

CTVW
COMPETITION TEAM
U I I A



COMPETITION TEAM

2024 SEASON

WELCOME

THESE SQUADS WERE CREATED TO FURTHER ENHANCE THE PLAYERS OF MAINE IN AN EFFORT TO BETTER PREPARE THEM FOR THE COLLEGIATE EXPERIENCE.

THE EVENTS WE ATTEND GOES BEYOND JUST GETTING RECRUITED. IT HYPER FOCUSES ON PREPARATION, A MUCH OVERLOOKED COMPONENT IN THE WORLD OF CLUB SPORTS TODAY.

THESE SQUADS ARE THE HIGHEST LEVEL. IT HEAVILY CONSIDERS, SKILL, ATHLETICISM AND MINDSET.

THESE TEAMS WILL PRACTICE TWICE A WEEK AND TAKE PART IN A MORE RIGOROUS CURRICULUM. IN THE CLASSROOM THERE IS MORE EMPHASIS ON FILM, GAME IQ AND TACTICS. ON THE PITCH THERE IS MORE EMPHASIS ON SKILLS, CONDITIONING AND SITUATIONS.

IN ORDER FOR THE PROGRAM TO BE SUCCESSFUL IT WILL REQUIRE US TO PUT IN MORE TIME THAN THE STANDARD TRAVEL PROGRAM.

IN ORDER FOR YOU TO BE SUCCESSFUL IT WILL REQUIRE COMMITMENT, DEDICATION AND BUY IN.

GENERAL DETAILS FOR EACH SEASON

FALL SQUAD:

12 / 14 SQUADS

SEPTEMBER - NOVEMBER

SUNDAYS @ LEWISTON HIGH SCHOOL, LEWISTON

INDOOR SQUAD:

14 / 16 / 19 SQUADS

JANUARY - FEBRUARY

WEEKDAYS @ SIX RIVERS COMPLEX, TOPSHAM

WEEKENDS @ PORTLAND SPORTS COMPLEX, PORTLAND

WINTER SQUAD:

14 / 16 / 19 SQUADS

NOVEMBER - JANUARY

THURSDAYS @ INGERSOLL TURF COMPLEX, AUBURN

SUNDAYS @ PORTLAND SPORTS COMPLEX, PORTLAND

SPRING SQUAD:

14 / 16 / 19 SQUADS

MARCH - JUNE

THURSDAYS @ INGERSOLL TURF COMPLEX, AUBURN

SUNDAYS @ PORTLAND SPORTS COMPLEX, PORTLAND



GENERAL DETAILS FOR WINTER

WINTER SQUAD:

NOVEMBER - JANUARY

THURSDAYS @ INGERSOLL ARENA TURF, AUBURN

STARTS NOVEMBER 2

SUNDAYS @ PORTLAND SPORTS COMPLEX, PORTLAND

STARTS NOVEMBER 5

EVENTS:

SHOOTING STAR THANKSGIVING

NOVEMBER 24 - 26, 2023 @ RIVER CITY SPORTSPLEX, MIDLOTHIAN, VA

SHOOTING STAR WINTER ESCAPE

JANUARY 12 - 14, 2024 @ BOOMBAH SPORTS COMPLEX, SEMINOLE COUNTY, FL

EVENT FILM:

TBD



GENERAL DETAILS FOR INDOOR

INDOOR SQUAD:

JANUARY - FEBRUARY

WEEKDAYS @ SIX RIVERS COMPLEX, TOPSHAM **OR** USM ATHLETIC COMPLEX, GORHAM

WEEKENDS @ PORTLAND SPORTS COMPLEX, PORTLAND

EVENTS:

SEACOAST

JANUARY @ SEACOAST UNITED INDOOR COMPLEX, HAMPTON, NH

SHOOTING STAR

FEBRUARY @ GAME ON COMPLEX, FITCHBURG, MA

FILM:

TBD

WE WILL LOOK TO LAUNCH INDOOR SEASON IN 2024 - 2025



GENERAL DETAILS FOR SPRING

SPRING SQUAD:

MARCH - JUNE

THURSDAYS @ INGERSOLL ARENA TURF, AUBURN

STARTS MARCH 7

SUNDAYS @ PORTLAND SPORTS COMPLEX, PORTLAND

STARTS MARCH 10

EVENTS:

SHOOTING STAR JAMBOREE

APRIL 13 - 14, 2024 @ DE TURF SPORTS COMPLEX, FREDERICA DE

USAFH REGIONAL CUP CHAMPIONSHIP

MAY / JUNE 2024 @ TBD

SHOOTING STAR REGIONAL CUP

JUNE 29 - 30, 2024 @ SEACOAST OUTDOOR COMPLEX, EPPING NH

FILM:

TBD



COST PER SEASON

ALL SEASONS WILL HAVE AN OPPORTUNITY TO FUNDRAISE AND OFFER INSTALLMENT OPTIONS.

ALL SEASONS WILL INCLUDE:

- PRACTICES
 - TECHNICAL TRAINING
 - TACTICAL TRAINING
 - TACTICAL CLASSROOM
 - FILM ANALYSIS WITH FOCUS SOFTWARE
 - SCOUTING REPORTS
 - RULES QUIZZES
 - SKILLS & DRILLS
 - STRENGTHENING & CONDITIONING
- TOURNAMENTS
- RECRUITING GUIDANCE
- NUTRITIONIST & TRAINER
- SPORTS PSYCHOLOGIST

WINTER SEASON: ESTIMATED \$950

INDOOR SEASON: LAUNCHING 2024 - 2025 SEASON

SPRING SEASON: ESTIMATED TBD



2024 SPRING TRYOUTS

TRYOUTS ARE OPEN TO ANY PLAYER, ANY POSITION.

IT IS AN OPEN TRYOUT - NON STYX MEMBERS WELCOME!

WE WILL OFFER A u14, u16 & u19 SQUAD.

CHECK IN

WARM UPS

SKILL STATIONS

GAME PLAY

**SELECTIONS WILL BE MADE BY
JANUARY 8**

2024 SEASON STARTS MARCH 7

2024 SEASON ENDS JUNE 30

2024 SPRING COMPETITION TEAM



OPEN TRYOUT

Saturday December 30

5 pm to 7:30 pm

Portland Sports Complex

Register at

www.mainestyx.com/compteams

