

2025 SPRING

REGIONAL TEAM



U10 / U12

Ages:

u10: August 2014 - July 2016

u12: August 2012 - July 2014

Tournaments:

Regionally located - ME / NH / MA

2 Tournaments (7v7)

Rosters:

Rosters range from 9-11 players

1 GK per team

Practices:

Saturdays in Portland (5:00 - 8:30 pm window)

Start Date:

February 15

End Date:

May 18

Cost:

Will be provided on Invitations

U14

Ages:

August 2010 - July 2012

Tournaments:

Regionally located - ME / NH / MA

2 Tournaments (7v7)

Rosters:

Rosters range from 9-11 players

1 GK per team

Practices:

Saturdays in Portland (5:00 - 8:30 pm window)

Start Date:

February 15

End Date:

May 18

Cost:

Will be provided on Invitations

U16

Ages:

August 2008 - July 2010

Tournaments:

Regionally located - ME / NH / MA

2 Tournaments (7v7)

Rosters:

Rosters range from 9-11 players

1 GK per team

Practices:

Sundays in Portland (9:00 - 1:00 pm window)

Start Date:

February 16

End Date:

May 18

Cost:

Will be provided on Invitations

U19

Ages:

August 2006 - July 2008

Tournaments:

Regionally located - ME / NH / MA

2 Tournaments (7v7)

Rosters:

Rosters range from 9-11 players

1 GK per team

Practices:

Sundays in Portland (9:00 - 1:00 pm window)

Start Date:

February 16

End Date:

May 18

Cost:

Will be provided on Invitations

COST

What your dues include:

- I. Practices
- II. Tournaments
- III. Coach Stipends
- IV. Nutritionist Sessions
- V. Strength & Conditioning Sessions
- VI. Film Sessions
- VII. Mental Performance Coach Sessions
- VIII. Recruiting Guidance

What your dues do not include:

- I. Uniforms
- II. Transportation & Accommodations
- III. Additional Tournaments
- IV. Memberships
- V. Film Packages
- VI. Recruiting Platforms

TRYOUTS

December 29

Ages:

u10 / u12 / u14 / u16 / u19

Location

Portland Sports Complex

11:30 - 1:00 pm

Check In @ 11:00 am

Bring all standard gear & water

Wear a numbered reversible pinnie

Does not need to be STYX

We will have number bibs

You can purchase a pinnie upon arrival

If you did order a pinnie - you will get a check in