

# Gunston Soccer Club

Travel Soccer Program: Annual Outlook



# Seasonal Overview (Subject to change)

Fall

Winter

Spring

Summer

## Sept - Mid November

- All teams practice 2 - 3 times per week
- Teams play in competitive league
- Participate in up to 2 competitive tournaments

## Dec - Feb

- U11 and younger teams train 1 time per week in local school gyms
- U12+ Train outdoors 1-2 times per week
- Players can participate in Futsal program as add on
- Great time to try other sports

## Mid March - End of May

- All teams practice 2 - 3 times per week
- Teams play in competitive leagues
- Participate in up to 2 competitive tournaments

## June - Aug

- Gunston will offer summer camps weekly for players so they can stay active
- Stay tuned for summer "kick around" opportunities



# Summer Outlook (July-August)

- Pre-Season Training Camp (Optional)
- Team training sessions will start mid- to late- August
- Full Fall training schedules will be announced no later than mid-August (depending on county permits)
- 1-2 Friendly club-wide match weekends to tune up for the season
- League matches are historically first weekend of September



# Fall Outlook (September – November)

- Training 3 times per week (U9 and U10 the third session is optional)
- First League Match is historically first weekend in September
- 2 tournaments: Columbus Day Weekend / Mid-November
- The last training session will be after the last league match or tournament match depending on your team's schedule
- Winter training will begin around the second week of January, depending on county permits
- Sample league schedule from NCSL can be found here: [Gunston Soccer - Full Schedule](#)



# Winter Outlook (January – March)

- The first training sessions will begin no later than the second week of January
- The last indoor session before heading back outdoors will be last week of February / first week of March
- Winter is a great opportunity to play other sports (especially our younger aged players)
- Futsal league competition will be available but is completely optional at an additional cost



# Spring Outlook (March – June)

- Training 3 times per week (U9 and U10 the third session is optional)
- First League Match is historically first weekend in April
- 2 tournaments: Late March + Memorial Day Weekend
- The last training session will be after the last league match or tournament match depending on your team's schedule



# Tournament History / League Competition

- Tournaments are a great experience and promote team bonding on and off the field.
- Tournaments are typically local unless coach / team requests to participate in an out-of-town event.
- A few tournaments we attended last year are below



# Fields + Session Times

## Fall

- Mount Vernon High School
- Bryant Alternative High School
- Carl Sandburg Middle School

## Spring

- Bryant Alternative High School
- Mount Vernon High School

## Session Start Times

- Fall: 5:00, 6:15, 7:30
- Spring: 6:00 or 7:15

Note: All sessions on lit turf fields



# Travel Staff Structure

## Gunston Soccer Board of Directors

President: James Beers

Vice President: Tina Hopkins

Treasurer: Larry Newman

Secretary: Andy Vanlandingham

At Large Members: Ruben Bolognesi, Jennifer Marr, Mike Berry

Dave Sanford  
Technical Director

Chris Hudler  
Director of Recreation

Max Von Rabenau  
Director of Coaching

Daniela Neves  
Programs Coordinator

Martin Espinola  
Ops Coordinator

Travel Coaching Staff

Travel Coordinators  
Jed Bobier  
Oscar Elinan



# Thank You

Thanks for your time this week on the fields. If you have any questions about our travel program or the club in general please do not hesitate to reach out to me. We are here to serve all the players of this community.

Travel FAQ: <http://www.gunstonsoccer.com/travel/faqs>

2023-2024 Coaching Slate: <https://www.gunstonsoccer.com/2023-2024-coaching-slate/>

Thank  
you!



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