

The Virginia Rush School of Excellence acts as a bridge between developmental and travel soccer for *all* young Rush players seeking higher levels of soccer instruction.

**Class I: U6 'Freshmen Class'**

- \$250 per year, or \$125 per season
- Includes 2 Virginia Rush School of Excellence T-Shirts
- 1 training session per week with professional coaching staff and School Directors
- 1 match day per week at the Sportsplex Grass Fields versus local Rec opponents
- Focus on individual development following a Nationally-established curriculum
- Winter training available at the RAVE Futsal Facility

**Class II: U7/U8 'Junior Class'**

- \$500.00 per year (2 payments of \$125 for Fall, 2 payments of \$125 for Spring)
- 2 training sessions per week with professional coaching staff and School Directors
- 1 match day per week at the Sportsplex Grass Fields versus local Rec opponents
- Focus on individual development following a Nationally-established curriculum
- Winter training available at the RAVE Futsal Facility

**Class III: U9/U10 'Senior Class'**

- \$600 per year (U9) (2 payment of \$150 for Fall, 2 payments of \$150 for Spring) plus \$65.00 uniform fee
- \$640 per year (U10) (2 payments of \$160 for Fall, 2 payments of \$160 for Spring) plus \$65.00 uniform fee
- 3 training sessions per week with School Directors
- 1 match day per week at HRSC against VA Rush Advanced opponents
- Focus on individual development following a Nationally-established curriculum
- Tournaments and Winter Training available

For each age group, training will cover specific topics every week that follow a curriculum created by nationally-recognized coaches from US Soccer.

The focused training environment and professional coaching staff will work to prepare SoE players for competitive level soccer.

For each age group, the SoE staff has expectations and goals for their players in a variety of different areas of the game, including passing, receiving, dribbling, finishing and challenging among others.

The SoE staff aims to introduce the tactical aspects of the game while continually developing and demanding technical excellence.

Weekly homework assignments will reinforce SoE lessons and provide opportunity for continual learning and development.