

MIFC & EFC WEST

PARENT INFO NIGHT

2026/27 SEASON



Our Mission

Putting Players First
Building Champions in Life



- Inclusive
- Merit-Based
- Accessible
- Community-Focused
- Empowering Players



For the Players

CLUB EXPECTATIONS

Work hard every day, commit to your teammates and their journey, trust your coaches, and dedicate yourself to the best level you possibly can. Be a good teammate! Soccer can provide lifelong lessons, learn daily and enjoy your experience, it goes quickly!

OUR COMMITMENT TO YOU

We promise to work always with your best interests at heart. To help you develop in a way that will benefit you for years to come, and provide a platform for you to grow, enjoy, and make the most of your soccer experience with us.



MIFC PROGRAMS

Community-focused, with the players' relationship to the game put at the forefront



Micro Soccer

For players 5-6 years old, learning to love the game! Training introductions and 2v2 games for fun and on-the-ball growth



Recreational Soccer

For players U8-U19 who want to play with their friends, have a short commitment, and work with volunteer coaches



Juniors

For U8-U9 players who are seeking an early competitive step, and to work with professional coaches in a structured learning environment



Select

For players U10-U19 who want to play competitively within their community, have local but challenging games, and continue their growth with professional coaches

LIKE

LOVE

LIVE

Sport Science & Player Wellness Initiative

MIFC & EFC strive to create not only great players, but great athletes, and great people. A part of this is committing to a truly holistic development plan.

We are pleased to announce the launch of a Sport Science program, alongside a Player Wellness Initiative, which will allow us to raise standards for coaches in developing the physical levels of players, and provide education for players and families in developing great life habits for soccer and beyond.



We are thrilled to welcome Ryan Bowen, who brings a wealth of experience, knowledge, and a commitment to helping young athletes live healthy lives, to our club. Ryan will be spearheading the Sport Science & Player Wellness Initiative, and has information to share with everyone today.



Girls' Programs

MIFC and EFC are thrilled to welcome Erin Vaughan to the clubs! Erin has a remarkable playing and coaching career, with years of experience of leading and developing programs for female players. Erin will serve as the EFC West Maroon Girls' Director, and the MIFC Girls' Juniors Director.

Please welcome Erin, and allow her to share her vision for MIFC and EFC girls' programming for this season, and beyond!



Girls' Program Vision

Girls Director, Erin Vaughan

Our Vision - Player centered on confidence, development, and a positive player experience.

Program Growth & Access

- Grow organically through player retention and positive experiences
- Ensure every girl has a clear and meaningful place to play

Player Experience & Development

- Support all teams equally—every player feels seen and valued
- Help players identify and pursue their individual soccer goals

Female-Centered Environment

- Provide female-only training spaces to build confidence and self-expression
- Foster a safe, empowering, and inclusive training culture
- Intentionally build strong connections across all girls teams within Eastside West and MIFC to foster a unified program culture.

Female Coach Development & Support

- Recruit more female coaches as role models across all teams
- Create accessible entry pathways into coaching
- Invest in mentorship, education, and collaboration
- Build a supportive, growth-focused coaching community

“If She Can See It, She Can Be It”



GETTING TO KNOW EFC WEST



The Premier Soccer Experience

- Paid, professionally licensed coaches
- Highly competitive, narrow entry points
- Year-round competition with top players
- High-standard leagues with top, established clubs

Premier in Your Community

- Full EFC player and team experience on Mercer Island
- Committed, competitive teams, locally-based
- Local competition against top standard opponents
- ECNL player pathway for all players

Players earn the opportunity to play at high levels, while remaining in their community until the highest competitive level dictates a need to move

SELECT VS PREMIER VS REC

Premier Soccer

- Year-round commitment
- Heavy training load and expectation (3-4x per week)
- Demanding commitment for attendance
- Seeking development and progression standards
- Professional coaches

Select Soccer

- 8-10 month commitment
- Excellent for the multi-sport athlete
- 2x per week
- Local competition at flexible levels
- Professional coaches

Recreational Soccer

- 3 month commitment (September - November)
- 2x per week training
- Volunteer coaches
- Local games with optional Rec Cup

