



FREE AGE GROUP CHANGE SOCCER CLINICS



What's Changing?

Beginning with the 2026–27 season, U.S. Soccer is shifting from the Jan. 1–Dec. 31 birth-year system to a school-year calendar of Aug. 1–July 31. Your child's soccer age group may change and their team could look different next fall. **FC Frederick** wants every family informed and prepared before tryout season begins.

What happens at the clinic?

Each FREE clinic is run by FC Frederick's licensed coaching staff. Players should bring their own ball, wear soccer cleats, and be ready to play. Here's what to expect:

- Age Group Orientation – coaches explain the new groupings and what they mean for your player
- Technical Training – ball work, touch exercises, and skill activities appropriate for the age group
- Small-Sided Games – players compete in game play so coaches can observe in a real soccer environment
- Q&A for Parents – a brief parent information session runs on-site during each clinic



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Free Age Group Change Clinic Schedule - Girls

Age	Birthdate Range Grade (2026–27)	Dates Times	Location
U9	Aug 1, 2017 – Jul 31, 2018 (3rd Grade)	4/27 & 4/29, 5:30–7:00 PM	Urbana Community Park
U10	Aug 1, 2016 – Jul 31, 2017 (4th Grade)	4/27 & 4/29, 5:30-7:00 PM	Urbana Community Park
U11	Aug 1, 2015 – Jul 31, 2016 (5th Grade)	4/28 & 4/30, 5:30–7:00 PM	TJ Middle School
U12	Aug 1, 2014 – Jul 31, 2015 (6th Grade)	4/28 & 4/30, 5:30–7:00 PM	TJ Middle School
U13	Aug 1, 2013 – Jul 31, 2014 (7th Grade)	5/1, 6:30-8:00 PM	Saint John's Catholic Prep
U14	Aug 1, 2012 – Jul 31, 2013 (8th Grade)	5/1, 6:30-8:00 PM	Saint John's Catholic Prep
U15	Aug 1, 2011 – Jul 31, 2012 (9th Grade)	5/1, 8:00–9:30 PM	Saint John's Catholic Prep
U16	Aug 1, 2010 – Jul 31, 2011 (10th Grade)	Contact Chuck Hommey	chommey@fcfrederick.com
U17	Aug 1, 2009 – Jul 31, 2010 (11th Grade)	Contact Chuck Hommey	chommey@fcfrederick.com
U18/19	Aug 1, 2008 – Jul 31, 2009 (12th Grade)	Contact Chuck Hommey	chommey@fcfrederick.com

Please be aware the dates and times in red have been changed from the original posting.

Free Age Group Change Clinic Schedule - Boys

Age	Birthdate Range Grade (2026–27)	Dates Times	Location
U9	Aug 1, 2017 – Jul 31, 2018 (3rd Grade)	4/27 & 4/29, 5:30–7:00 PM	TJ Middle School
U10	Aug 1, 2016 – Jul 31, 2017 (4th Grade)	4/27 & 4/29, 7:00–8:30 PM	TJ Middle School
U11	Aug 1, 2015 – Jul 31, 2016 (5th Grade)	4/27 & 4/29, 5:30–7:00 PM	TJ Middle School
U12	Aug 1, 2014 – Jul 31, 2015 (6th Grade)	4/29 & 5/6, 7:00–8:30 PM	TJ Middle School
U13	Aug 1, 2013 – Jul 31, 2014 (7th Grade)	4/17, 6:30–7:30 PM	Othello Regional Park
U14	Aug 1, 2012 – Jul 31, 2013 (8th Grade)	4/17, 7:30–8:30 PM	Othello Regional Park
U15	Aug 1, 2011 – Jul 31, 2012 (9th Grade)	4/17, 8:30–9:30 PM	Othello Regional Park
U16	Aug 1, 2010 – Jul 31, 2011 (10th Grade)	Contact Colin Viti	cjviti95@gmail.com
U17	Aug 1, 2009 – Jul 31, 2010 (11th Grade)	Contact Colin Viti	cjviti95@gmail.com
U18/19	Aug 1, 2008 – Jul 31, 2009 (12th Grade)	Contact Colin Viti	cjviti95@gmail.com



Questions?

Contact Lindsey Hopmann at lhopmann@fcfrederick.com

Registration

[Click here](#) to register as it helps us staff the number of coaches for your player's age group or visit PlayMetrics to sign up: bit.ly/4mpAeEm