



SYSA Soccer



Recreational Soccer

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U4/U5
Saturday only training



U6 – U8
Two nights a week training
Saturday games


U9 – U10
Two nights a week training – 2 hours
Saturday games


U11 – U19
SFL (Suburban Friendship League)
Two nights a week practice – 3 hours
Saturday games (travel to other clubs' fields)

Travel Soccer


U9 – U10
Transitional Travel Soccer
Try Outs in May/June
Two nights a week training – 3 hours
Friendlies Saturday/ Sunday games
Optional Winter & Summer Training


U11 – U19 Boys
Travel Soccer
Try Outs in May/June
Three times a week training – 4.5 hours
NCSL (National Capital Soccer League) games
Winter & Summer Training included