



CONTACT INFORMATION

- Youth Academy Director - **Alex Arvizo** alex.arvizo@nmrapids.org
- Registrar - Cathy Thomas Cathy.thomas@nmrapids.org

REGISTRATION COST AND INFORMATION

- Costs cover Fall+Spring season
- U5-U8 - \$520 + \$23 NMYSA insurance

What's needed

- [Registration link \(click here\)](#)
- Upload Birth Certificate, just once
- Upload color photo or headshot
- Pay by credit

IS IT OK IF MY CHILD HAS NEVER PLAYED SOCCER?

- Absolutely - there is no wrong time to start at these ages. The Youth Academy Curriculum is built to help introduce and coach players at all skills levels to the game of soccer.

WHEN ARE REGISTRATION CUTOFF DATES

- Rolling admissions unless program filled then waitlist

WEEKLY TRAINING SCHEDULE

All practices and games are held at:

Arroyo Del Oso Park

7001 Osuna Rd NE

Albuquerque, NM 87109



Tuesdays & Fridays on Field #2 (right after the bridge)

5:00-5:45pm U5/U7 Boys and Girls

6:00-6:45pm U6/U8 Boys and Girls

YA GAME DAYS

- All Games at ADO #2 on Saturdays between 8:30-11:30

WHAT EQUIPMENT WILL MY CHILD NEED?

- Proper athletic "outside play" clothing, shin guards, cleats, water,
- A soccer ball will be provided for U5 or new players to the program. Returning players will need to bring their own ball.
- A size 3 ball is correct size for U5-U8 players

What is the format for practice?

- We train at Youth Academy two days during the week, Tuesday and Friday. Each Tuesday and Friday the players will train for 45 minutes on their specific field, at Arroyo Del Oso Park.
- All practices will have multiple parts that will revolve around the topic for that week; the parts of practice can include technical and small-sided games, practicing drills, and a larger game focusing on developing the skill. Players will be grouped into fields to help keep player to coach ratio low while ensuring that everyone is developing. It is crucial players show up to the correct field.

What are the rules / format for games?

On Saturday morning, the session is 50 minutes long and is formatted differently than during the week. Players can expect a physical and technical warm up before splitting up the field into two equal teams. Then the two teams will play against each other, for a set time with breaks for water. The goal is to have the players demonstrate the skills they have learned throughout the week without having the coaches taking away from playing time.



The primary focus for Youth Academy is to have players develop on an individual level while in a group setting. Based on the age group and the skill level of the players on the field, some rules may be different.

- No Offsides for any age group
- No Throw-ins for U5 and U6 (U7 and U8 may begin throw-ins)
- 5 second count for all restarts
- No pressuring goal kicks in offensive half

What if there are weather issues?

- If there are any inclement weather issues that cause delays or cancellations, communication will pass along via emails and shared to our social media platforms. Please ensure that the email used to register is one that is checked regularly, or provide additional emails directly to Coach Alex.
- If a session is delayed or cancelled, the time lost will not be made up or rescheduled.
- Social media platforms
 - Facebook
 - Twitter/ X
 - Instagram

My Kid Needs More

- We do have opportunities to train and even play games with older teams.... If it is deemed developmentally appropriate by the Youth Academy Director.

REFER A FRIEND + FREE SESSION COUPON

- Please feel free to invite friends, family, or schoolmates to our sessions, please just email Coach Alex 24 hrs in advance. If you refer a friend and they register, please complete the referral form and you will receive \$50 off the following year.



INTERESTED IN COACHING or VOLUNTEERING

- **Coaches:** There are many great ways to help out with our program! Volunteering to coach is the primary need. Previous playing or coaching experience is preferred but anyone who is interested and able to coach is welcome to join. Coaches will need to pass a background check and take the necessary coach education course.
- **Refs:** All teams at the U9 level and above need to have a certified referee in order to play in the Duke City Soccer League. As part of the transition process of players and families from the U8 age group to U9, volunteering to become a certified ref is a huge help. Certification takes less than a day, is 100% online, and very cheap. Once certified, refs will help on game days.
- • Contact YA Director **Alex Arvizo** Alex.arvizo@nmrapids.org