



LHSC Club Select Overview & FAQ

LHSC Club Select Overview:

Club Select soccer is a level of competition between that of Recreational and Premier play. Select soccer typically appeals to the player seeking a level of competition higher than Recreational play provides, but who is not able or willing to commit to the year-round program that is part of Premier soccer. Each of the 4 clubs that comprise the Eastside Youth Soccer Association (EYSA), have the opportunity to field a Select team at each age level. Eastside Football Club is the Association's Premier club and fields the Premier teams. In general, the travel, cost and time commitment of Select soccer is considerably less than that of Premier programs, but quite a bit higher than Recreational.

Lake Hills strives to field 18 Club Select teams, 9 boys and 9 girls from U10-U19. Historically, our teams have been very successful. In the past few seasons several of our Club Select teams have progressed to the final weekend of play (semifinals and finals) of the WSYSA State Championship for Select teams.

In addition, our coaches are very loyal to the club and unpaid volunteers, which helps to keep select soccer more affordable. It is not uncommon for coaches to stay with their team from inception at the young ages all the way through high school. The Lake Hills Club Select program is truly a community program with the majority of the players and coaches coming up through the younger age groups of our Recreational program. LHSC Club Select coaches are required to have certification by US Soccer and we encourage and require coaches to pursue advanced coaching education and licensing.

LHSC Club Select Frequently Asked Questions (FAQ):

HOW IS THE COMPETITION DIFFERENT FROM THE RECREATIONAL PROGRAM?

Club Select soccer offers a level of competition quite a bit higher than Recreational soccer but typically a tier lower than Premier soccer. That said, top level Select squads are often competitive with some Premier teams.

Our teams play in the North Puget Sound League (Bellevue to Bellingham, WSYSA Districts 1 and 2). Teams are placed in divisions within these leagues based on team strength with like opponents. Our desire is that every team have a season that is challenging and fun. That is, they are not overmatched nor consistently overmatch other teams.

Teams typically play in 1-3 summer tournaments, a 12-game fall league (except high school girls who play Dec-March), and then the WSYSA Founders Cup or President's Cup in the winter and early spring months. There is also opportunity for a 6 match Spring league that some of our teams choose to play in.

HOW DOES THE TIME COMMITMENT COMPARE TO RECREATIONAL SOCCER?

The time commitment for Club Select is quite a bit higher than Recreational soccer but soccer doesn't take over their lives. Our teams play 8-10 months of the year and play 25-35 matches during that time. Teams typically practice twice per week for 3 hours total.



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The atmosphere at games and practices is more focused and there is a high emphasis on technical, tactical, physical, and mental development. While the soccer gets more serious, the main goals are still having fun, growing as individuals and as a team, getting healthy exercise, learning life-lessons, competing at the appropriate level and playing a game we love with our friends.

HOW DOES CLUB SELECT SOCCER DIFFER FROM PREMIER SOCCER?

- Club Select plays 8-10 months per year while Premier is year-round.
- The majority of Club Select teams have skilled and experienced volunteer coaches but a few teams will have paid coaches. Premier teams have full-time paid coaches.
- Club Select costs are approximately \$950 per year for teams with volunteer coaches (includes registration, team fee & uniform costs). Teams with paid coaches will have a higher cost of approximately \$2,000 (does not include tournament fees/uniform). Premier is approximately \$3,500 or more per year not including the extra travel involved.
- Club Select expects soccer to be top priority during fall and early winter but understands that other sports may take priority during late winter, spring and even part of summer. Most Premier clubs expect soccer to be priority all year.

CAN PLAYERS ALSO PLAY OTHER SPORTS WHILE PLAYING CLUB SELECT SOCCER?

Absolutely, and this is a great benefit of Club Select. However, from August through State Cup in January/February it is expected that soccer will be the priority sport. Exception: high school age girls season is November through February and State Cup thereafter.

WHAT ARE THE COSTS INVOLVED?

Costs include registration, uniform kit, and team fees.

Registration for Lake Hills Club Select is \$595 annually for teams with volunteer coaches. The registration cost for teams with paid coaches will vary with a range of \$1,600-\$2,000.

Uniform kit is approximately \$250-\$300. This includes home and away jerseys, shorts, socks, warm-ups, and kit bag.

Team fees vary from team to team as they cover tournament fees, equipment and other incidental expenses. The range is typically \$200-\$300.

Other costs related to travel may be present depending on team plans.

ARE SCHOLARSHIPS AVAILABLE?

Yes. Registration is reduced if a player qualifies. Contact the Registrar for more information (selectregistrar@lakehillssoccer.org). Uniforms are included but team fees are still applicable. Historically most teams work together to help scholarship players in this area.