JUNIORS SUMMER JAMBOREES

Each Team/Coach to Confirm Final Plans

JUNE - PAC NW JAMBOREE



June 20-21

**JULY - EFC JUNIORS
SHOWCASE**



July 25-26

SELECT SUMMER CUPS

Each Team/Coach to Confirm Final Plans

JUNE - TUKWILA CUP



June 26-28

AUGUST - EFC CUP



U8-U12: August 21-24

GIRLS U13-U15

BOYS U13-U19

August 28-31

SELECT FALL & SPRING GAMING CIRCUIT

NPSL



FOUNDERS CUP



PRESIDENT'S CUP



EFC WEST MAROON SUMMER CUPS

Each Team/Coach to Confirm Final Plans

JUNE - PAC NW JAMBOREE



June 20-21

JUNE - XF SURF CUP



June 26-29

JUNE - TUKWILA CUP



June 26-28

AUGUST - EFC CUP



U8-U12: August 21-24

GIRLS U13-U15

BOYS U13-U19

August 28-31

EFC WEST MAROON FALL & SPRING GAMING CIRCUIT

RCL



EFC WEST MAROON STATE CUPS

STATE CHAMPIONSHIP
CUP



PRESIDENT'S CUP



METHODOLOGY

At the heart of our approach lies player development, a cornerstone of our methodology. We champion a holistic perspective, emphasizing not only on-field results but also the comprehensive growth of our players. Central to our philosophy is the prioritization of individual advancement, ample playing time, and sustained, long-term improvement.

We measure success not solely by wins, but by the quality of experience our players have and their consistent progression over time within our clubs. We focus on playing our style of soccer and providing greater opportunities for development as the true indicators of achievement.

THEY WILL WIN THE RIGHT WAY!



4 PILLARS OF DEVELOPMENT

We assess players and focus on their development across 4 main pillars of what makes a player:

- Technical
- Tactical
- Physical
- Psychological

PRIORITIZE PLAYING TIME

Above all, players need to play and experience game situations. These experiences are impossible to replicate, and foundational to our development beliefs. Playing time is also earned throughout the season through attendance, dedication, effort, learning mindset, and performance.

CONSTANT LEARNING THROUGH COMPETITION & ENJOYMENT

We utilize competition for their growth and to allow them to learn to love the game, and even live for the game. Motivated and happy players will always improve more, develop better, and forge a greater connection to the game, leading to better chances of long-term success.

UPGRADING THE TRAINING ENVIRONMENT

We are further improving our standards for training quality across our programs, particularly in our competitive-oriented pathways. With new models and standards, we will see improvements in on-field sessions, planning, as well as communications and team organization. Here are a few examples of the ways in which we are taking forward steps:

- **Unified Phase Plans**

- All coaches in competitive programming U10 and above will follow a shared phase plan. Meaning players will be working on similar concepts planned throughout the year collectively. This will allow for better learning, coordination, and improving player adaptation when moving between teams

- **Shared Coaching Language**

- Coaches will use shared terms and references, to allow for better learning and growth, and provide a more consistent experience for players as they progress through the ages and levels of play

- **Quarterly Coach Meetings & Regular Oversight**

- Club leadership will meet quarterly with coaches for check-ins and monitoring standards and progress
- Club Directors will view sessions and games for every team each month to ensure models are followed and for awareness of team progress

- **Coach to Family Communications Standards**

- Coaches will provide bi-weekly updates on team plans; training focus, game plans
- Coaches will provide bi-monthly overall team updates
- Each player will have an individual development plan (IDP) presented to them and worked with 3 times per season



CURRICULUM

The clubs-wide curriculum is based in long-term development strategies. Focusing on developing the complete player within the team, we structure our approach throughout the age groups to allow for a continued progression of growth in a consistent environment.

Players are not only allowed to make mistakes, they are encouraged to do so! It is the belief that we do not need short term successes to justify the work we do, but rather seeing the whole picture years down the line, to give the players greater tools for their development, and ensure that every player's potential is maximized thoughtfully and intentionally.

We are committed to upgrading the training environment, and are working constantly to develop our methods and improve on-field work.



7V7 - U10

Training Habits

- Commonly playing 2v2/SSG
- Technical work introduced to build key development foundation
- Body control/mechanics development
- Spatial concepts introduced

Game Habits

- Maximize minutes
- Build from the back
- Take risks and be brave
- Prioritize decision-making & problem-solving (Never "Boot It!")

9V9 - U11/U12

Training Habits

- Commonly playing 5v5/7v7
- Enhanced technical concepts to relate to more in-game situations
- Tactical introductions as positions become more relative

Game Habits

- Maximize minutes
- Build from the back
- Take risks and be brave
- Prioritize decision-making & problem-solving (Never "Boot It!")

11V11 - U13+

Training Habits

- Commonly playing 7v7/9v9 with midweek 11v11
- Emphasizing technical mastery of critical foundations
- Deeper tactical instruction to relate to their long-term play

Game Habits

- Maximize minutes
- Build from the back
- Take risks and be brave
- Prioritize decision-making & problem-solving
- Introduce value of competition and mindset

PARENT/FAMILY EXPECTATIONS

We count on our families to set great examples for the players. Key to this are codes of conduct for training and for game days. The behavior of parents is key in our commitment to being a community club, and the image we represent within the soccer community. As such, we have set principles and expectations for families regarding club activities.



