



MIFC & EFC WEST



MIFC

PROGRAMS

MIFC will continue to operate all community-based programs, preserving our 61-year history of putting players first.

Retaining our commitment to Micro Soccer, Recreational, Juniors, and Select program options, we will provide options, opportunities, and a terrific soccer experience for players of all levels.

MICRO SOCCER - INTRODUCTION

2v2-based, fun soccer, introducing players to the game and building their love of the sport. Volunteer-driven, open enrollment

RECREATIONAL SOCCER - FOUNDATION

All age play, low commitment, prioritizing enjoyment through soccer, players who like the game and want to play with their friends. Volunteer-driven, open enrollment.

JUNIORS - COMPETITIVE FOUNDATION

Introduction to working with paid coaches. Competitive emphasis for U8 and U9 ages, development methodology and competitive league play. Paid coaches with volunteers, open enrollment.

SELECT - COMPETITIVE PROGRESSION

Full team experience, working with paid coaches/trainers. League season, summer tournament play. Paid coaches with dedicated volunteer roles, tryout process for selection. Open pathway to Rec or higher competitive options



EASTSIDE FC WEST

TRYOUTS & TEAM SELECTION

- Collective tryouts in Preston
- Player assessed across an age group
- Players can select location preference
- EFC tryout registration = free MIFC select tryouts
- Team communications will be handled within 24-48 hours of tryout process
- Player can choose preference based on options provided

RCL LEAGUE PLAY

- Strong, stable league filled with region's established clubs
- Consistent games, strong league operating standards
- Teams are placed on their own merit, not defined by location
- Locally-based, minimal travel compared to equivalent regional league offerings
 - Other leagues have significant cross-state or out-of-state travel required for games of equal or lesser value

PLAYER PATHWAY

- All players are in the ECNL-R/ECNL pathway, regardless of team or location
- Tryouts are an organic and honest process, merit-based offerings are provided along with guidance and support
- Player choice is the driving factor whenever multiple options are provided

PLAYER WELLNESS INITIATIVE

DEVELOPING THE WHOLE PERSON

Both MIFC and EFC are committed to developing the whole person. Soccer is a vehicle for life, with lessons to be learned in teamwork, commitment, leadership, perseverance, accountability, and hard work. We are implementing a player wellness initiative, to create fitness standards, improve athletic development, mental development, and support to establish life habits for soccer and beyond.



AGE & GENDER SPECIFIC

Every player has their own needs, and their development varies based on age and gender. We will be creating specific plans and programs which are tailor-made for age stages, and each gender accordingly.

UNIFIED INFORMATION

There are multiple parties involved in a player's life and development, and we are committed to ensuring everyone has the same information. In order to best help players develop to their best level, and receive great guidance from all areas, information will be made available specific to:

- Players
- Coaches
- Families

EXPERIENCED PROFESSIONALS

Our commitment is to bring expertise, knowledge, and care to every program. We are thrilled to announce the involvement of Ryan Bowen, an experienced Sport Scientist with a FIFA Diploma in Medicine & Master's Diploma in Sport Performance and decades of experience in the field. Ryan will be supported by EFC/MIFC staff coaches Jordan Zimmerman and Orlando Neto to deliver weekly sessions.

Ryan will create bespoke fitness, nutrition, and wellness plans & seminars for club use, as well as delivering multiple in-person sessions throughout the season.

LEAGUE TEAMS SAMPLE



G12 (U14) Div 2

- FME SC (Fife)
- Tracyton SC (Tracyton)
- Crossfire Select (Redmond)
- Seattle United (Seattle)
- Whatcom County (Bellingham)
- Issaquah FC (Issaquah)
- NSC (Bothell/Woodinville)
- Southlake FC (Renton)



G12 (U14) Div 1

- Washington Premier (Federal Way)
- Snohomish United (Snohomish)
- Crossfire (Redmond)
- Seattle United (Seattle)
- Harbor Premier (Gig Harbor)
- Pac NW (Tukwila)
- Sound FC (Woodinville)
- Eastside FC (Bellevue/Issaquah)



GIRLS' TEAMS

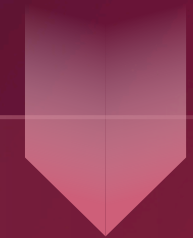
OPTIONS



We recognize that the girls' teams in our clubs and community have distinctive needs and pathways. MIFC and EFC are excited to provide terrific pathways and options at all levels for the female players we are fortunate to have be a part of our clubs.

- **Recreational (U8-U19)**
 - Designed for the player who likes the game
 - Playing with friends, 3 month commitment
 - Parent volunteer coach
- **MIFC Select (U10-U19)**
 - Designed for competitive players who like and love the game
 - Excellent development competitive pathway, promoting growth and learning through competition
 - 6-9 month commitment, training 2x per week with professional coaches
 - NPSL as league play for locally-based games at strong competitive level, with Founders Cup access for state tournament
- **Eastside FC West (U10-U19)**
 - For players ready for the premier commitment and seeking competitive level above select
 - Full year commitment, 3x per week training with high-caliber professional coaches
 - Direct pathway to ECNL premier opportunities
 - RCL league access for high standard competition against established, recognized, reputable clubs in the region
 - Regional-based league for local games and minimal travel
- **Eastside FC ECNL/ECNL-R (U13-U19)**
 - Pinnacle of premier pathway
 - National competition, highest point of competition for girls' pathway
 - Full year commitment, working with highest standard coaches

