



2016 GIRLS U10 SELECT

2025/2026



Coach: **Izzy Smith**

What will the team do?



Leagues

TCSL Blue Fall & Summer

Matches

Fall: 6 weekend matches
Summer: 10 weeknight matches

Trainings

Fall: 2x per week
Winter: 1x per week
+ TUSA Champions League
Summer: 2x per week

Tournaments

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

Winter:

- **TCSL Winter Fest** TBD
- **3v3 Tonka Tourney** 12/5 OR 12/12

Summer:

- **NSC Spring Cup** 5/1-5/3
- **Tonka Splash** 6/12-6/14

Tonka Splash is dependent on numbers, may be combined with other teams

Supplemental Opportunities

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

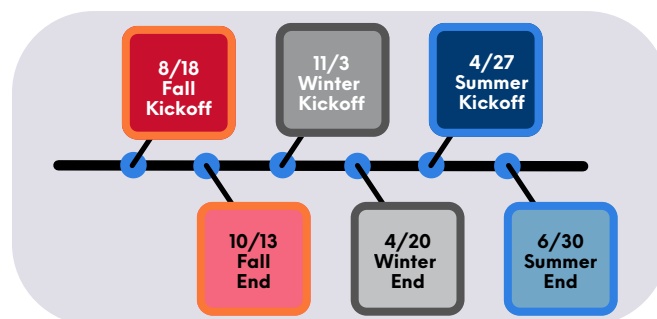
Who is our Coach?

Izzy Smith is entering her 2nd year as a full-time coach with Tonka United. She holds a US Soccer Federation Grassroots License, and played collegiate soccer at Bethel University. She brings experience both in playing and coaching, including coaching as an assistant high school coach at Mounds View girls varsity program. Izzy is committed to growing the game by combining high-level playing experience with positive, developmental coaching.

What do I need to do?

- ✓ Today: Register for tryouts in PlayMetrics
- ✓ 7/15 & 7/16: Attend tryouts
- ✓ 7/17: Team invitation sent via PlayMetrics
- ✓ 7/19: Team acceptance deadline
- ✓ 8/1: Uniform kit* order deadline
- ✓ mid-Aug: Mandatory parent & player team meeting

Seasonal Timeline:



Costs*

Team Fees: \$ 1495

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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