TRAINING & GAME ATTENDANCE

Such is our commitment to the players to constantly provide them with great training and game day experiences and opportunities, we rely on the parents and families to consistently get the players there. Attendance is required at all events, unless specifically communicated beforehand to the head coach. Playing time may be affected with frequent absences from training and games. We encourage parents to watch trainings whenever possible!

SIDELINE BEHAVIOR

Game days can be the most exciting, as well as the most stressful part of the experience for everyone, including parents! While we love engaged and committed parents, we expect that families will always comport with the utmost respect and appreciation for the players, coaches, referees, and opposition.

RESPECT FOR ROLES

As mentioned, our volunteer members provide a critical service for our club, as do our professional coaches. It is then expected that families will respect those members and their roles, to allow them to work to their best abilities for the club, and ensure we continue to have motivated volunteers and staff throughout the season.

FALL MICRO LOGISTICS

FIELDS

The MIFC Micro program training locations will take place at Homestead Park, with consistent training/game times

UNIFORMS

Micro uniforms are included in registration, and ordered for the teams prior to season start

TEAMS/COMMUNICATION

Players will be divided into teams for the fall season, with whom they will play their 2v2 games on Saturdays

PlayMetrics is used for regular communications. All Micro Soccer events will be placed on the calendar

FEES

Program fees: \$325

- Includes uniform and field rental
- Includes optional training day with paid trainers



FALL REC LOGISTICS

FIELDS

The MIFC Rec program training locations will keep families in the MI community

UNIFORMS

Rec uniforms are included in registration, and ordered for the teams prior to season start

COACH CONTACT/COMMUNICATION

Families will be provided email and phone number for their coach

PlayMetrics is used for regular team communications. Your team events will be placed on the calendar.

FEES

Program fees: \$375

- Includes uniform and league registration
- Includes optional Rec Cup registration

Extra

- Team events & social gatherings



JUNIORS LOGISTICS

FIELDS

The MIFC Juniors program training locations will keep families in the MI community, with a consistent training time throughout the year

UNIFORMS

Juniors uniform tops are included in registration, each player will receive 2 shirts

COACH CONTACT/COMMUNICATION

Families will be provided email and phone number for their coach

PlayMetrics is used for regular team communications. Your team events will be placed on the calendar.

FEES

Program fees: Summer/Fall: \$900, Full Season: \$1,500

- Includes professional coach fees & league registrations

Extra

- Team events & social gatherings



SELECT LOGISTICS

FIELDS

The MIFC Select program training locations will strive to keep families in the MI community as much as possible

UNIFORMS

Uniforms can be ordered via the club store on Soccer.com



COACH CONTACT/COMMUNICATION

Families will be provided email and phone number for their coach

PlayMetrics is used for regular team communications. Your team events will be placed on the calendar.

FEES

Program fee \$2,100

- Includes professional coach fees & league registration

Tournament + Travel Fees Extra

- Summer tournaments
- State cup tournament
- Team events & social gatherings
- Spring Select (optional): \$400

EFC WEST MAROON LOGISTICS

FIELDS

The EFC West Maroon program training locations will split between Bellevue and Mercer Island

UNIFORMS

Uniforms can be ordered via the club store on Soccer.com



COACH CONTACT/COMMUNICATION

Families will be provided email and phone number for their coach

TeamSnap is used for regular team communications. Your team events will be placed on the calendar.

FEES

Program fee U9: \$2,100, U10-U19: \$3,400

- Includes professional coach fees & league registration

Tournament + Travel Fees Extra

- Summer tournaments
- State cup tournament
- Team events & social gatherings
- Misc. team costs

CLUB CALENDAR/KEY DATES

Dates	Event	Location
June 1st	Select/EFC West Team Training Begins	Mercer Island/Bellevue
June 10th	Juniors Training Begins	Homestead Park
July 17th	Rec Registration Deadline	PlayMetrics
September 12th	Fall Micro Soccer Begins	Homestead Park
September 12/13th	Select, Rec & EFC West League Play Begins	Puget Sound/Western WA
September 13th	Season Launch Event/Battle of the Coaches	Mercer Island
October-December	WYS Rec Cup	Puget Sound Region
November 1st (TBC)	MIFC AGM	Mercer Island
December 10th	WYS Founders Cup Registration Deadline	PlayMetrics
January 15th	Spring Select Registration Deadline	Mercer Island
April-May	2027/28 Season Tryouts	Mercer Island & Preston



Mariana Napolitani



Thank You

