

# Cincinnati United Lakota Monroe



**U9–U19/2008–1999 Boys and  
Girls**

**“Bringing the Best Together!”**

**#1 Club in Cincinnati for Player Development**

# [ Mission of CU ]

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- The goal of Cincinnati United Soccer Club is to provide higher level of training and competition in community based locations to those players who have an interest in competing at a select level rather than recreational soccer.
- Through the teamwork of licensed coaches and a professional training staff, we strive to instill passion, skillful play, teamwork, sportsmanship and respect for one another through the game of soccer

# [ CU Directors of Coaching ]

- Michael Litvack
  - Values: Hard work, commitment, courage
  - Philosophy: Always work hard for things that you want to attain.
- Renee Horton
  - Values: Hard work, creativity, responsibility, critical thinking
  - Philosophy: Empowering players to be creative, be able to think and solve challenges on and off the field.
- Paul Rockwood
  - Values: Creativity, Energy, problem solving.
  - Philosophy: Catching the players attempting ideas instilled in them during training in a game situation and rewarding them for that.

# [ Structure ]

- We will build strong age groups and great teams.
- Develop an excellent technical base, good training habits and high quality/ fast tempo playing style will be the focus of our training sessions.
- Coaches, trainers, and DOCs will work with teams to develop the players to their fullest for the future.
- CU “brings the best together” – our age groups will do just that!

# [ Training Locations ]

- Outdoor Training/Game Locations
  - VOA
  - Posey Hartman Complex
  - Monroe High School (Blue Ash Sports Center)
  - Grooms
  - Alternative synthetic high school fields throughout the area in February & March
- Indoor Training Locations
  - Wall2Wall
  - Gametime
  - The “Field”– in Monroe
  - Forest Hills Sportsplex

\*\*Training locations may change based on field availability\*\*

# [ Training Format & Frequency ]

- Training Frequency
  - 2 nights per week, minimum
- Age Group Training
  - This is extra trainings that the Club provides at certain times through out the year. This is communicated through the DOC to staff, onto the families.
- Timeline
  - Fall training begins following the summer camp and concludes in late October
  - Winter training provided and strongly encouraged
  - Spring training begins in mid-March and concludes in late May/early June
- Policy Regarding Participation in Other Sports
  - Commitment levels at these ages established by the coach
  - Most players at these ages participate in other sports, particularly in the winter and summer months

# Goalkeeper Training Program

- CU goalkeepers receive separate training sessions specific to this position.
  - Training is generally offered 1–2 times a week during the season
- The cost of goalkeeper training will be within the club fee.
- At the younger age groups, goalkeepers are rotated.

# [ Competition (Leagues) ]

- CUSL and Buckeye Premier
  - Most teams compete in either of these leagues, depending on their level of play.
  - Typically, teams play 6–8 league matches a season.

\*Please Note: League schedules are always subject to change.



# [ Competition (Tournaments/Events) ]

- CU Strives to Bring the Best Competition to Us (where appropriate for level of play)
  - Cincinnati United Cup
  - Elite Invitational
- All Other Tournament Travel Requirements Determined by Individual Teams
- Most teams participate in local events

# Travel Requirements

## (Outside of the Cincinnati/Dayton Area)

- League Play
  - Some league games in Buckeye may be played in Louisville, Columbus, Indianapolis, Cleveland
- Events
  - The amount of travel required for league play will influence what tournaments each team will attend.

# [ Summer Camp ]

- Dates & Times
  - Aug 5–8, times TBD
- Camp fee included in club fee (more than \$150 value)



# Competitive Program Fees

- What services are included in the Competitive program fees?
  - Professional training costs
  - Administrator costs
  - Director of Coaching costs
  - Program specific goalkeeper training
- Player fee (please see the club payment sheets for accurate amount)+ Tournament Expenses; Referee Fees; Uniforms fees (nonrefundable)
  - Note - Team Fees vary depending on number of matches, tournament fees, etc. Team fees are set by teams themselves.

# Volunteer Commitments

- Each team family will be required to volunteer for 8 hours per year. Volunteer hours can be met in a number of ways (ie. – tournaments, registration, field clean-up, etc)
- Parent Volunteers helps aid in the clubs continued success as well as shows support for the job that our Staff does.
- Team volunteers Needed (including but not limited to)...
  - Parent Administrator
  - CU Cup Tournament Advertising Coordinator
  - Hotel Coordinator
  - Fundraising Coordinator
  - Tournament Volunteer Coordinator
  - Tent Storage and Assembly
  - Team Benches Storage and Assembly
  - Social Coordinator

# [ Fundraising ]

- CU Ball:
  - Fundraising To Benefit The Club. Raffles, Silent Auction, Dinner And Dancing!
- Kroger Card:
  - The Program Will Rebate Money Back To The Team And Applied To The Account.
- Sponsorships at tournaments
  - Opportunities will be made for rebates for the CU Cup through sponsorship
- Corporate Sponsorship Opportunities
  - CU is currently developing guidelines that would allow teams to seek corporate sponsorship
- CU Tournaments

# [ Uniforms ]

- Jersey/Shorts/Socks
  - Game uniform info will be made available at the team meeting
- Training shirts
  - All teams will wear CU training shirts with matching shorts and socks at training
- Optional Gear
  - Optional CU gear is encouraged and will be made available to purchase. These include: jackets, backpacks, warm-ups, and more.



