



NORTH UNITED SC

JANUARY 2026 NEWSLETTER

Message from the DOCs
Players of the Month
College Soccer Talk
Tournaments
Summer Camps
2026-2027 Registration Changes
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Upcoming Events

northunited.org



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DOC INSIGHT

THE ROLE OF EDUCATION IN BECOMING A GREAT SOCCER PLAYER



Soccer is such an amazing sport because of all of the intricacies in the the game which ultimately lead to results. Watching Champions League, National Team and other high level leagues around the world, we sometimes wonder about the how. How did they get there? How did the pull off that skill? Why are they playing differently this year/game?

A common thread we have seen throughout our years playing and coaching is that the most successful players tend to also be good students in the classroom. Obviously skill development is a part of this but how is the classroom a predictor of a good soccer player?

Discipline and Consistency

- Being able to complete tasks repeatedly on time in the classroom means players are going to be reliable at training.

Time Management and Organization

- Being able to balance and prioritize tasks means within a training session, or game, players can focus on multiple goals while achieving a main goal

Coachability and Active Listening

- Listening and respecting a teacher means that players will listen to their coach(es) and apply coaching points on the field.

Mental Toughness and Resilience

- Working through challenging problems in class connects with solving issues on the field. It is vital that players are learning to push through challenges in the classroom to prepare them for this in the future.

In-Game Intelligence and Focus

- Problem solving through and adaptation are ever present in the classroom just like they are on the field!

Goal Setting and Self Reflection

- In the classroom, setting goals and reflecting on them is important to achieving your academic dreams. On the field, players must use the same skills to become a better player.

Teamwork and Communication

- Being able to work together with a peer in the classroom to problem solve means players will work as a team to solve stressful moments on the field.

As important as it is to hone your skills on the field it is equally as important to train your brain in the classroom. Great soccer players are students of the game. Great students excell in the classroom.



January Players of the Month - PASSION

The core values of North United SC are Unity, Humility, Passion, Respect and Tradition. Our aim is to recognize, and celebrate, the contributions of players towards our values as representatives of the club. The theme of the month of January is PASSION. From our core values definition:

- Players will be celebrated for who they are and to express their joy of playing the game!
- The mindset of both our coaches and players will exude excitement to be involved in creating lifelong memories.



Gerrit S from our 10U Gold team has always demonstrated passion for the sport and respect for others. From his time within our NUDP summer programming to flashing his all out effort on the field, we couldn't think of someone more representative of passion!



Mariah C from our 16U Gold team is 110% dedicated showing passion on the field! She is always smiling and enjoying herself demonstrating passion through leadership! Congrats Mariah! We can't wait to see you winning that hustle chain again this summer!

SUMMER SKILLS 2026 CAMP

Our North United annual Summer Soccer Skills Camp is back! Come join us for a week of fun at Coon Rapids Soccer Complex where we cover technical skills that are essential in player development while also having fun! The week is filled with games, activities, skill development and ends with a visit from the local fire department! All of the camp will be held at the Coon Rapids soccer Complex.

Juniors Ages 5-7 years old 9:00am-11:00am
Olders Ages 8-14 years old 9:00am-Noon

[REGISTRATION HERE AT NORTHUNITED.ORG](http://NORTHUNITED.ORG)



SAQ North United SC Summer Camp

12U AND OLDER BOYS AND GIRLS

EVERY MONDAY/WEDNESDAY

9:45-11AM @ CRU COMPLEX

JUNE 8TH-JULY 1ST

JULY 13TH-15TH

\$150 INCLUDES TRAINING SHIRT

SOCCER SPECIFIC SPEED, AGILITY,
QUICKNESS TRAINING

IMPROVES STRENGTH, REDUCES
INJURIES, AND BUILDS CONFIDENCE

SAQ SUMMER TRAINING

Our SAQ (Speed, Agility, Quickness) summer training starts up as the school year ends! Join DOC's Aaron Lindquist and Todd Dusosky as we run through a 5 week summer program focused on developing soccer specific strength which translates to on-field results! By involving a ball and soccer specific movements, this program helps those looking to gain an edge on the field! As one parents put it last year, "I can already see the difference in confidence and strength in my player."

[REGISTER HERE](#)

NUDP

Our NUDP (North United Development Program) is focused on players who are 6U-12U within our three recreation programs of Andover Soccer Club, CR United Soccer Club and Northern Lights Soccer Club.

Join DOC's Todd Dusosky and Aaron Lindquist as well as current competitive coaches and players for summer sessions geared towards those who wish to continue to develop their skills in preparation for our competitive program in 2026-2027.

Emails will be sent to rec players in May.
We can't wait to see you this summer!





COLLEGE SOCCER TALK - JANUARY 14th

6:00-8:00pm
Alexander Room @
City of Ramsey Building

Our College Soccer Talk went OUTSTANDING with a great turnout and even better questions! North United SC is happy to support our players in achieving their on-field dreams and making them a reality! If you ever have any questions in the process, please reach out and we can't wait to have the talk again next year!

Parent Feedback:

"I've had my kids with 3 other clubs and no one has ever done something like that"

REGISTRATION CHANGES 2026-2027

The registration process for US Youth Soccer is changing for all leagues and programming outside of MLS Next Homegrown Division (Minnesota United Academy and Shattuck St-Mary's are the only clubs in that league in MLS Next).

