



2012 GIRLS U14 ACADEMY PLUS

2025/2026



Coach: Eli Baker

What will the team do?



Leagues



TCSL MN National Premier League (NPL)

Matches



Fall: 4-6 weekend matches

Winter: 4-6 matches

Summer: 8-10 weeknight matches

Trainings



Fall: 3-4x per week

Winter: 3x per week

+ 1x Speed/Strength per week

Summer: 2x per week

+ 1x TUSA Champions League

Tournaments



Fall:

- **Tonka Street Cup Season Kick-Off** 8/23
- **NSC Fall Cup** 9/26-9/28

Winter:

- **Midwest November Cup (IA)** 11/14-11/16
- **3v3 Tonka Tourney** 12/5 OR 12/12

Summer:

- **Midwest Champions (MO)** 4/24-4/26
- **Future Stars** 5/8-5/10
- **MN Cup** 5/27-5/31
- **US Club Soccer Regionals (IL)** 6/19-6/22

Only if qualified

Supplemental Opportunities



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

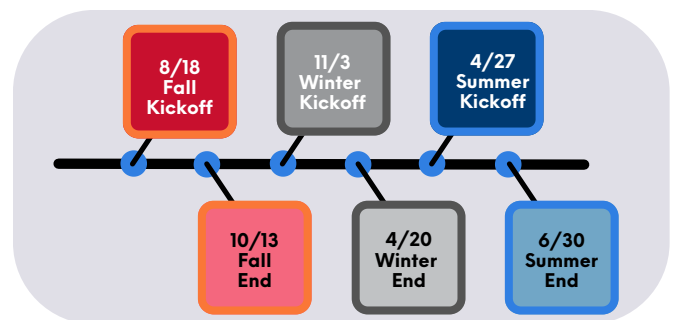
Who is our Coach?

Eli Baker has spent the past 4 years as a Director of Coaching here at Tonka United, and enters his 9th year coaching Tonka Girls teams and 3rd year coaching Tonka Boys teams. He holds a USSF B License, and played collegiate soccer at Augsburg University. Notably, he led the DeLaSalle High School Boys Varsity Soccer team to the MSHSL State Championship and 3rd Place finishes, earning the MN Private School Coach of the Year award. He also has 5 years experience coaching with USL-2 Minneapolis City SC, advancing to two UPSL National Tournaments while helping develop professional and collegiate players.

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
- ✓ 8/1: Uniform kit* order deadline
- ✓ mid-Aug: 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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