



# 2010 GIRLS U16 ACADEMY PLUS

2025/2026



Coach: **Megan Hensel**

## What will the team do?



### League



TCSL MN National Premier League (NPL)

### Matches



Fall: [MSHSL Fall Season]  
Winter: 4-6 matches  
Summer: 8-10 weeknight matches

### Trainings



Fall: [MSHSL Fall Season]  
Winter: 3x per week  
Summer: 3x per week

### Tournaments



- Winter:
- **3v3 Tonka Tourney** 12/5 OR 12/12
  - **NSC College Showcase** 4/10-4/12
- Summer:
- **Future Stars** 5/8-5/10
  - **MN Cup** 5/27-5/31
  - **US Club Soccer Regionals (IL)** 6/19-6/21

### Supplemental Opportunities

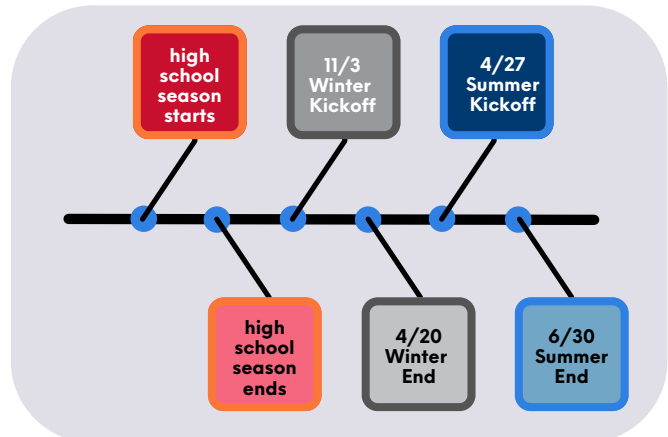


Open Training, Scrimmages, Clinics, Winter Futsal League, Summer Camps

## What do I need to do?

- ✓ Today: Register for tryouts in PlayMetrics
- ✓ 7/20 & 7/22: Attend tryouts
- ✓ 7/23: Team invitation sent via PlayMetrics
- ✓ 7/25: Team acceptance deadline
- ✓ 10/17: Uniform kit\* order deadline
- ✓ TBD: Mandatory parent & player team meeting

## Seasonal Timeline:



### Costs\*



Team Fees: \$ 3225  
Includes: All leagues, tournaments, training, coaching, admin, facilities, insurance, referees, coach expenses for tournaments listed on Team Plan

\*Additional costs: uniform kit pieces, player travel expenses, optional team event expenses, clinics, optional league play, individual programming, and other costs not listed on Team Plan



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