



For information, contact:
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River Forest Rapids
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High School Boys' Program Overview

The Strikers and Rapids will again co-sponsor the OPRF One boys' high school program for 2010-11. OPRF One is a unified program that brings together the best players in the area, whether they came up in Rapids, Strikers, or elsewhere. By getting lots of touches together, OPRF One players are able to improve as a group and play at top levels of club and high school soccer.

Our flagship team will be a U17 Select team. This will allow a nucleus of current juniors and sophomores (and possibly a few freshmen) to jell as a team throughout the winter and spring in preparation for the fall 2011 varsity season. We expect to field at least two additional teams, depending on tryout numbers.

Tryouts

Tryouts for 2010-11 will be held on Sunday, September 26, 2010 at 4-6:30 p.m. at OPRF High School Lake Street field. OPRF One is open to players from Oak Park, River Forest and other communities. Registration and payment of the fee for the entire 2010-11 season will take place in early October. Financial aid is available for families based on need. Click on www.oprfstrikers.com "Financial Aid" for more information.

Indoor Training and Play

In November, training begins at a local indoor venue (most likely Sportszone on North Avenue in Melrose Park) with a weekly, 90-minute practice and also a weekly "free play" scrimmage. In early winter, the focus shifts to competitive weekly indoor play. The U17 team will likely play at the Max-McCook Athletics & Exposition Center while other teams will likely play at the Max or Schaumburg's Sport Center. Weekly ball skills sessions will take place in January through March at OPRF High School or another venue.

Spring Season

All teams will play an outdoor spring season in the Northern Illinois Soccer League and an indoor or outdoor tournament (likely State Cup for the U17 Select team).

Goalkeeping

Specialized GK training sessions will be held during winter and spring.

Contact Us

For information, contact OPRF One administrator Colette Heaphy at 708/434-5950 or office@oprfstrikers.com, Rapids President Tim Drane at tim_drane@rfrapids.org or Strikers President John Donley at mcmdonley@aol.com.

Yours in soccer,

Murray Findlay
OPRF One Director of Coaching

John Donley
Strikers President

Tim Drane
Rapids President