lost Creek</p> <p><b>West U / Bellaire / Central Houston:</b> South Campus</p> <p><b>Elite I and Development Academy teams</b> will train at South Campus</p>	<p><b>Geographically sensible per preference of family:</b></p> <p><b>Sugar Land:</b> Lost Creek</p> <p><b>Pearland:</b> Hickory Slough</p> <p><b>West U / Bellaire / Central Houston:</b> South Campus</p>
<b>IN-HOUSE FRIENDLIES</b>	<p><b>Rise Launch:</b> May 26-27</p> <p><b>Rise Scrimmages:</b> August 25-26</p>	<p><b>Rise Launch:</b> May 26-27</p> <p><b>Rise Scrimmages:</b> August 25-26</p>
<p><b>CLUB ENDORSED EVENTS / TOURNAMENTS</b></p> <p>Registration fees are covered for these events. Staff travel outside of greater Houston area to club endorsed event will be covered subject to meeting club guidelines and restrictions.</p>	<p><b>4 events/tournaments:</b> 3 Houston area events (including Power Cup) and 1 additional in Texas</p> <p>Individual team event and tournament calendar will be provided after teams are formed. Many teams will participate in additional approved events at additional cost.</p>	<p><b>3 events/tournaments:</b> 2 Houston area events (including Power Cup) and 1 additional in Texas</p> <p>Individual team event and tournament calendar will be provided after teams are formed. Some teams will participate in additional approved events at additional cost.</p>
<p><b>LEAGUE(S) / CUP PLAY</b></p> <p>(All league fees and staff travel covered by club)</p>	<p><b>Fall and Spring:</b> Local league of the highest quality Cross gender / cross age group in-house games</p> <p><b>Late Spring:</b> STYSA State Cup or President's Cup competition</p>	<p><b>Fall and Spring:</b> Local league of the highest quality Cross gender / cross age group in-house games</p> <p><b>Late Spring:</b> STYSA President's or Director's Cup competition</p>
<b>CAMPS</b>	<p><b>Rise &amp; Grind Pre-Season "Team Camp":</b> July 23-27</p> <p><b>Rise 360:</b> July 27 6pm-8pm at Lost Creek, Camp Sienna, or South Campus</p>	<p><b>Rise &amp; Grind Pre-Season "Team Camp":</b> July 23-27</p> <p><b>Rise 360:</b> July 26 9-11 am at Lost Creek, Camp Sienna, or South Campus</p>
<b>PLAYER EVALUATION</b>	Pre-Season and Mid-Season	Pre-Season and Mid-Season



## COMPETITIVE PROGRAMMING

### BIRTH YEARS 2004 (U15) - 2000 (U19)

	ELITE / DEVELOPMENT ACADEMY	PREMIER
<b>TRAINING SCHEDULE</b>	<p><b>*DA teams will train 4x per week</b> (coach will provide schedule)</p> <p>3x sessions total per week</p> <p>2x per week with team <b>(Starts week of July 23)</b></p> <p>1x per week in a team, pool or functional (position) session <b>(Starts week of September 10 at Lost Creek or Central Campus area)</b></p>	<p>Up to 3x sessions per week</p> <p>2x per week with team <b>(Starts week of July 23)</b></p> <p>1x per week in a team, pool or functional (position) session <b>(Starts week of September 10 at Lost Creek or Central Campus area)</b></p>
<b>3RD SESSION ACTIVITIES</b>	<b>Age appropriate:</b> Speed/Agility/Quickness, Ball Skill Work, Futsal, Small-sided games	<b>Pool sessions include: Age appropriate:</b> Speed/Agility/Quickness, Ball Skill Work, Futsal, Small-sided games
<b>TRAINING LOCATIONS</b>	<p><b>Geographically sensible per preference of family:</b></p> <p><b>Sugar Land:</b> Lost Creek</p> <p><b>West U / Bellaire / Central Houston:</b> South Campus</p> <p><b>Elite I and Development Academy teams</b> will train at South Campus</p>	<p><b>Geographically sensible per preference of family:</b></p> <p><b>Sugar Land:</b> Lost Creek</p> <p><b>Pearland:</b> Hickory Slough</p> <p><b>West U / Bellaire / Central Houston:</b> South Campus</p>
<b>IN-HOUSE FRIENDLIES</b>	<p><b>Rise Launch:</b> May 26-27</p> <p><b>Rise Scrimmages:</b> August 25-26</p>	<p><b>Rise Launch:</b> May 26-27</p> <p><b>Rise Scrimmages:</b> August 25-26</p>
<p><b>CLUB ENDORSED EVENTS / TOURNAMENTS</b></p> <p>Registration fees are covered for these events. Staff travel outside of greater Houston area to club endorsed event will be covered subject to meeting club guidelines and restrictions.</p>	<p><b>4 events/tournaments:</b> 2 Houston area events, 1 event in Texas and 1 outside Texas</p> <p>Individual team event and tournament calendar will be provided after teams are formed. Many teams will participate in additional approved events at additional cost.</p>	<p><b>3 events/tournaments:</b> 2 Houston area events and 1 additional in Texas</p> <p>Individual team event and tournament calendar will be provided after teams are formed. Some teams will participate in additional approved events at additional cost.</p>
<p><b>LEAGUE(S) / CUP PLAY</b></p> <p>(All league fees and staff travel covered by club)</p>	<p><b>Fall:</b> Highest attainable regional/national league</p> <p><b>Spring:</b> In-house games during High School season</p> <p><b>Late Spring:</b> State Cup</p>	<p><b>Fall and Spring:</b> Statewide league of the highest quality</p> <p><b>Spring:</b> In-house games during High School season</p> <p><b>Late Spring:</b> President's / State Cup</p>
<b>CAMPS</b>	<p><b>Rise &amp; Grind Pre-Season "Team Camp":</b> July 23-27</p> <p><b>Rise 360:</b> July 27 6pm-8pm at Lost Creek, Camp Sienna, or South Campus</p>	<p><b>Rise &amp; Grind Pre-Season "Team Camp":</b> July 23-27</p> <p><b>Rise 360:</b> July 26 9-11 am at Lost Creek, Camp Sienna, or South Campus</p>
<b>COLLEGE PREP</b>	<p>College Prep Meetings</p> <p>Rise College ID Camp(s)</p> <p>College Recruiting Tools</p>	<p>College Prep Meeting</p>
<b>PLAYER EVALUATION</b>	Pre-Season and Mid-Season	Pre-Season and Mid-Season