

Player Expectations:

Omni plays and trains throughout the year; there really is no “off” time. Players trying out for the Omni must be willing to devote the time required to the team. The following requirements are for all Omni players selected for the WAGS seasonal year 2009-2010.

Summer –

The Omni will practice throughout the summer. The best time to take vacation is the end of June through July. When the players are in town, they are expected to attend practice. As of August 1st, practice is mandatory.

Summer Camp –

The Omni players will attend the 3rd Annual Omni Summer Camp the week of August 15-21, 2008. The week will begin with a team camp at the Outer Banks and will conclude with the Sun Cup tournament in Virginia Beach the weekend of August 22-23. The team will drive to the Outer Banks in North Carolina for a week long camp coached by Fernando. The team will rent a beach house; train at Dare County recreation facilities and on the beach; and will be chaperoned by 7 adults. This is a mandatory camp.

Practices –

During most of the year, Omni weekday practices (generally Tuesday and Thursday) are held outdoors at either Patriot Park in Fairfax or at Kincheloe Park in Clifton. In the winter, the team continues to train on space at a local turf fields. Omni will practice outdoors in all kinds of weather (rain, sleet, snow...) as long as the fields are open. Omni players are expected to attend all scheduled practices.

In addition to the two main practices every week, Omni will often hold a third team practice on the weekend, game schedules and time permitting, or as an extension of a regular practice. Omni players are expected to attend all scheduled practices.

Regular Season Games –

Attendance at all regular season games is required. Omni will play in WAGS both during the Fall 2009 and Spring 2010. During the Spring season, due to high school soccer and the number of players involved, Omni practice will be limited to once during the week and once on the weekend - if there is a game on Sunday - practice will be on Saturday, if there is a game on Saturday – practice will be Sunday.

State Cup –

Attendance at all State Cup games is required. State Cup for the U16 age group will be held in the Fall 2009.

Showcases/Tournaments –

Omni plays in 3 to 4 showcases/tournaments in the Fall and 3 to 4 showcases/tournaments in the Spring. Attendance is required.

Winter Indoor –

Omni will participate in Indoor Soccer at the Dulles Sportsplex. Players are expected to participate in both sessions. Session 1 generally runs from early November to early January and Session 2 begins in early January and runs through mid-March. Attendance at the indoor games that your player is scheduled for is expected.

Additional Opportunities –

-- Fernando offers extra training to players who wish to work on their skills – one-on-one or group – this is something you arrange on your own with Fernando.