



Fremont Rush Grassroots Soccer FAQ

Q: What is Grassroots Youth Soccer?

A: Grassroots Youth Soccer introduces young players to soccer and develops their skills in a less intensive environment than Recreational Soccer. It builds a foundation for players aged 4-8 who are starting or have limited experience, focusing on technical and tactical skill development.

Q: How often does the program meet?

A: The program meets once a week on Saturdays

- Ages 4 - 5: 9:00 am - 10:00 am
- Ages 6 - 8: 10:15 am - 11:15 am

Q: How long is the program?

A: The program consists of 4 one-hour sessions each month, allowing players to develop their skills without overload.

Q: What is the cost of the program?

A: The program costs \$135, covering the field, equipment, coaching, and other related expenses.

Q: Are there any additional costs associated with the program?

A: Yes, players need to purchase their own size 4 soccer ball, shin guards, and optional cleats. They must also bring a water bottle.

Q: Is there a minimum age requirement for the program?

A: Yes, players must be between the ages of 4-8 to participate in the program. This allows the program to focus on age-appropriate activities and skills.

Q: Will there be a coach present during the sessions?

A: Yes, experienced coaches will be present during all sessions to provide instruction and guidance. The coach will also be responsible for monitoring the progress of each player and providing feedback.

Q: Can my child join the program at any time?

A: The program is based on monthly sessions, and players can join at the beginning of each session. However, you can contact the program director for special arrangements.

Q: Will the program provide any additional resources or materials for players to continue their development outside of the sessions?

A: Yes, the coaches will provide players with drills and exercises to work on at home, as well as provide recommendations for additional resources such as books, videos, and other materials to further their development.

If you have any questions, please email us at info@fremontrush.com or call at 510-707-6004