



## Training Packages and Costs

Training sessions are typically between 60 -90 minutes long, usually depending on field availability. The Coaching staff of the team is expected to be there, as this is also a mentoring program. However, it is not mandatory, even though we believe the environment is better with the team's coaching staff in attendance.

### 25 Sessions Per Year

**Team Cost: \$2,500**

#### Cost Per Player Breakdown

10 Players:	\$250 Per Player	11 Players:	\$228 Per Player
12 Players:	\$209 Per Player	13 Players:	\$193 Per Player
14 Players:	\$179 Per Player	15 Players:	\$167 Per Player
16 Players:	\$157 Per Player	17 Players:	\$148 Per Player
18 Players:	\$139 Per Player		

### 20 Sessions Per Year

**Team Cost: \$2,100**

#### Cost Per Player Breakdown

10 Players:	\$210 Per Player	11 Players:	\$191 Per Player
12 Players:	\$175 Per Player	13 Players:	\$162 Per Player
14 Players:	\$150 Per Player	15 Players:	\$140 Per Player
16 Players:	\$132 Per Player	17 Players:	\$124 Per Player
18 Players:	\$117 Per Player		

### 15 Sessions Per Year

**Team Cost: \$1,800**

#### Cost Per Player Breakdown

10 Players:	\$180 Per Player	11 Players:	\$164 Per Player
12 Players:	\$150 Per Player	13 Players:	\$139 Per Player
14 Players:	\$129 Per Player	15 Players:	\$120 Per Player
16 Players:	\$113 Per Player	17 Players:	\$106 Per Player
18 Players:	\$100 Per Player		

### 10 Sessions Per Year

**Team Cost: \$1,600**

#### Cost Per Player Breakdown

10 Players:	\$160 Per Player	11 Players:	\$146 Per Player
12 Players:	\$134 Per Player	13 Players:	\$124 Per Player
14 Players:	\$115 Per Player	15 Players:	\$107 Per Player
16 Players:	\$100 Per Player	17 Players:	\$95 Per Player
18 Players:	\$89 Per Player		

### 5 Sessions Per Year

**Team Cost: \$900**

#### Cost Per Player Breakdown

10 Players:	\$90 Per Player	11 Players:	\$82 Per Player
12 Players:	\$75 Per Player	13 Players:	\$70 Per Player
14 Players:	\$65 Per Player	15 Players:	\$60 Per Player
16 Players:	\$57 Per Player	17 Players:	\$53 Per Player
18 Players:	\$50 Per Player		

## Sterling Program Details:

Under the direction of Northern Utah United's Director of Coaching Jeff Ginn, participating teams in the Sterling Program will have an opportunity to train at a level that reflects the demands and desires of the team, as dictated by the team's coaching staff and through an assessment process from Coach Ginn and the Sterling Coaching Staff. In addition to training teams in a modern approach that improves technical, tactical and physical abilities, team coaching staffs are trained in leadership and training session creation.

Teams will need to provide the location for each training session and sign up for training times each week. We anticipate more demand for the Sterling program this year and have added some fantastic coaches to our staff. The staff members have all demonstrated a desire to further their soccer education and agreed to be involved in the program so they can implement the latest soccer methodologies learned at their most recent coaching course.

In June, after all of the Sterling teams have signed up, our staff will meet with each team's coaching staff and create a plan of action for their team and coaching staff. We anticipate multiple opportunities to train in the off-season so the coaches can focus on the team during their season. However, some teams may prefer in-season training and we will discuss that, while making sure that participants have a great experience that elevates their enjoyment of the soccer experience, for players and coaching staff alike.

We have multiple training packages available, from 5 - 25 sessions a year. *Sterling fees may be paid over three installments.* To register your team for the Sterling Program, please fill out the form below and email it in to: [terribaker1@live.com](mailto:terribaker1@live.com).

---

### - Sterling Team Registration -

**Team Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Gender:** \_\_\_\_\_

**League Team is Participating in (Select One)** ☐ **Challenger** ☐ **X-League (State U9/10)**  
☐ **UYSA SCL/IRL (State U12 - U19)** ☐ **State Premier League**

**Head Coach:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Current License:** ☐ **Waiver** ☐ **Grassroots** ☐ **D** ☐ **C** ☐ **B** ☐ **A**

**Training Package Selection:**

☐ **25 Sessions / \$2,500 a team** ☐ **20 Sessions / \$2,100 a team** ☐ **15 Sessions / \$1,800 a team**  
☐ **10 Sessions / \$1,600 a team** ☐ **5 Sessions / \$900 a team**

☐ **I Understand that it is my responsibility to provide the training field for Sterling sessions.**

☐ **I have spoken to the Parents of my players and attest that they have been notified of the cost of the Sterling Program, and the additional training obligations.**

**Coaching Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

*\*Coaches child will not be charged Sterling fees, unless otherwise directed by the coach.*

*Please email to: [terribaker1@live.com](mailto:terribaker1@live.com)*

**For in-office use only:**

**Received by:** \_\_\_\_\_ **Date:** \_\_\_\_\_