



# Soccer 2019

## Schedule & Equipment you will need.

[www.PSPSportsAndMore.com](http://www.PSPSportsAndMore.com)

[contact@pspsportsandmore.com](mailto:contact@pspsportsandmore.com)



I have fought the good fight, I have finished the race, I have kept the faith. 2 Timothy 4:7

**All Ages  
2 thru adult**

Sept. 6

Friday

**Registration  
& Orientation**

**1:30 pm**

Practice

2:30pm – 4:30pm

Sept. 13

Friday

Practice

2:30pm – 4:30pm

Sept. 20

Friday

Practice

2:30pm – 4:30pm

Sept. 27

Friday

Practice

2:30pm – 4:30pm

Oct. 11

Friday

Games

2:30pm – 4:30pm

Oct. 18

Friday

Games

2:30pm – 4:30pm

Oct. 25

Friday

Games

2:30pm – 4:30pm

**Team Party**

Following Games

4:45pm – 6:30pm

*Buffet-Bring main dish plus a side or dessert to share.*

1.  **Shin guards**

Shin guards are required for all practices. All players must have them. If you come to practice without them you can not play!

2.  **Soccer socks**

Soccer socks need to COVER the shin guards for extra protection (& protection of others). The socks need to cover the whole shin guard.

3.  **Cleats**

Cleats are optional, but highly recommended especially for teens and adults. If you decide to buy cleats, make sure the cleats **do not** have metal spikes on the bottom and no front spike at the tip of the toe (that's a baseball cleat and they are not safe for soccer).

4.  **Soccer ball**

Each player will need a soccer ball. If you do not have one, here are the recommend sizes according to age:

7 and under—size 3      8-12—size 4      13 and up—size 5

5.  **Water**

Players will need plenty of water. Make sure each player has their **OWN** water bottle (32 oz. or larger) at every practice/game!

6.  **Soccer T-Shirt**

Wear your PSP t-shirt (must be modest, see dress code). We have *PSP Sports And More* shirts for sale (other *PSP Sport And More* clothing too).

7.  **Shorts / Sweats / Dresses / Skirts**

Do not wear any kind of jeans. Wear loose-fitting clothing. Must be worn below the knee or lower! (No tight or revealing clothing-see dress code)

8. **Soccer is for the whole family—Ages 2 - adult**

Pre-Reg. thru 8/24/19, \$60 per player ages 4 thru adult; ½ price-2-3 yrs (Post marked by 8/24/19). After 8/24, \$70 per player-age 4 thru adult (½ price-2-3 yrs). Parents/Guardians/Grandparents are FREE! Extra \$5 discount per player for membership in CHEA, HSLDA, & supporting FPM (\$40 annually-minimum). Practices are held at:



*Brewster Park, 21024 Otoe Rd., Apple Valley (off of Dale Evans Parkway)*

**PSP Sports And More (760) 515-2572**