



FRIENDS & SOCCER

WE CREATE OUR OWN TEAMS. WE PLAY WITH OUR FRIENDS. WE CHOOSE OUR OWN SCHEDULE. WE FOLLOW OUR OWN PATH.

SPRING TEAM **REGISTRATION CLOSED**

Missed out on the opportunity to register your team?

The next opportunity to register your team with Classics Eagles will open in May. In the meantime please complete the [Team Sign up for Head Coach Form](#).

We are a parent-coached, professionally assisted, family of teams. Many of the CE teams come into the program as a group of friends, neighbors, and current teammates who want to play together at a competitive level with their coach. They can create a club soccer experience that works best for their team's and families' needs and goals.

Classics Eagles is your club, and we are looking forward to assisting you play the game with your friends in your community in a way that works best for you.

[For More Information CLICK HERE!](#)

Contact Ross Brown, CE Director, to schedule a meeting to discuss your group or team's options, the process, and answer all of your questions.

rbrown@tocafootball.com
(806)494-8087

Individual Player Looking for Team: Fall 2025

For individual players looking for a team for the Fall 2025.

We try to place individual players on existing teams or create new teams when possible, but we cannot guarantee placement for the upcoming season.

[CLICK HERE](#)

Team Sign up for Head Coaches: Fall 2025

Used by a coach to register a team in Classics Eagles. Coach provides information about team to start process of registering group for the upcoming season.

Open to U8 to U18 age groups with different levels of competition available in local leagues.

[CLICK HERE](#)

Player Assessments 2025

Looking to join a Classics Eagles Team this Fall 2025?

These sessions are an opportunity for NON COMMITTED players who are looking to join a CE team, to come out and experience working with CE coaches, make some friends and have some FUN!

CE coaches who are looking to add players to their roster will be in attendance.

Please note: We cannot guarantee placement for all players who are looking for a team.

All Sessions are FREE to attend, players must sign up in advance.

Dates: Found in the graphic below...

[CLICK HERE TO REGISTER](#)

For further information, please email CE Director, Ross Brown.
rbrown@tocafootball.com

PLAYER ASSESSMENTS



GIRLS DATES

SUNDAY APRIL 27TH, 2025

4:00 PM-5:00 PM (U8-U10)
5:00 PM-6:00 PM (U11+)

SUNDAY MAY 18TH, 2025

4:00 PM-5:00 PM (U8-U10)
5:00 PM-6:00 PM (U11+)

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PLAYER ASSESSMENTS



BOYS DATES

SUNDAY APRIL 20TH, 2025

4:00 PM-5:00 PM (U8-U10)
5:00 PM-6:00 PM (U11+)

SUNDAY MAY 4TH, 2025

4:00 PM-5:00 PM (U8-U10)
5:00 PM-6:00 PM (U11+)

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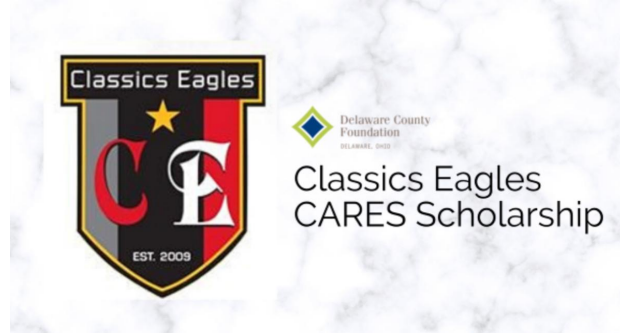
CE C.A.R.E.S

The CE C.A.R.E.S. scholarship was established in 2016 through the Delaware County Foundation and recognizes student-athletes who make a positive impact in their

community by serving their teammates on the soccer field, their peers in school and the citizens of their community through outreach type programs. Graduating seniors interested in applying for the CE C.A.R.E.S College Scholarship can apply using the link below. All submissions are due by February 28, 2025.

The C.A.R.E.S Acronym stands for:

- * C = Community Involvement
- * A = Action
- * R = Responsibility
- * E = Extraordinary
- * S = Service



REQUIREMENTS

- Must have actively participated in Classics Eagles soccer for at least two (2) years;
- Must have GPA of at least 2.5 or higher on a 4-point scale or its equivalent;
- Must be enrolling full-time in any accredited college or university.

For more info and to apply, please go to: <https://delawarecf.org/scholarship/classics-eagles-cares-scholarship/>

Winter Training Programs

Pre Season Preparation - Final Winter Session (Starts Feb 17th) - With CE Director, Ross Brown

[SIGN UP HERE!](#)

Program Description: This program has been designed to prepare players in all 4 pillars of the game (Technical, Tactical, Physical, and Mental) for the upcoming Spring season.

This training program is exclusive to CE players ONLY!

Camps + Clinics

Presidents Day - Scoring Goals Clinic

Date: Feb 17, 2025

Cost: \$25

Location: TOCA Columbus (409 Orangepoint Dr, Lewis Center, OH 43035)

[REGISTER HERE](#)

Spring Break 2025 - CE X TOCA

Dates: March 25th, 26th, 27th.

Cost: \$200

Time: 9:00am-12:00pm.