# Proven Successes

## Overview – Player Development

- Recognized as one of the top 25 clubs in the country and #1 in the greater Cincinnati area based on development criteria (by TopDrawerSoccer)
- Since 2003, the club has developed more players and sent more players to college than any other club in the area.
- Since the 2008/09 season, CU has placed more players on to the ODP Region II Teams than any club in the greater Cincinnati area.
- Since the 2008/09 season, CU placed more teams in the Ohio South (OSYSA) State Cup finals, Semifinals, and Quarterfinals than any other soccer club in Ohio South (OSYSA).





# Proven Successes

## Overview – Team Development/Club Opportunity

- **Team Development**
  - Numerous OSYSA State Cup Championships
  - Numerous Region II Championships
  - Numerous National Level Tournament Championships
  
- **Club Opportunity**
  - Opportunities to train with one of the best staffs in the country
  - High level goalkeeper training on a regular basis
  - High level tournament and league play exposure



# Proven Successes

## National Level Tournament & League

- **Disney Showcase**
  - Multiple Championships
- **Raleigh Showcase**
  - Multiple Championships
- **Orange Classic**
  - Multiple Championships
- **Annual Adidas Blue Chip participants**
  - Showcase format, no championship
- **Annual Carmel Showcase participants**
  - Showcase format, no championship
- **Las Vegas College Showcase**
  - U-15 Girls 2007 Champions
- **OSYSA State Cup**
  - Multiple Championships – Club formation – Present
- **Regional Championships**
  - Multiple Championships – Club formation – Present



# Proven Successes

## College Players - 2016 Class



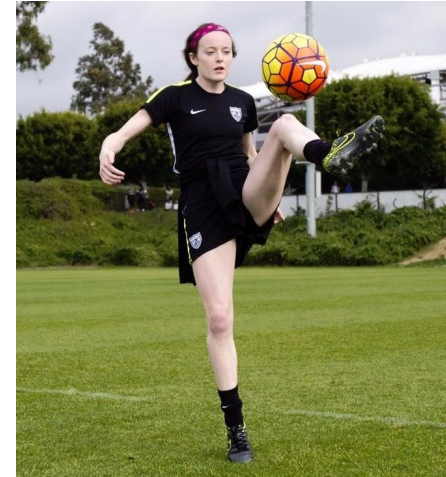
Our 2016 Class is still wrapping up but we have girls and boys players heading to these colleges and more. Congrats!

# Proven Successes

## Professional & National Team Players

- Professional Players
  - Lindsey Carstens - Norway
  - Parissa Eyorokon - Washington Freedom
- National Team Players
  - Kailyn Dudukovich (U14 National Pool)
  - Maddie Prohaska (U14 National Pool)
  - Aliyah El-Naggar (U15 National Pool)
  - Rose Lavelle (U18/U20/U23/Senior Team)
  - Liz Slattery (U20 National Camp)
  - Olivia West (pool)
  - Jordyn Rhodes, Anna Podojil, Mimi Stines, Ellie Podojil, Emma Schuppe, Olivia Scheper, BK Harris, Kailyn Dudukovich - (id2)
  - Parissa Eyorokon (U23 team)
  - Jay Atkinson (pool)
  - Nicole Hopkins (National Camp)
  - Claire Falknor (International Events)
- ODP State and Regional Team Players
  - Hundreds of players over the years
  - CU/CUP is a supporter of ODP
- US Soccer Training Centers
  - 23 Players invited in last 9 months
  - 7 Players invited to Midwest Combine

\*\*most of these players started at the CU\*\*



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  - Multiple Championships
- **Regional Championships**
  - Multiple Championships
- **USYS National League**
  - Multiple Championships



# [ Q&A ]



## **Contacts:**

Michael Litvack: [mlitvack@cincyunited.com](mailto:mlitvack@cincyunited.com)

Renee Horton: [rhorton@cincyunited.com](mailto:rhorton@cincyunited.com)

Paul Rockwood: [procsoc@aol.com](mailto:procsoc@aol.com)

CLUB ADMIN: Lisa Hausser: [lhausser@fuse.net](mailto:lhausser@fuse.net)