

## Senior (U19) Ages 16 - 18

### Equipment Needed:

- Size 5 soccer ball
- Shin guards
- Soccer shoes (preferred but not required - better traction for running) or athletic shoes
- Black soccer shorts
- Water bottle

### Team

- Can be coed teams
- Up to 22 players per team (the goal is 18-20 players)
- Play 11 vs. 11
- Players should play a minimum of half the game

### Practices (Finley Ray Park)

- Two nights per week for about 1.5 hours.
- Days and time determined by the head coach

### Games (Finley Ray Park and Other Locations)

- 8 games in spring season, 10 games in fall season
- Games scheduled by SAY North
- Mostly on Saturdays, some Sunday or weeknight games
- Other locations vary: Usually no more than 30-45 minutes away (Loveland, Sycamore, West Chester, Tri-County, etc.)
- Four 20 minute quarters
- 1 minute break between quarters, 5 minutes at half

### Uniforms

- Game shirt and socks provided
- When selecting uniform size, please allow for use in Spring and Fall season; also allow for clothing to be worn underneath
- In cooler weather, players may wear turtleneck/sweatshirt and leggings/sweatpants **UNDER** their uniform. Socks must be worn **OVER** long pants

### Weather

- Soccer is played in **ALL** weather conditions except lightning
- Games are rarely cancelled at Finley Ray Park

### Other

- No jewelry
- No earrings (not even with a Band-aid)
- No hard headbands, beads, or barrettes in hair
- Have **FUN** and play the game of soccer!