Apex Soccer Club

Apex SC U14-U19 Example Schedule

Typical Season, 12 months - May to April

- Month - - Events -

- **May –** Tryouts for new season, addition of new players to existing teams or new teams
- **June –** 1 or 2 Tournaments[1]
- **Mid June – Mid July –** Summer Break
- **Mid July –** Practice Resumes and Speed, Agility and Strength[2] training begins
- **Aug –** Ventura County Premier Cup - Apex SC Tournament[3]
- **Aug -** 1 – 2 additional tournament to prepare for League Season
- **Sept –** Nov: League Play Begins - Coast Soccer League[4]
- **Nov -** League Cup[5]
- **Dec – Jan -** Players participate with their high school teams – no club activity
- **Feb –** Player return to club team training after their high school commitment ends
- **March –** 1 - 2 Tournaments to prepare for State / National Tournament
- **April -** State / National Tournament[6]
- **May –** Tryouts for new season, see above

1) **Tournaments**
   Tournaments are attended to get the team game experience and start to gel the team in preparation of League play. Tournament results have no indication of league performance or in determining the level of the team. Nothing is more valuable than game experience and cannot be replaced by practice or training. Scrimmage/Friendly games are the closest to game experience.
2) **Speed, Agility and Strength Training – Elite Athletics**
   Apex SC is partnered with Elite Athletics Westlake Village to work with all players in the club in movement education for the #1 reason of injury prevention and #2 reason of correct development of muscle and joints. Due to this emphasis it creates more efficient movements (less fatigue and overuse injuries) and improved development and performance.
3) **Ventura County Premier Cup – First or Second Weekend in August**
   Apex SC runs our own annual tournament as a fundraising event to help keep costs down, promote club unity and give back to the community. Each Family in the club helps in this event in some capacity.
4) **League Play – Coast Soccer League**
   All teams participate in League Play that is run by Coast Soccer League (CSL). Games are played every Saturday and some Sundays from the first weekend in September through November. Each team will play between 12 – 14 games in League Play.
5) **League Cup – CSL**
   League Cup is a tournament between all teams participating in league between all brackets and levels. This tournament occurs toward the end of league in November and all teams play a 2 game pool play round and the winning teams move on to elimination rounds.
6) **State Tournament**
   End of the year final tournament and end of season event played against teams from anywhere in Southern California. 60 – 100 team tournament that begins first week of February. Each team plays 3 game pool play round and winning teams move on to elimination rounds.