



PROGRAM OFFERINGS

XENIA 2025-2026

PLAYER PATHWAY

PHASE	FOUNDATION				DEVELOPMENT			IMPLEMENT			PERFORM					
					PRE-ELITE (U10-U12)			ELITE (U13-U19)			PRE-PRO (U19+)					
	LITTLE LIONS (U5-U6)		JUNIORS (U7-U9)		PRE-ACADEMY (U10-U12)			ACADEMY (U13-U19)								
AGE	U5	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19	U19+ →
ZONE	GRASSROOTS				1			2				PRE-PRO				

CONTENTS

JUNIORS | U7-U9 (BORN IN 2019-2017)

PRE-ACADEMY | U10-U12 (BORN IN 2016-2014)

ACADEMY | U13-U19 (BORN IN 2013-2007)



JUNIORS

U7-U9 (BORN IN 2019-2017)

LEAGUES	State/Local League* <small>*If available at your location in your age group. In-house leagues otherwise.</small>
STAFF	Licensed Professional
PROGRAM LENGTH	Fall: August-November Spring: March-May
TRAINING SESSIONS	2x a week
WINTER TRAINING	Additional cost (Subject to availability)
PLAYING SURFACE	Grass & Turf
EVENTS	4 Total: • All local events
ALL-INCLUSIVE FEES INCLUDE	<ul style="list-style-type: none">• League Fees• League Member Fees• Referee Fees• Administrative Fees• Support Staff Fees• Coach Fees• Facility Fees• Curriculum Education Fees

PRE-ACADEMY (TIER 1)

U10-U12 (BORN IN 2016-2014)

LEAGUES	State League
STAFF	Licensed Professional
PROGRAM LENGTH	Fall: August-November Spring: March-May
TRAINING SESSIONS	2x a week
WINTER TRAINING	Additional cost (Subject to availability)
PLAYING SURFACE	Grass & Turf
EVENTS	4 Total: <ul style="list-style-type: none"> • 1 Travel Event (Tournament or State Cup) • 3 Local Events
ADDITIONAL RESOURCES	Access To: <ul style="list-style-type: none"> • GK Director • Goalkeeper Trainings
ALL-INCLUSIVE FEES INCLUDE	<ul style="list-style-type: none"> • League Fees • League Members Fees • Referee Fees • Administrative Fees • Support Staff Fees • Coach Fees • Facility Fees • Curriculum Education Fees

PRE-ACADEMY (TIER 2)

U10-U12 (BORN IN 2016-2014)

LEAGUES	State/Local League
STAFF	Licensed Professional
PROGRAM LENGTH	Fall: August-November Spring: March-May
TRAINING SESSIONS	2x a week
WINTER TRAINING	Additional cost (Subject to availability)
PLAYING SURFACE	Grass
EVENTS	3 Total: <ul style="list-style-type: none">• 1 Regional Travel Event• 2 Local Events
ALL-INCLUSIVE FEES INCLUDE	<ul style="list-style-type: none">• League Fees• League Members Fees• Referee Fees• Administrative Fees• Support Staff Fees• Coach Fees• Facility Fees• Curriculum Education Fees

ACADEMY (TIER 1)

U13-U19 (BORN IN 2013-2007)

LEAGUES	Regional/State League
STAFF	Licensed Professional
PROGRAM LENGTH	August-May
TRAINING SESSIONS	3x a week
WINTER TRAINING	Additional cost (Subject to availability)
PLAYING SURFACE	Grass & Turf
EVENTS	5 Total: <ul style="list-style-type: none">• 2 Travel Events• 3 Local Events (Tournament or Showcase)
ADDITIONAL RESOURCES	Access To: <ul style="list-style-type: none">• GK Director• Goalkeeper Trainings• Sports Recruits*• College Recruitment Program*• Game Film & Analytics Platform* <small>*U15 & Up</small>
ALL-INCLUSIVE FEES INCLUDE	<ul style="list-style-type: none">• League Fees• League Members Fees• Referee Fees• Administrative Fees• Support Staff Fees• Coach Fees• Facility Fees• Curriculum Education Fees

ACADEMY (TIER 2)

U13-U19 (BORN IN 2013-2007)

LEAGUES	State/Local League
STAFF	Licensed Professional
PROGRAM LENGTH	Fall: August-November Spring: March-May
TRAINING SESSIONS	2x a week
WINTER TRAINING	Additional cost (Subject to availability)
PLAYING SURFACE	Grass
EVENTS	4 Total: <ul style="list-style-type: none">• 1 Travel Event• 3 Local Events (Tournament or Showcase)
ADDITIONAL RESOURCES	Access To: <ul style="list-style-type: none">• GK Director• Goalkeeper Trainings• Sports Recruits*• College Recruitment Program* <small>*U15 & Up</small>
ALL-INCLUSIVE FEES INCLUDE	<ul style="list-style-type: none">• League Fees• League Members Fees• Referee Fees• Administrative Fees• Support Staff Fees• Coach Fees• Facility Fees• Curriculum Education Fees