

CINCINNATI UNITED SC

# PROGRAMMING GUIDE

2025



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*“UNITED TO INSPIRE A LOVE FOR DEVELOPMENT, COMPETITION, AND COMMUNITY IN OUR PLAYERS, COACHES, AND CLUB.”*



# ADDITIONAL PROGRAMMING

## WHAT IS IT?

Cincinnati United Soccer Club is a place for any player to achieve their maximum potential based upon current ability and commitment to development.

Regardless of whether you are a current member or an interested player, we offer year-round options to help you enhance your game!

Our programs start with 2022 birth years and end with HS aged programming. Each season, you will find an additional program which best fits the need of your players. From Private training to Futsal programs, our high-quality staff will make sure your child grows in confidence on the field and also off of it!

- **SPRING** – Player Development Training – “PDT”(supplemental training sessions in addition to team training) - College ID Camp, Friday Night Soccer, School Programming, Juniors
- **SUMMER** – PDT's, Camps (half and full day options), 3 v 3 Dutch League, Future Stars
- **FALL** – PDT's, School Programming, Juniors, Friday Night Soccer
- **WINTER** – Premier Futsal Program – Training and Games for CUSE, CU North & CUP (Training only options available too) as well as our PFP community in Dayton!



# SPRING

## JUNIORS 2022-2017

The CU Juniors program is a great introduction to Cincinnati United with developmental programs for ages 3-6. It is a perfect pathway towards the Competitive world of CU. Serving the following communities:

- Blue Ash, Sycamore, Mason, West Chester, Monroe, Amberley Village, Wyoming, Roselawn, Finneytown, Lockland, Reading.
- Start Date March 17th, End Date May 17th
- 3 Pathways – Future Stars (2021/2022), 4 v 4 Academy (2020/2019) & Junior Development League (2018/2017)

## PLAYER DEVELOPMENT TRAINING

- Our additional programming gives players the chance to work on individual technical skills which they may not always be able to work on in their team environment.
- Our team of talented PDT coaches will take players through exciting training sessions which progressively work on weaknesses and strengths of your players' game!
- Session locations – Hope Church, LSC, Marr Park & Short Park



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# SPRING

## FRIDAY NIGHT SOCCER

This Spring, Cincinnati United is coming to Spooky Nook! It's professional coaches are going to be taking players from across the area through training sessions which has made the CU/CUP program a leading soccer program in the state. There will be 2 two blocks to choose from Block 1 or Block 2. Anyone registering for both can contact [awilhelm@nooksports.com](mailto:awilhelm@nooksports.com) for a discount code. Training will be made up of 40 minutes of training with 20 minutes of games.

### BLOCK 1

- **START DATE** — March 7th
- **END DATE** — April 11th

## SCHOOL PROGRAMMING

Cincinnati United partners with a number of schools offering programming to students during the Spring season. This year we are proud to continue our partnership with both Cincinnati Hills Christian Academy and El-Sewedy, the International School of Cincinnati.



# SPRING

## COLLEGE ID CAMP — CUP BOYS

The CUP College ID Camp aims to provide a high-quality college recruiting experience through an educational and game-based approach for all local players in their own back yard!

- High-quality games, state-of-the-art facilities, and the opportunity to play in front of various coaches
- The opportunity to learn from experts about some key information about the recruiting process (TWO 30 min recruiting presentations at the end of your session)
- 9v9 games to maximize playing time and opportunity to showcase abilities
- Tournament style approach, in which teams compete for 1st, 2nd, 3rd, and 4th place to be crowned the ID CAMP champions
- Individual awards voted by the ID Camp Staff to provide further individual exposure and opportunity to leave an impression!



# SUMMER

## SUMMER CAMPS

**Skills Camps** — Our base camp program which has both full-day and half-day options. Our professional staff will take players through a unique camp curriculum.

**Competition Camps** — Our more competitive camp program which is half-day only, it combines skills training along with a competitive game environment each day in the form of a Dutch tournament.



Skills Camps	Date	Location	Time
Full Day Week #1	June 9th - 13th	Grooms	9 - 4PM
Half Day Week #1	June 9th - 13th	Grooms	9 - 12PM
Full Day Week #2	July 7th - 11th	Grooms	9 - 4PM
Half Day Week #2	July 7th - 11th	Grooms	9 - 12PM
Half Day Week #1	June 23rd - 27th	Posey & Riverside	5:30 - 8:30PM
Half Day Week #2	June 21st - 25th	Posey & Riverside	5:30 - 8:30PM
Competition Camps	Date (Mon - Thurs)	Location #1	Location #2
Week #1	June 9th - 12th	Posey	Riverside
Week #2	July 7th - 10th	Posey	Riverside



# SUMMER

## 3 V 3 DUTCH LEAGUE

Our 3 v 3 Dutch league stretches throughout the Summer, once per week training alongside one day per week of games. Players will accumulate individual points in a team setting.

Our games give players the opportunity to gain points which accumulate throughout the Summer, at the end of the program there will prizes for players with the most points.

- North – Wednesday & Saturday @ Posey Hartman
- Northwest — Thursday & Friday @ Colerain HS
- Southeast – Tuesday & Sunday @ Amelia Soccer Complex

Training begins the week of June 3rd and will finish the week ending August 2nd.

## PLAYER DEVELOPMENT TRAINING

Our PDTs are a follow on from our Spring PDTs. We have 3 levels of programming. Foundations – larger group 12-14 players. Intermediate – 8-10 players. Custom – Players who form their own groups with friends and teammates.

Locations:

- Posey Hartman – Foundations and Intermediate
- Amelia – Foundations and Intermediate

Custom sessions have the luxury of picking day and location.

All sessions (except custom – group can decide) will be held in the evenings.



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# WINTER

## PREMIER FUTSAL PROGRAM

PFP is an all-inclusive program which allows players to play futsal during the winter season, without the financial commitment or time commitment of other programs. Our program is all a part, and teams have the ability to choose tournaments (in addition to club sanctioned tournaments) - We are also the only program which gives the players the autonomy to pick their teammates.

PFP will run 4 distinct programs:

- PFP CUP – CUP only players
- PFP Central – CU North teams
- PFP South – CUSE teams
- PFP North\* - Dayton based teams

\*Dayton based teams will also have the opportunity to try out for a competitive team.



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# WINTER

## CU JUNIORS NORTH WINTER PROGRAMS

Juniors Winter Training will carry on from the Fall season.

JDL teams will be given the opportunity to train and play in games. Training once per week on turf, with games on the weekend at a local facility.

4 v 4 Academy teams will continue to train once per week with a game option on the weekend, mirroring the Fall and Spring season.

Future Stars (birth years 2022 & 2023) training sessions will train once per week at a central location.

## CU NORTH AND CUSE WINTER TRAINING

CU North and CUSE will have their respective programs to give the players in this community the ability to train and compete with players in their age group throughout the whole Winter period. These programs will vary in degree of commitment level.



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# QUESTIONS?

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## GET IN TOUCH

Feel free to reach out to us with any questions you have on our Additional Programming.

**Andy Murison**

Business Operations & Additional Programs

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## INTERESTED IN TRYOUTS?

Please fill out a player interest form and we will be in touch with you:

[Boys Interest Form.](#)

[Girls Interest Form.](#)

## NEWSLETTER

[Click here](#) to keep up to date with all the latest news from CUSC.



