

One of the main objectives of the **ACADEMY** is to ensure ALL Players, Parents and Coaches are being educated in a **FUN** learning environment. The U8 Program is co-ed, and players are grouped based on grade in school and similar skill level. HSC believes this creates a healthy environment for KIDS, Coaches and Parents.

For **Pre-K**, sessions are held once per week for an hour. Players are grouped into sessions by age. This allows for age appropriate instruction and for sessions to be progressive so that players who attend sessions for multiple seasons have the opportunity to continue to learn new skills.

At the **Kindergarten** level, players are grouped into teams for the Fall season. Toward the end of the Fall season, information is gathered from coaches regarding players skill level. This information is used to more equally distribute players throughout the teams in the Spring season so that teams are somewhat equal in terms of strength and ability. At this age, teams practice once per week for an hour and games are on Saturdays.

At the **1st Grade** level, players are divided into 2 groups based on skill level and teams are formed with equally skilled players. By grouping kids according to their skill level, less-skilled athletes have more opportunities to improve because they will have more playing time and attention from coaches. At the same time, players that have developed more skills will be challenged and coached at appropriate level of play.

Players in each group will train and play games with those in the same group which allows for a fun, educational and challenging program for players of all skill levels. In **1st Grade**, teams practice once per week for an hour and games are on Saturdays.

In the **2nd Grade** program, players are grouped based on skill and teams are formed in a similar manner as **1st grade**. **NEW!** In the Fall of 2009, there will be modifications to the **2nd Grade** Program that will allow players to continue to learn more skills and will help facilitate an easier transition to our Rec and Travel Programs in **3rd Grade**. Teams will play a 6v6 format consisting of 5 field players plus a Goalkeeper. In addition, the field size will be larger, bigger goals will be used, and a Penalty Box for Goalkeepers will be added. It should be noted, HSC is considering adding a second weekly practice night for this age group. Again, this will help transition players to the **3rd grade** programs, where players train two times per week for an hour and a half.

Following **2nd Grade**, players have the opportunity to play at either a Recreational or Travel level and teams are no longer co-ed. For both the U10 Rec Program and U9 Travel Program, boys and girls teams train twice per week for an hour and a half and games are typically on the weekends. Teams may play either a 6v6 or 8v8 format depending on the league in which the team plays. More information about the U10 Rec program and U9 Travel Program can be found at www.HempfieldSoccerClub.org and www.PennLegacy.org.