AGE GROUP CHANGE



TEAM

RESTRUCTURING

- Teams will be built for the 2026/27 season onward using the school year system
- Removal of “trapped” teams for mixed 8th/9th grade player pools
- Focus is less on “keeping the team together,” and more on allowing players to play at the right developmental and social level
- Players playing above their age group will be considered on competitive level, and any outlier grade placements
 - Sample: A player born in August, 2015, but will be entering 7th grade can be considered to play up

Age Group	Birthdate Range	Game Format
U8	August 1, 2018 – July 31, 2019	4v4
U9	August 1, 2017 – July 31, 2018	7v7
U10	August 1, 2016 – July 31, 2017	7v7
U11	August 1, 2015 – July 31, 2016	9v9
U12	August 1, 2014 – July 31, 2015	9v9
U13	August 1, 2013 – July 31, 2014	11v11
U14	August 1, 2012 – July 31, 2013	11v11
U15	August 1, 2011 – July 31, 2012	11v11
U16	August 1, 2010 – July 31, 2011	11v11
U17	August 1, 2009 – July 31, 2010	11v11
U19	August 1, 2007 – July 31, 2009	11v11

TRYOUTS

PROCESS

REGISTERING FOR EFC TRYOUTS

- EFC tryouts are registered via TeamSnap
- Players can choose their preferred location: Preston, Bellevue, Mercer Island
 - Players will receive merit-based options regardless of location, for RCL or ECNL alike

REGISTERING FOR MIFC TRYOUTS

- MIFC tryouts are registered via PlayMetrics
- Tryouts are hosted following EFC tryouts, to allow players to explore both options locally
 - Players who register for EFC tryouts can register for MIFC tryouts at no additional cost



TRYOUTS SCHEDULE

MIFC GIRLS TRYOUTS

Age Group	Birthdate Range	Date	Time	Location
U19/U18	Aug 1, 2007 - July 31, 2009	5/15	6:45-8:15pm	SMP East
U17	Aug 1, 2009 - July 31, 2010	5/15	6:45-8:15pm	SMP East
U16	Aug 1, 2010 - July 31, 2011	5/15	6:45-8:15pm	SMP East
U15	Aug 1, 2011 - July 31, 2012	5/15	6:45-8:15pm	IMS
U14	Aug 1, 2012 - July 31, 2013	5/9	4:30-6:00pm	SMP East
U13	Aug 1, 2013 - July 31, 2014	5/9	4:30-6:00pm	SMP East
U12	Aug 1, 2014 - July 31, 2015	5/9	4:30-6:00pm	IMS
U11	Aug 1, 2015 - July 31, 2016	5/2	4:30-6:00pm	SMP East
U10	Aug 1, 2016 - July 31, 2017	5/2	4:30-6:00pm	SMP East

EFC WEST GIRLS TRYOUTS

Age Group	Birthdate Range	Date	Time	Location
U19/U18	Aug 1, 2007 - July 31, 2009	5/13-14	4:30-6:00pm	Preston Park
U17	Aug 1, 2009 - July 31, 2010	5/13-14	7:30-9:00pm	Preston Park
U16	Aug 1, 2010 - July 31, 2011	5/13-14	6:00-7:30pm	Preston Park
U15	Aug 1, 2011 - July 31, 2012	5/13-14	4:30-6:00pm	Preston Park
U14	Aug 1, 2012 - July 31, 2013	5/6-7	7:30-9:00pm	Preston Park
U13	Aug 1, 2013 - July 31, 2014	5/6-7	6:00-7:30pm	Preston Park
U12	Aug 1, 2014 - July 31, 2015	5/6-7	4:30-6:00pm	Preston Park
U11	Aug 1, 2015 - July 31, 2016	4/28-29	6:00-7:30pm	Preston Park
U10	Aug 1, 2016 - July 31, 2017	4/28-29	4:30-6:00pm	Preston Park

FAQ'S

WILL LOCATION DETERMINE PATHWAY OR TEAM LEVEL?

No, players are all part of an equal pathway, regardless of team or location

Teams are placed in the appropriate division based on their assessed competitive level, not their geographic location

EFC West teams are not inherently “lower tier,” but are assessed on their own quality individually

CAN MY CHILD RECEIVE MULTIPLE OFFERS?

Yes!

Players may receive multiple offers from both EFC and MIFC tryouts. Families are encouraged to consider options, and discuss with club coaches & staff to make the best decision for their child.

Family & player choice will always be the determining factor when deciding between multiple available options

WHEN DOES ECNL BEGIN?

ECNL play begins at U13, which is the top-tier youth competition available in our landscape. Players prior to this age group are encouraged to play in their community, with strong development emphasis placed at each club.

Players who have the competitive ability to play ECNL will be able to access regardless of location

WILL THERE BE CROSS-TRAINING OPPORTUNITIES?

Yes, teams will have the chance to train in Preston throughout the season, and Preston-based teams will be invited to train at MI & Bellevue locations, to provide a unified club experience

Players will be offered guest training and playing opportunities throughout the season based on coach & leadership assessments

THANK YOU!

M I F C & E F C



www.mifc.org



www.eastsidefc.org

