

2025/2026



Coach: Meghan Keenan

What will the team do?















Leagues

TCSL Regional Fall & Summer TCSL Winter League



Matches

Fall: 6 weekend matches Winter: 6 matches

Summer: 10 weeknight matches



Trainings

Fall: 2–3x per week Winter: 2x per week

+ 1x TUSA Champions League

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

• **3v3 Tonka Tourney** 12/5 OR 12/12

Summer:

- NSC Spring Cup 5/1-5/3
- Tonka Splash 6/12-6/14
- Rush Summer Cup (IA) 6/19-6/21



Supplemental Opportunities

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

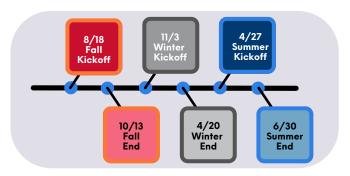
Who is our Coach?

Meghan is entering her 5th year as a coach with Tonka United and her 2nd year as a full-time coach. A former Tonka United player herself, Meghan is passionate about developing youth players and fostering a positive learning environment. She is currently enrolled in the US Soccer Federation D License. Outside of soccer, Meghan enjoys spending time with her husband, Mac—who is also a full-time coach at Tonka United—and their two dogs, Apollo and Hank.

What do I need to do?

- Today: Register for tryouts in PlayMetrics
- 7/17: Team invitation sent via PlayMetrics
- √ 7/19: Team acceptance deadline
- 8/1: Uniform kit[∗] order deadline

Seasonal Timeline:





Costs*

Team Fees: \$ 2100

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



