

OUTDOOR 2025 SEASON (APRIL TO SEPTEMBER)
Summer Break: CMSA U10 to U19 August 11-20

## U14 - U19 CMSA LEAGUE (TIER 1/2/3/4) COST: \$750

**Program description:** 

Fees Includes LCSA Uniform (Sock's, Shorts and Jersey) and training top

- 2 Technical Sessions per week (3 hours)
- 1 CMSA game per week
- Strength and conditioning (speed, power and endurance)
- Technique Tactical (rondos, conditional games, space awareness and player positioning)
- SSG 7 v 7 and 11 v 11 game awareness
- NEW "Player evaluation and conditional abilities assessment"
- NEW "LSCA Elite Skill Camp", included in fee (August 4th to 8th)

**Training Field: Monterrey Field** 

**Games: City Fields** 

Times: TBA

**ALL LCSA STAFF IS CERTIFIED** 



**Quality Soccer Provider**