



## FRIENDS & SOCCER

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

**Now Accepting New Teams for Fall  
2025**

Do you have a group of players ready for a new challenge Classics Eagles are

accepting new teams for Fall 2025!

Please complete our NEW Team Form by [CLICKING HERE!](#)

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.

**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

[CLICK HERE FOR MORE INFORMATION](#)

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## **PLAYER ASSESSMENT DATES**

### **Trying to find your child a Classics Eagles team?**

We have recently released our "Player Assessment" dates for individual players that are looking to join Classics Eagles in the Fall of 25. This is a great opportunity for your player to come out, have some fun, make some friends, and be seen by our coaches.

*Please note we do not guarantee placement for all player who are looking for a team.*

#### **GIRLS**

##### **Sunday April 27th**

U8-U10 @ 4-5pm

U11+ @ 5-6pm

##### **Sunday May 18th**

U8-U10 @ 4-5pm

U11+ @ 5-6pm

#### **BOYS**

##### **Saturday April 19th**

U8-U10 @ 4-5pm

U11+ @ 5-6pm

##### **Sunday May 4th, 2025**

U8-U10 @ 4-5pm

U11+ @ 5-6pm

All sessions will be @ TOCA Columbus (409 Orangepoint Dr, Lewis Center, OH 43035)

Please register by [CLICKING HERE!](#)

+ complete our most recent "Looking for a Team" form by  
[CLICKING HERE!](#)

[CLICK HERE FOR MORE INFORMATION](#)

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# BACK TO PRACTICE! SPRING 2025

As part of the Classics Eagles program, all CE teams get to practice indoor at TOCA Columbus throughout the month of march. This is a great opportunity for our coaches to work directly with their teams in preparation for the spring season. Here are some of our teams BACK IN ACTION...



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## Upcoming Camps!

CE X TOCA Spring Break Camp - [REGISTER HERE](#)

CE Summer Camps (3 Day) - [REGISTER HERE](#)

CE Summer Camps (1 Day) - [REGISTER HERE](#)

CE Goalkeeper Camps Summer 2025 - [REGISTER HERE](#)

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# **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 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.

#### **February Clinics Cost is \$50 per Clinic**

3/14 at 5-7pm = Game Awareness Clinic

3/19 at 5pm-7pm = Finishing Clinic

[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.

[Click Here for more information](#)

### **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](mailto:bbishop@tocafootball.com)

**Contact Information**  
TOCA Columbus  
409 Orange Point Dr  
Lewis Center, OH 43035  
[columbus@tocafootball.com](mailto:columbus@tocafootball.com)  
740-657-8888

**VISIT CLASSICS EAGLES WEBSITE TO LEARN MORE!**

## Spring into Action: Preventing Injury in Warm-Weather Sports

As the weather warms up, athletes of all ages will hit the fields and courts to partake in their favorite spring sports. However, amidst the excitement, it's crucial to recognize and understand the potential risks of injuries that accompany these activities. Whether you're an experienced player or just getting started, being aware of the most common spring sports injuries can help you stay in the game all season long.

# SPRING INTO ACTION

## Preventing Injury in Warm-Weather Sports



### Safeguarding Your Spring Season: The Top 5 Injuries to Watch Out For

1. **Sprained Ankles:** An all-too-common scenario in sports like soccer, basketball, and tennis, sprained ankles occur when the ligaments supporting the ankle joint are stretched too far or torn. The rapid directional changes and explosive movements inherent in these sports make ankles particularly vulnerable.
2. **Rotator Cuff Injuries:** Baseball pitchers winding up for a throw, volleyball players spiking the ball, or even swimmers executing powerful strokes—all of these actions heavily involve the shoulder joint and its stabilizing muscles and tendons. Rotator cuff injuries, characterized by pain and weakness in the shoulder, are particularly common in sports requiring repetitive overhead movements.
3. **ACL Tears:** Perhaps one of the most feared injuries for athletes, an anterior cruciate ligament (ACL) tear can mean months of rehabilitation and potential setbacks. Known for their quick pivots and sudden stops, soccer, baseball, and lacrosse players are especially susceptible to this knee injury. Recent research has also shown that adolescent female athletes are 1.5 times more likely to experience an ACL tear than their male counterparts ([Orthopedic ONE](#)). *This is one of the many reasons why proper training and injury prevention strategies are so important.*
4. **Tendinitis:** Tendinitis manifests in various forms depending on the repetitive motions involved in specific sports. Baseball pitchers may grapple with “pitcher’s elbow,” while tennis players might battle with “tennis elbow.” Runners may contend with Achilles tendinitis, and basketball players may find themselves plagued by patellar tendinitis, commonly known as “jumper’s knee.”
5. **Concussions:** Contact sports like football, soccer, and lacrosse come with an increased likelihood of sustaining a concussion. These brain injuries can result from direct blows to the head or violent collisions with other players, leading to symptoms ranging from dizziness and confusion to more severe cognitive impairments. Recognizing the signs of a concussion and prioritizing player safety is paramount in mitigating these risks.

