



NORTAC PROGRAMMING GUIDE

FALL 2026

Registration

Click [here](#) for a registration link.

Please contact our Registrar (registrar@nortac.org) if you have additional questions regarding Demosphere registration.

A 15% late fee registration will be assessed if a registration occurs after the deadline (July 15). Early registration is highly encouraged since age group registrations will close once filled. Registration will default to new age formats as follows:

Age Group	Date of Birth Ranges
U4	Born between Aug 1, 2021 - July 31, 2023
U5	Born between Aug 1, 2021 - July 31, 2023
U6	Born between Aug 1, 2020 – July 31, 2021
U7	Born between Aug 1, 2019 – July 31, 2020
U8	Born between Aug 1, 2018 – July 31, 2019
U9	Born between Aug 1, 2017 – July 31, 2018
U10	Born between Aug 1, 2016 – July 31, 2017
U11	Born between Aug 1, 2015 - July 31, 2016
U12	Born between Aug 1, 2014 - July 31, 2015
U13	Born between Aug 1, 2013 - July 31, 2014
U14	Born between Aug 1, 2012 - July 31, 2013
U15	Born between Aug 1, 2010 - July 31, 2012
U16	Born between Aug 1, 2010 - July 31, 2012
U17	Born between Aug 1, 2009 - July 31, 2010
U18/U19	Born between Aug 1, 2007 - July 31, 2009

Player assignments are finalized a couple of weeks prior to the start of the program. Each family will receive an introductory email from their coach including coach background and practice schedules.

Coach Participation and Registration Discount

Parents that wish to coach a team in this program will need to request a partial refund after registering. The partial refund is only provided if a coach has completed all three phases of the US Soccer Safe Soccer modules (including background check in phase 3).

See [here](#) for our coach checklist that describes US Soccer Safe Soccer Requirements.



Cost

Sparks (U4 and U5): \$165

All other age groups (U5 and older*): \$185

***U5 players are offered the choice of participating in Sparks or regular programming. Sparks sessions are shorter (45 minutes), and there are no weekend games (two events per week instead of three).**

Program Scheduling

*All information subject to change

Age Group	Program Date Range
Sparks (U4 and U5) / U6-U8	September 8-October 31st
U9 and older (In-House)	August 24-October 31st
U9 - U12 (PCSA) *	August 24 - middle November (before Thanksgiving)
U13 (SSUL) *	August 24 - first week of December

***PCSA and SSUL leagues are additional league organizations that NORTAC may utilize if we do not have enough teams to create our own in-house league.**

Click [here](#) to view the PCSA league website.

Click [here](#) to view the SSUL league website.

PCSA and SSUL Leagues include both home games (in North Tacoma) and away games. Families should not commit to one of these teams if they cannot commit to traveling outside of North Tacoma. Travel times will vary (PCSA league programming is more local) and it is recommended to check on the respective league websites to observe past divisions if your family is unsure of whether they can commit to the amount of travel required.

Games

Age Group	Game Format	Game Days (All Saturdays except U15+)	Locations
Sparks (U4 and U5)	N/A	N/A	N/A
U6 U7 U8	2v2/3v3 3v3/4v4 4v4	September 12, 19, 26, October 3, 10 17, 24, 31	Hunt
U9 U10 U11 U12	7v7 7v7 7v7/9v9 7v7/9v9	September 12, 19, 26, October 3, 10 17, 24, 31	Vassault, Wainwright,
U9-U12 (PCSA)	7v7 9v9	Game 1: TBD Season ends before Thanksgiving	Vassault, Wainwright, Hilltop, Hunt
U13 + (SSUL)	11v11	Weekend 1: TBD Second week of December.	Mason, Hilltop, Hunt



Training

Age Group	Training Volume	Training Duration (per session)	Locations
Sparks (U4 and U5)	2 sessions per week	45 minutes	Heidelberg or SERA
U6	2 sessions per week	60 minutes	Heidelberg or SERA
U7	2 sessions per week	60 minutes	Heidelberg or SERA
U8	2 sessions per week	60 minutes	Heidelberg or SERA
U9	2 sessions per week	75-90 minutes	Vassault, Heidelberg or SERA
U10	2 sessions per week	75-90 minutes	Vassault, Heidelberg or SERA
U11	2 sessions per week	90 minutes	Vassault, Heidelberg or SERA
U12	2 sessions per week	90 minutes	Vassault, Heidelberg or SERA
U13+	2 sessions per week	90 minutes	Vassault, Heidelberg or SERA

Player Equipment

A red NORTAC jersey will be distributed by the coach of the team.

Players will receive one jersey per year (fall and spring seasons) of NORTAC programming.

If they receive a jersey in the fall, that will also be their jersey for the spring, unless they require a number because they are transitioning to the 7v7 game format

All players will be responsible for bringing their own soccer ball to all program events. Please ensure the ball has your son or daughter's name on it and is the correct size:

Birth years 2022-2020: Size 3

Birth years 2019-2018: size 3 or 4

Birth years 2017-2014: Size 4

Birth years 2013 +: Size 5