HOW ARE TEAMS FORMED AND PLAYERS SELECTED?

Teams are formed through a selection process that involves two tryout sessions. These sessions are designed and run by the head coach who employs the assistance of at least 3 other evaluators.



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A minimum of 11 players (U11/U12 9 players min.) must be selected during tryouts and players must be present for at least one formal tryout session to be selected for the team. The exception is injured or sick players who may have the opportunity to tryout at informal sessions at the discretion of the head coach.

HOW DO TRYOUTS WORK?

Tryouts typically occur in May for all other ages with the exception boys U16 & older occurring in February. Each team has two tryout sessions lasting 90-120 minutes. Tryout sessions are designed by the head coach of each team and typically involve various exercises including small-sided games and scrimmages.

Evaluators score and rank all the players and choose the first 11 players U13+ (first 7 players for U10 & first 9 players for U11/U12). The head coach decides on the balance of the squad, 5-7 more players depending on roster size which ranges from 12-18 players depending on age group.

WYS RULES OF COMPETITION

Age Group	Players on field	Min. Roster	Max. Roster	Max. Suited	Suggested Roster
Under 10	7	7	12	12	12
Under 11	9	9	16	14	14
Under 12	9	9	16	14	14
Under 13	11	11	18	18	16
Under 14	11	11	18	18	16
Under 15	11	11	22	18	18
Under 16	11	11	22	18	18
Under 17	11	11	22	18	18
Under 18	11	11	22	18	18
Under 19	11	11	22	18	18

More details on the EYSA Tryout Policy can be found here: [EYSA Tryout Guidelines](#)

Lake Hills tryout results will be posted here: <https://lakehillssoccer.org/club-select/tryout-results/>

IF I LIVE OUTSIDE LAKE HILLS BOUNDARIES CAN I STILL TRYOUT FOR LHSC CLUB SELECT?

Yes. While most of our players live in the area, tryouts are open to all age-appropriate players registered with WSYSA.

ARE PLAYERS ALLOWED TO “PLAY UP” IN OLDER AGE GROUPS?

Yes. For the younger age-groups, U10-U14, players are only allowed to play up one age group. In order to “play up” a player must be ranked in the Top 11 by the evaluators (Top 9 for U11/12).

There are no “play up” restrictions for the high school aged teams, U15-U18.

ARE ALL PLAYERS GIVEN EQUAL PLAYING TIME?

No. Some players will play more than others. However, all players will be given fair playing time. For ages U10-U12 players should receive at least 50% playing time during league play unless there are discipline or attendance issues.



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SHOULD I ALSO SIGN MY CHILD UP FOR RECREATIONAL SOCCER?

If your child is new to select level soccer and you are uncertain of their interest/talent level prior to attending tryouts, it is suggested that you also register for LHSC Fall Recreational soccer. If your child makes an LHSC Select team, then the club will transfer the Rec registration fees to the Select registration.

HOW ARE THE COACHES SELECTED?

Coaches are chosen through an interview process conducted by the LHSC Club Select Chairman who provides recommendations to the LHSC Board of Directors. The LHSC Board approves the Club Select coaching staff.

Assistant coaches are chosen by the head coach and must be approved by the LHSC Board. Most coaches are volunteer but some teams will have paid coaches.

We place a high emphasis on coaching education. To be considered for a head coaching position a coach of our younger teams are required to attend Grassroots courses provided by WYS/US Youth Soccer (or show equivalent knowledge and plan to take the course in the first year). Coaches are encouraged to complete their USSF D license at the U15+ ages.

WHERE ARE PRACTICES HELD?

Our teams typically practice on turf at Robinswood East/West and local Bellevue School District turf fields. During the summer our teams might practice some on grass at various fields within the Lake Hills boundaries to prepare for summer tournaments on grass.

WHAT DOES THE BASIC CLUB SELECT CALENDAR LOOK LIKE?

- May – tryouts (except boys U16+ February)
- June – practice twice per week
- July – practice once or twice per week, enter a tournament (player/coach schedules permitting)
- August – practice twice per week – enter a tournament or two and make final preparation for the Fall league season.
- September – Mid-December – practice twice per week / play 12-14 league games (Saturdays for younger players – U15 and above play on Sundays).
- January and February – Practice twice per week. Enter State Cup (Founder's or President's Cup).

*** LHSC is made up of 85% Recreational and 15% Club Select. We strive to provide soccer opportunities to all players regardless of skill level. We encourage players to continue playing if they are unsuccessful during the tryouts and we encourage them to come back and try again the following year. Soccer is a LIFE sport and one that you can play as long as your body allows. ***