



Revised April 2019

OVERVIEW

Training at Highline Soccer Association (HSA) Select

HSA Select training will be held two times per week for 1.5 hrs, starting in June. Times and locations are subject to change during the program year.

Goalkeeper Instruction

Goalkeepers will receive a limited amount of training by Highline Premier FC staff. The details for this training will be shared when the select year begins.

League

HSA Select teams play in the North Puget Sound League (NPSL). Fall season (September – December) consists of 12 matches played on weekends against other select clubs in the region. High School Girls teams (U-15 and older) play a winter season (December – March).

Tournaments

HSA Select teams are encouraged to play in a minimum of one summer tournament and the State Cup (Founders Cup or Presidents Cup). Each team is allocated a tournament credit which covers approximately two tournaments. For teams desiring additional tournaments, team fees may be collected separately to cover the cost. Note: most teams participate in Founders Cup (January); Girls U15 and older teams participate in Presidents Cup (April).

Uniforms / Kits

The 'basic kit' includes two numbered jerseys (home & away), two game shorts, two game socks, and practice jersey. Teams may opt to purchase numbered warm-up jacket and pants, additional practice jersey, backpack, player apparel and other team equipment. All players will be required to purchase the basic kit (new uniforms this year).

Fields

HSA Select teams will train within the HSA boundaries, from West Seattle to Des Moines. Locations will vary based upon seasonal access. During the year, around 80% of the training will be on turf fields (to have a high quality surface for instruction) and 20% will be on grass (to acclimate our players to the reality of the varying surfaces on which they must compete).

Player Fees

Please refer to the 2019-2020 HSA Select Fees handout.

For more information go to www.highlinesa.org/HSA_Select or email hsaselect@gmail.com