



Great Environments Drive Great Outcomes. We believe female-identifying soccer players deserve a competition & training environment that supports, empowers, inspires, and builds community.

Girls Unite Soccer Club of San Francisco features professional female head coaches, year-round soccer skill-building, futsal, sand soccer, and goalkeeper training.

2023-24 Competitive Team tryout registration now open: girlsunite.org/tryouts

Girls Unite 2023-24 Competitive Program Summary

Girls Unite Development Academy

Provides the developmental bridge between recreational and competitive soccer for players age 6-9 years old who have excelled at the rec level and hope to advance their skills in the setting of like-minded players under the guidance of professional Girls Unite coaches.

Seasons of play: Fall, Spring

Development Academy program fees: Fall \$650, Spring \$650, includes 2 practices/week

Tournaments offered: 2-3 NorCal playdates per season

Girls Unite Competitive Travel Teams

Offers players professional coaching and a competitive and high-level training environment designed to inspire and empower.

Seasons of play: Fall, Spring

Competitive program fees: \$2595, includes Norcal Premier Soccer League games (8-10 games/season), August week long team camp, 1 team tournament, 2 practices/week (fall & spring), optional weekly goalkeeper training, 3 practice Girls Unite shirts, coaching fees, fields, officiants.

Tournaments offered: Fall pre-season; Halloween tournament; Spring pre-season; Summer sand soccer

Girls Unite Select Competitive Travel Teams

Offers elite level coaching with comprehensive, rigorous, and high-commitment training environments designed to support the development of players with the drive, talent, and focus to take their soccer skills to a higher level.

Seasons of play: Fall, Winter, Spring

Competitive Select program fees: \$3295, ALL-INCLUSIVE of Norcal Premier Soccer League games (8-10 games/season), Nor-Cal State Cup games (4-6 games), August week long team camp, 1 team tournament, 3 practices/week (fall & spring), 2 practices/week (winter), sand soccer training, optional weekly goalkeeper training, 3 practice Girls Unite shirts, coaching fees, fields, officiants.

Tournaments included in fees: Fall pre-season, Fall Halloween & Spring pre-season tournament. Additional tournaments may be offered to the team.

Girls Unite Futsal

Girls Unite has professional futsal coaches who lead training and games over the winter (January-March) season. We see many benefits to our players including improved technique, ball control, field vision & awareness, decision making, fitness, agility, creativity, and confidence.

Futsal program fees: \$250-\$475 depending on level and 1-2 practices per week. Includes SFRPD league games (6-8 games/season), game jersey

Tournaments: Optional opportunities for interested players

Girls Unite Beach Soccer

Girls Unite incorporates sand soccer into our competitive team training program. Training on the beach builds player fitness, agility, speed, and strength. We are fortunate to have coaches who are current professional sand soccer players to lead these sessions. Optional tournament opportunities for interested players.

Goalkeeping Program

All goalkeepers rostered on Girls Unite competitive teams are provided both individual attention at their team practices as well as additional weekly sessions to work with skilled and experienced GK trainers on goalkeeping tactics, techniques and mental elements of the goalkeeping position.

Junior Referee Program

Girls Unite encourages our players 13 years and older to obtain their USSF Grassroots referee license. We believe that officiating enhances understanding of the game, builds leadership and communication skills, provides a valuable community service, and is an excellent way to earn money and gain valuable work experience. We have a Girls Unite referee mentor and apply for grant funding to help cover the cost of referee training and licensure as needed.

International Summer Opportunities

Girls Unite invites select players to join teams training and traveling to international tournament destinations. This summer teams will be going to the "Youth Soccer World Cup" Gothia Cup in Sweden and Dana Cup in Sweden. These international experiences provide opportunities for cultural exchange, exposure to varied playing styles, increased competition, friendship building, and personal growth. Opportunities to fundraise starting in the fall help offset the cost of this amazing experience.



Girls Unite 2023-24 Youth Recreational Program Summary

Weee Kickin' It

Soccer development program for ages 3-6 years, led by experienced soccer coaches and focused on creating a positive, non-competitive environment to build balance, coordination, athleticism, and teamwork.

Seasons of play: Fall, Winter, Spring

MicroSoccer program fees: \$200/season, includes 10 weekly sessions, and a program shirt

Girls Unite MicroSoccer Program

Girls Unite has a team of amazing coaches who lead our MicroSoccer program for players in kindergarten - 2nd grade. Teams practice once/week and learn basics of ball handling and successful team dynamics.

Seasons of play: Fall, Spring

MicroSoccer program fees: \$300/season, includes 6-8 games/season, 1 practice/week, and a game-day shirt.

Girls Unite Recreational Soccer Program

Professional head coaches work with kids to develop a love of the sport by growing ball handling abilities and engaging in team building activities. Teams practice 1-2/week and play games in the SFYS Recreational league.

Seasons of play: Fall, Spring

Recreational team fees: \$550-650/season, includes 8-10 games per season, 1-2 practices per week

Summer Camps: Girls Unite offers a variety of spring, summer and winter break camps. See girlsunite.org/camps