REASONS FOR THE CHANGE

US Club Soccer and other youth soccer organizations have cited several reasons for the change, such as:

- Playing with schoolmates
- "Trapped" Players
- Under 19's
- College Recruiting

NEW 2026-2027 AGE GROUP MATRIX:

- 9U - Born between Aug 1, 2017 – July 31, 2018
- 10U - Born between Aug 1, 2016 – July 31, 2017
- 11U - Born between Aug 1, 2015 – July 31, 2016
- 12U - Born between Aug 1, 2014 – July 31, 2015
- 13U - Born between Aug 1, 2013 – July 31, 2014
- 14U - Born between Aug 1, 2012 – July 31, 2013
- 15U - Born between Aug 1, 2011 – July 31, 2012
- 16U - Born between Aug 1, 2010 – July 31, 2011
- 17U - Born between Aug 1, 2009 – July 31, 2010
- 18U - Born between Aug 1, 2008 – July 31, 2009
- 19U - Born between Aug 1, 2007 – July 31, 2008

Was this the same prior to the Fall of 2016? Yes, US Soccer transitioned to birthyear registration in 2016 so our club, and all others, have gone through this change before. We were very proud of how our club grew last time there was a change in the registration process.

What will happen to my current team? Just like the end of every season, teams are reformed through in-season coach, director, DOC, and tryout evaluations. Combining these evaluations and players who are new to the club, we form new teams every soccer season. Going into the 2025-2026 season we had more player movement than any year prior.

Does this mean that my player will "lose" a year of soccer? No. Players will either naturally move to the "next" age group, stay at the "same" age group and, in some circumstances" be eligible to move "down" and age group. This is different than the 2016 change when some players "lost" a year of youth soccer.

Can I tryout "up an age group"? Yes, players have been, and are always allowed to, tryout at an age group that they would like to play at. This doesn't mean that players are going to be placed at that age group though. Specific communication on this will come out in the future but looking at the current new breakdown within our club we are very confident with what true birthyear teams would look like. We are always looking to put our players in a position to develop the best for this season and we will continue to do that going forward.

What will North United SC do to support my player(s)? We have many plans and processes that we have discussed, and will continue to formulate, before tryouts in July of 2026. We have gone through this process before in 2016 so we know some of the things that we did that already worked. We will be updating our tryouts page, providing periodic communication like this, and have specific plans as we move through the summer 2026 season.

We appreciate the support that you have given your player(s), their peers and our staff! You are what has made this club grow and such an outstanding UNITED program!



SUMMER TOURNAMENT SERIES



Kicking off your spring is our 13U-19U spring invitational tournament! With 6 lighted fields at Coon Rapids Complex and 2 additional lighted fields a couple miles away at Sand Creek Park, this tournament is a great way to enjoy some fun under the lights!

[FIND OUT MORE INFORMATION HERE](#)

Spend your summer weekend with us as we host the summer invitational tournament for 9U-12U teams! All matches are held at Coon Rapids Soccer Complex which can host 12 9v9 games or 24 7v7 games at the same time!

[FIND OUT MORE INFORMATION HERE](#)



BECOME A REFEREE

Keep an eye out for our upcoming annual referee clinic!

We are honored that so many referees get their start with our club and we are also proud of our kickback program for our “homegrown referees”!

More information will be posted online soon for our April clinic.

REFEREE CLINIC



Go to:

Minnesotasrc.com

Follow step-by-step instructions on website

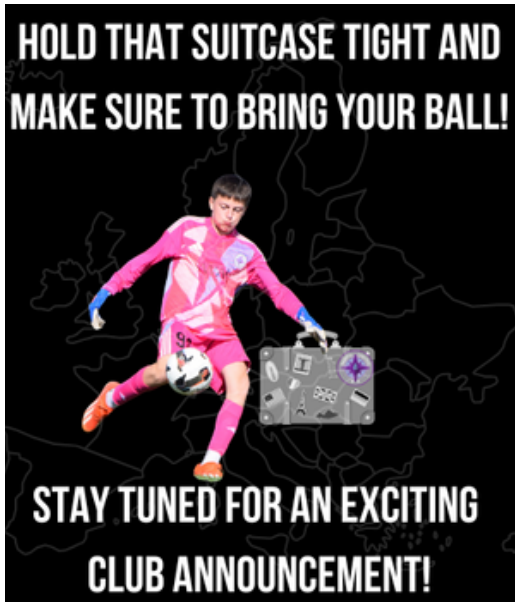
Cost: \$60

Questions? E-mail:

mnrefassignor@comcast.net



AGES 13+



North United Soccer Club will soon be hosting an exciting opportunity for players to expand their soccer resume!

Todd Dusosky will be coordinating information regarding a trip abroad for players to continue to grow their love of the game and show their skills on an international stage! Stay tuned!

SPONSORSHIP

North United Soccer Club serves over 39 communities in the north metro, enhancing the lives of over 600 players in competitive soccer. Varying levels of sponsorship are available.

northunited.org
 sponsorship@northernlightsoccer.org

- PURPLE
- BLUE
- NATIONAL
- CHAMPIONS
- PREMIER

North United Soccer Club is committed to providing opportunities for all to play. If you, or your business, are interested in giving back to others, helping provide a playing and training environment that is high quality and supporting your local community we have many levels of sponsorship available! Please reach out to sponsorship@northernlightsoccer.org for more information.



North United SC thanks our current uniform sponsor, from 2024-2026 and look forward to continued partnerships in the future!