Ages : 8-14 years (COED)

Where: TOCA Columbus (409 Orange Point Dr, Lewis Center, OH 43035)

[REGISTER HERE](#)

Summer Camps



SUMMER CAMPS
2025

3 DAY CAMPS
JUNE 23RD-25TH
JULY 22ND-24TH
TIME: 9AM-12PM
COST: \$185

1 DAY CAMPS
JUNE 9TH
JUNE 11TH
JULY 14TH
JULY 16TH
TIME: 9AM-12PM
COST: \$75

FOR MORE INFORMATION GO TO:
[HTTPS://WWW.CLASSICSEAGLES.COM/CAMPS](https://www.classicseagles.com/camps)

For more information and to sign up [CLICK HERE!](#)

TOCA SOCCER CENTER COLUMBUS

TOCA Columbus is a 62,500 square-foot climate-controlled indoor soccer, sports, and fitness center. We offer programs for individuals, teams, or organizations looking to train and play all year round.

Training Opportunities for all Players

Individual Training

TOCA's 1-on-1 training takes you through a guided, tech-enhanced soccer experience designed to rapidly improve your skills. The key is TOCA's proprietary technology, including the Touch Trainer, Smart Targets, Studio Screens, and personalized data tracking, that take your game to the next level.

Schedule Your FREE BASELINE Session by [CLICKING HERE](#)

Group Training

TOCA Group Training provides a group of up to five similarly-skilled players our tech-enhanced soccer experience at a reduced price. It is the perfect solution for players seeking an affordable and challenging training environment.

[SIGN UP HERE](#)

Soccer Camps/Clinics

Designed for players looking to improve their game and soccer IQ, emphasis is placed on fundamentals like passing/receiving, shooting, offense/defense, and team play. Camps of various lengths run throughout spring, summer, and fall with instruction available to players of all abilities, from beginner to advanced.

[SIGN UP HERE](#)

Juniors/TOCA Classes

The Juniors/TOCA Classes Program is a youth soccer training environment for players that are between

the ages of 3-12. Within the program, we offer experiences based on player ages and abilities. The Juniors/TOCA Classes Program is the beginning of a very specific pathway for each individual soccer player. We want each player to feel that they have options to continue with their love for the game as they develop their skill and confidence by explaining their potential next level opportunities.

Field Rentals

Fields are available for usage throughout the entire year!

Field Sizes are 30yds by 20yds

Rental Rates: Prime Season \$150 (1 hour), Non Prime \$120 (1 hour,) Birthday Parties \$250 (2 hours)

More Details on scheduling a rental contact TOCA Columbus GM at bbishop@tocafootball.com

Contact Information
TOCA Columbus
409 Orange Point Dr
Lewis Center, OH 43035
columbus@tocafootball.com
740-657-8888

VISIT CLASSICS EAGLES WEBSITE TO LEARN MORE!



Stay Warm and Stay Safe: Quick Warm-Ups for Cold Weather

As temperatures drop, staying active becomes more challenging, especially for youth athletes and adults

braving the cold. Whether your child is gearing up for practice or you're preparing to shovel snow, warming up is essential to prevent stiffness, reduce injury risk, and keep muscles and joints flexible.

Here are quick and simple warm-ups to get you ready for any cold-weather activity:

1. Dynamic Stretching

Dynamic movements increase blood flow and loosen up muscles. Try these.

- Leg Swings: Hold onto a sturdy object and swing one leg forward and back, then side to side.

Switch legs.

- Arm Circles: Extend arms and make small, then larger, circles forward and backward.
- Torso Twists: Stand tall and twist your upper body from side to side gently.

2. Light Cardio

A bit of cardio raises your heart rate and core temperature.

- Jumping Jacks: A classic, full-body movement to warm up quickly.
- High Knees: Jog in place while bringing knees toward your chest.
- Side Shuffles: Step or shuffle side to side, staying light on your feet.

3. Functional Warm-Ups

These warm-ups prep joints for motion.

- Ankle Circles: Rotate each ankle clockwise and counterclockwise.
- Wrist Rolls: Circle your wrists in both directions to loosen up.
- Cat-Cow Stretch: On all fours, alternate between arching and rounding your back to warm up

your spine.

Don't Forget to Layer Up

Start with a base layer that wicks sweat, add insulation, and top it off with a wind-resistant outer layer.

Shed layers as you heat up to stay comfortable.

Stay warm, stay active, and enjoy all that winter brings while keeping your body safe and ready to perform!

Sources:

[Dynamic Warmups for Athletes: Exercises for Performance \[Jan 2022\]](#)

[Warm-Up Exercise: What It Is, Health Benefits, and How to Get Started | Everyday Health](#)





Sports Medicine Concern? Start with the Specialists.

SPORTS MEDICINE HOTLINE

A FREE Resource to Athletes, Coaches and Families

- **Address injuries** that do not require immediate medical attention.
- **Connect directly** with an Orthopedic ONE certified athletic trainer.
- **Get answers** regarding general sports medicine care.



614.827.8210



OFFICIAL SPORTS MEDICINE SPONSOR OF
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TOCA
S O C C E R



WE ARE A CREW NETWORK CLUB



The Crew Network is comprised of various local youth soccer organizations in the Columbus metropolitan area. The Crew Network gives youth players, coaches, parents and administrators access to unique experiences and opportunities.

Additionally, network clubs receive both technical and commercial benefits from the Crew, such as player training opportunities, access to the Crew's coaching staff, and educational resources.

Classics Eagles | 409 Orangepoint Drive | Lewis Center, OH 43035 US

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