

Pendleton FC u10 & u12 Academy

2025–26 Info Guide



Who?

The Pendleton FC u10 Academy is for boys and girls with birth years 2017 & 2016.

The Pendleton FC u12 academy is for boys and girls with birth years 2015 & 2014.

What?

Pendleton FC Competitive Development Model:

- Curriculum scaffolds every two years ... u10 into u12 development years.
- Mental Training:
 - To assist in our desire of developing confident, brave, well-rounded future leaders capable of taking calculated risks to influence positive change, outcomes, and growth.
- Mobility Training:
 - Designed to use various forms of functional movement and exercise with the primary objective being improving balance, agility, change of speed and direction.
- Technical Training:
 - Our goal with our technical instruction is to improve the cognitive processes and implement them into every piece of our team training sessions.
- Tactical Training:
 - Centered on asking questions of “when, where, and why” so that players are prepared to solve various problems on the field through individual, group, and team-based actions.

Seasons:

- The fall season runs August thru October.
- The winter season runs December thru March.
- The spring season runs thru April and May.

Training:

- Two, 75-minute sessions each week through the fall and spring seasons.
 - Held at Falls Park Fields and possibly SMCSC school grounds as compliment.
- Winter indoor training as space is available (this past winter, we hosted 10 sessions).
 - Held at SMCSC indoor facilities.

Competitive Play:

- The u10 Academy will compete in 6-8 self-schedule games alongside other clubs.
- The u12 Academy will compete in the ISL (6-8 league games are typical).
- The u10 & u12 Academy will compete in two tournaments each club year.

Supplemental Training Opportunities:

- Sessions centered on TBD topics will be offered at additional cost throughout the club year.
- These sessions will run for 3-5 weeks at a time (same night/time each week).

Rosters:

- We seek to have three teams at u10 boys & u10 girls ... 10 players each roster.
- We seek to have two teams at u12 boys & u12 girls ... 12 players each roster.

Staff:

- We plan for each Academy team to have one head coach, and one assistant coach.
- Sessions will be supported and overseen by PFC Vice President Jonathan McClure.

Miscellaneous

Cost	u10 Academy: \$575.00 (full year tuition) u12 Academy: \$875.00 (full year tuition) <i>NOTE: Payment plans available at time of registration.</i>
Uniforms	Uniform ordering information will be provided to families upon registration to the PFC Academy program. <i>NOTE: Samples will be available at the tents set-up at the fields during the scheduled tryouts for each age group.</i>
Tryouts	u10 Academy: June 3rd & 4th @ Falls Park Fields u12 Academy: June 9th & 10th @ Falls Park Fields <i>NOTE: Time for girls' sessions are 5:30-6:30P on all dates, and boys' sessions are 7:00-8:00P on all dates.</i>
Contact	pendletonfc@gmail.com

Testimonials

“My son started out playing rec soccer and quickly developed a deep passion for the sport. When the opportunity arose to join the academy team, he was absolutely thrilled. Since joining, we’ve seen tremendous growth—not just in his footwork and technical skills, but also in his overall understanding of the game. The academy experience has clearly elevated his development far beyond what he gained in rec soccer alone. While there was a significant increase in cost and travel, the investment has been more than worth it. The skills and discipline he’s gaining now will give him a strong foundation as he continues working on his skill set for the upcoming seasons and hopefully further into middle and high school soccer.” - Erin S.

“My daughter joined the PFC Academy team this past season. Her skills and understanding of the game have really leveled up. But soccer isn’t just about skills- it’s about team. I appreciate the approach the coaches take in building up the kids and helping them learn how to work together. Her love for soccer went from “I like this” and having to convince her to go to practice- to being in tears if she wasn’t able to join. The PFC Academy held a nice balance of friendship, fun, and building skill set. This is an amazing program for kids serious about soccer, and parents who support a balanced and practical approach. Bonus- it’s a third of the price of other teams in the area!” - Lindsey B.

“My son has participated in the program the past two years. We decided to try academy when he took a greater interest in soccer. He enjoyed playing in the REC program but expressed wanting to know more, and we wanted to push him to become a better player and develop his love for the sport. With the change in leadership of the academy program between his first and second year, there were a lot of learning curves and some changes, but there has been a lot of hard work and dedication put into the program to make it better for our children. My son has learned so much about soccer from this program and has been able to practice and grow in a sport he has come to love.” - Lauren S.