

2009 4 v 4 YOUTH SOCCER LEAGUE

Name: _____
Age: _____ Grade: _____
Address: _____
City: _____
State: _____ Zip Code: _____
Home Phone: (_____) _____
Emergency Phone: (_____) _____
E-mail: _____
Shirt Size: (youth) S M L (adult) S M L XL

Liability Release Form

I, the undersigned, hereby release Mount Vernon Nazarene University from all liability of injury arising from participation of or incident to the above-named child at the 4 v 4 Youth Soccer League. I also authorize Mount Vernon Nazarene University personnel to seek and obtain medical aid for said youth if in their judgement such action is warranted, should the child sustain an injury while participating in a team-sponsored soccer activity. I further agree to subrogate them in any loss sustained by them personally out of my child's participation.

Signed: _____ Date: _____

Please register one person per form.

Cost: \$70 (if before March 13)
\$80 (if after March 13)

There is a \$10 discount for additional family members and Mount Vernon Soccer Association members.

Cost includes t-shirt and certificate of participation. Make checks payable to "MVNU 4 v 4."

Questions? Contact Paul Furey at (740) 397-9000, ext. 3104, or e-mail pfurey@mvnu.edu.

Mail registration and check to:

4v4 Youth Soccer League
Mount Vernon Nazarene University
800 Martinsburg Road
Mount Vernon, Ohio 43050



800 Martinsburg Road
Mount Vernon, Ohio 43050

ADDRESS SERVICE REQUESTED



MOUNT VERNON 4 v 4 YOUTH SOCCER LEAGUE

2009 4 v 4 YOUTH SOCCER LEAGUE



cougars.mvnu.edu

OBJECTIVE

To develop young players in the game of soccer in a competitive and fun format that is conducive to teaching and focuses on the overall betterment of each young player.

PLAYERS

The league is designed for boys and girls, ages 5-12, (grades K-6), regardless of playing experience. Players of all levels welcome, including beginners and first-time players.

PHILOSOPHY

Why 4 v 4? This contemporary soccer format is the "cutting edge" of developing skill and teaching young players the fundamentals of the world's most popular sport. Many communities in the United States and abroad have embraced this small-sided style of play for recreation leagues and competitive tournaments. The United States Soccer Federation (USSF) also endorses the 4 v 4. The small numbers allow for players to have more touches on the ball and more success in attempting to dribble, pass and shoot without a large number of players restricting the time and space. The four-player teams also allow for the fundamental "diamond shape" essential to teaching young players depth and width in the game of soccer.

COACHING STAFF

The Mount Vernon 4 v 4 League assures quality coaches, knowledgeable in the game of soccer, who will enthusiastically teach the basic skills, rules and fundamentals of the game in a fun learning environment. The staff includes some of the most impressive soccer coaches in the county.

- Paul Furey, Men's Soccer Coach and Director of Cougar Soccer Camp at MVNU
- Jonathan Meade, Women's Soccer Coach at MVNU
- Scott Dapprich, Boy's Varsity Coach at Mount Vernon High School
- Top players from the men's and women's soccer programs at MVNU and Mount Vernon High School
- Guest clinicians from local colleges

PRACTICE AND GAME TIMES

The games will be held on the campus of MVNU on the reserve soccer field, located on Cougar Drive. Saturday morning will be designated for the competitive games after a brief warm-up. Each game and warm-up will be one hour in duration, including half-time and breaks. A training session (practice time) and clinic will be held each Tuesday evening for one hour.

- Games for ages 5-8 will include two 15-minute halves, plus a warm-up.
- Games for ages 9-12 will include two 20-minute halves, plus a warm-up.

LEAGUE SCHEDULE

Friday, March 13	Early Registration Deadline
Tuesday, March 31	Opening Clinic and Training Session (5:15 p.m. ages 5-8, 6:30 p.m. ages 9-12)
Saturday, April 4	Opening Match Day
Tuesday, April 7	Clinic and Training Session
Saturday, April 11	Match Day
Tuesday, April 14	Clinic and Training Session
Saturday, April 18	Match Day
Tuesday, April 21	Clinic and Training Session
Saturday, April 25	Match Day
Tuesday, April 28	Clinic and Training Session
Saturday, May 2	Match Day
Tuesday, May 5	Clinic and Training Session
Saturday, May 9	Final Match Day
Tuesday, May 12	Rain Date for Matches (If necessary)

Saturday Matches:

Begin at 8 a.m., 9 a.m., 10 a.m. and 11 a.m.

Tuesday Training Sessions:

Begin at 5:15 p.m., 5:45 p.m. and 6:15 p.m.

REGISTRATION

Forms are available online at cougars.mvnu.edu or by contacting the MVNU Athletic Office at (740) 397-9000, ext. 3100. Cost is \$70 per player if registered before March 13, or \$80 for those who register after March 13. All players will receive a t-shirt and certificate of participation. Players will be assigned to teams according to age and ability. There is a \$10 discount for additional family members and for Mount Vernon Soccer Association members.

WHY SHOULD I ENROLL MY CHILD IN 4 V 4 YOUTH SOCCER LEAGUE?

- More playing time, more game involvement
- Quality, experienced and certified coaching
- More touches on the ball per player
- Great teaching environment
- Balanced competitive philosophy
- Great for player development
- New trend in youth soccer worldwide
- Fun and family-friendly

