



U15-U19 HS Girls 2024-2025 Seasonal Plan



Team Practices

Season	Total	Location
Fall	2x per week	RSC Complex
Winter	1x per week	Oakland University Dome
Spring		

Additional Training (The day will be determined by the training schedule for each season.)

Season	Training #1	Training #2
Fall		
Winter	SAQ - 8 sessions	Club Futsal - 2 sessions (MRTC)
Spring		

Leagues

Season	League	
Fall	MSPSP (8 games approx.)	
Winter	Winter Indoor League (8 games approx.)	Club Winter Games - MSSC (2)
Spring		

Tournaments: This team is projected to do 2 tournaments to be selected by the coach.

Seasonal plans will be tailored to each team/coach. Finalized seasonal plans will be shared with families once the player makes the team

Michigan Lightning Club Fees (Payable to Club)

Due at player signing - 6/9/2024	\$350
7 installments Aug - Feb	\$226.43

Club fees cover: League Registrations, Practices, Pre-season Team Camp, Technical Training (Winter:U8-U13), Winter SAQ (U14 & older), Coaches Pay, Office/Director's Pay

Total Michigan Lightning Club Fees **\$1,935**

Total Estimated Cost 2024/2025 **\$2,535**
(Michigan Stars Lightning Club Fees + Team Fees)

Additional fees not listed: Uniform cost (approx \$350 if needed)

Team Fees (Payable to Team Manager)

Estimated Team Fees**	\$600
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Team fees cover: Tournaments, Winter League, Ref Fees, Game Fields, Internal Games/Internal Futsal Events, Futskills by Tati, Coaches Travel Expenses. Team fees are collected by the team manager. Team fees are based on an optimal roster size of 16.

****Note:** Ancillary team activities are managed by each coach/team. Costs provided are estimated. The exact cost will be determined by the activities the team participates in (i.e. # of tournaments, location of winter league, etc.)

First team payment will be due to team manager in July.

Pre-Season Team Camp will be held Aug 5 - Aug 9 (12:30-3pm) @ RSC Complex