In the realm of sports, setbacks are inevitable, but it's how athletes respond to challenges that truly defines them. Here are two inspiring tales of resilience, guided by the expert care of Orthopedic ONE.

- ***Sterling's Story:*** Sterling Manley, a basketball prodigy with dreams to play in the NBA, faced a double blow when he broke his leg—twice. Turning to Orthopedic ONE for top-tier care, Sterling and his family found reassurance in the expertise of our doctors. With resolve and support, Sterling underwent rigorous rehab, fueled by his passion for the game. He went on to fulfill his dream to play as a North Carolina Tar Heel and is now playing professionally overseas, a testament to his determination and the personalized care he received from Orthopedic ONE.
- ***Abby's Story:*** *Abby Steiner's track and soccer aspirations were momentarily derailed when she suffered an ACL injury. Abby immediately sought help from Orthopedic ONE, a partner of her club soccer team, Ohio Premier, and found individualized treatment and a fun approach to recovery. In just five months, Abby returned to the track, where she set two new state records and cemented her title as the fastest girl in Ohio. Today, she is competing at the highest levels of the sport as a professional. With Orthopedic ONE, Abby defied the odds and triumphed over adversity.*

### **Stay in the Game with Orthopedic ONE's Sports Medicine Program**

At Orthopedic ONE, we understand the passion and dedication that athletes pour into their sport. That's why we're proud to be the leading provider of sports medicine orthopedic care in Columbus. Our commitment extends beyond just treating injuries; we're dedicated to keeping athletes of every age and skill level performing at their best.

#### **Rehabilitation and Injury Prevention**

- Sports medicine focuses on injury prevention, treatment, and rehabilitation. Our team of certified athletic trainers, physical therapists, and fellowship-trained physicians and surgeons work tirelessly to ensure that athletes stay on the field and out of our offices. Through sport-specific training and conditioning, we tailor programs to each individual athlete to ensure a swift recovery and a confident return to pre-injury condition.

#### **Supporting Local Athletes**

- We know that athletes don't belong on the sidelines. That's why Orthopedic ONE is proud to support athletes at all levels of play here in Columbus—and it's why elite associations such as the Columbus Crew SC and the Columbus Blue Jackets trust our specialists to supply exceptional sports medicine care.

#### **Our Affiliations**

- Our commitment to the local sports community reaches beyond our office walls. We partner with many major local clubs and organizations to provide orthopedic care, injury prevention, and rehabilitation services. [Click here](#) for a list of the organizations we proudly support!

These partnerships are a testament to the quality of care and expertise that Orthopedic ONE provides.

#### **Sports Medicine Hotline**

In addition to our comprehensive care services, we offer a [Sports Medicine Hotline](#) as a free resource to coaches, families, and athletes affiliated with our partner clubs and organizations. This hotline provides direct access to expert advice and guidance on sports-related injuries and concerns.

Orthopedic ONE is committed to keeping athletes in the game and off the bench. No matter your needs, you can trust our team to provide personalized care and support that will enable you to perform your best. So, play hard, play smart, and above all, stay safe!

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**SPORTS MEDICINE HOTLINE**



**614.827.8210**



**SPORTSMED@ORTHOPEDICONE.COM**



*Orthopedic ONE certified athletic trainers receive and respond to messages 7 days a week.*

*Messages are returned between the hours of 8:00 a.m. – 7:00 p.m.*

**If you have a life or limb-threatening situation, immediately call 911 or head to the nearest Emergency Department.**

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## **CLASSICS EAGLES PARTNERS**

***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.

TOCA Columbus | 409 Orangepoint Drive | Lewis Center, OH 43035 US

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