






Life Skills Through Soccer (LSTS) is a dual-purpose Annual Program (Fall/Winter/Spring) designed to address player and personal development. The program is coached and administered by dedicated LSTS staff. It is offered to select players in the U8 – U12 Age Groups.

PROGRAM INCLUSIONS

- 3X Training Sessions/Week In-Season during Fall & Spring by LSTS dedicated technical staff
- 8X Winter Indoor Training Plus Winter Outdoor Training (weather permitting)
- Goalkeeper Training Fall/Winter/Spring
- Functional training (i.e., technical skill training, striker/defender specific sessions, tactical session for game prep)
- **veo** Cameras used to film and break down games & training sessions
- Program fee includes all professional staff training fees per season
-  Player Passes & Player (secondary) Insurance
- League Fee (annual)
- League Referee Fees
- ENY State Cup Entry Fee
- ENY State Cup Referee Fees
- Fall (Columbus Day Weekend) Tournament; Team Entry Fee & LSTS Staff Coach Expenses
- At the discretion of the DOC and MSC Board, *MSC hosted tournament entry fees waived (upwards of \$6000 value per team depending on age eligibility)
- **MSC professional staff coach presence All League/Cup Matches & Tournament Games**
- Classroom sessions including personal development topics, academics, book club, as well as soccer-related topics and player development
- LSTS program and team building activities
- Participation in community service
- Access to JAG Physical Therapy providing injury assistance & prevention, rest/recovery educational support
-  Team App for team-specific communications & schedules
- Program professionally administered & supported

PROGRAM EXCLUSIONS

-  Uniforms See [LSTS Required Uniform & Training Gear](#)
- Non-MSC tournament entry fees
- All tournament expenses, including trainer expenses and training fees in excess of the normal MSC program allocation
- Miscellaneous Team Expenses

PROGRAM FEES

- **\$3050.00 per annum for 3-Season Participation season (Fall/Winter/Spring Play)**
 - **Six (6) Scheduled Payments**
 - **\$550.00 Due: Upon Completion AND Submission of Player Registration**
 - **\$500.00 Each Due On: 8/15/25 – 9/15/25 - 11/15/25 – 1/15/26 - 2/15/26**
 - **Participants may be eligible for [2025 - 26 Program Discounts](#)**