Blast program fees are broken out into 8 monthly payments minus a $500.00 initial payment.
Training, League, Scrimmages, Coaches, Trainers Fees - Everything is included - No Surprises.

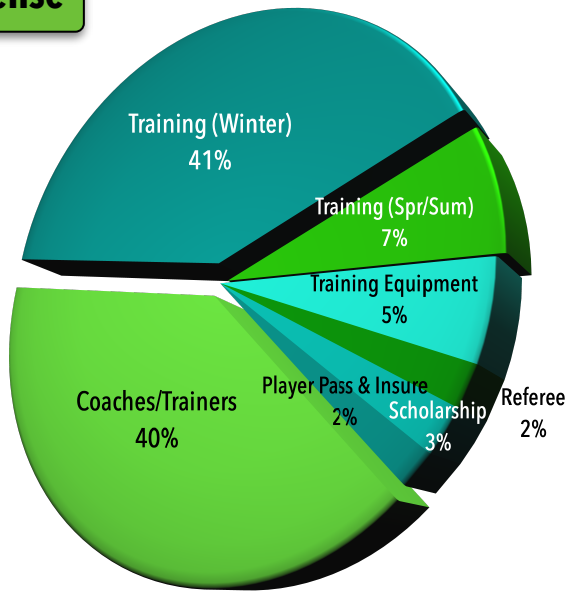
2025/26 Season Fees & Planning

	'18 U8	'17 u9	'16 u10	'15 u11	'14 u12	'13 u13	'12 u14	'11 u15	'10 u16	'09 u17	'08 u18	'07 u19
Program Fee 2023/24	**$1,550**	**$2,300**		**$2,600**		**$2,800**		**$3,000**		**$3,200**		**$1,900**
Season & Team Fees	*$1,400*	*$2,050* (89%)		*$2,350* (90%)		*$2,500* (89%)		*$2,700* (90%)		*$2,900* (91%)		*$1,700*
[ARC] Technical Development	*$150*	*$250* (11%)		*$250* (10%)		*$300* (11%)		*$300* (10%)		*$300* (9%)		*$200*
Est. ARC Technical Sessions	10	16		16		18		18		18		12
Est. ARC Strength/Fitness	0	0		0		20		20		20		10
Est. ARC Sessions Cost	$15	$16		$16		$17		$17		$17		$17
Est. Uniform & Training Gear	--	**$375 for New Uniform Cycle or New & Returning players needing new sizes. 2 uniform tops, 3 shorts, 3 socks 3 training tops and 1 warm-up set*										
Est. Tourney & Travel Costs	--	***Estimates: Regional Drive trips - $300 - $350; Regional/National Fly Trips: $400 - $600 (often includes a team van).***										

Average Team (age group) Expense

While each age group has a slightly different overall cost total, the percentages allocated to the costs are very much the same.

Roughly, each season, 80% of our costs go to training facilities and coaching staff, with the remaining +/- 20% covering player and training expenses.



Coaches & Trainer Expenses

1. Blast Coaching Fee Structure:

- **Head Coaches:** $6,000 - $8,000/Yr. *(96% Attend Required.)*
- **Assistant Coaches:** $2,000 - $4,000/Yr. *(75% Attend Required)*
  u9/u10: 1 coach; u11/u12: 1.5 coach; u13/u14: 2 coaches; u15/u16: 2 coaches; u17/u18: 2 coaches
- **Trainers (club-wide):** $1,000 - $3,500/Yr. *(Paid Hourly)*
  ** Trainers may be keeper, fitness or trainers to help run a set*

2. Blast Directors:

- **Program Directors [1]**: $4,500/Yr. *(2-4 hrs/week)*
  ** Build age-level programing and development plans.*
- **Technical Directors [2]**: $4,500/Yr. *(2-4 hrs/week)*
  ** Execute technical requirements by gender and age-level.*
- **Club Directors [1]**: $4,500/Yr. *(3-5 hrs/week)*
  ** Manage operational needs of organization.*

BLAST PARTNER

ARC Training Center & NOSC Blast Partner for 2025-26 Season.

After a very successful 2024-25 season, NOSC will again partner with ARC Soccer Center to take advantage of the only automated soccer training system in the US. NOSC and ARC have worked together to make ARC the most unique and valuable training system in the country. And ARC players will continue to benefit.

Superior Techinal Skill Development

1.78 Million Touches
2,880 Player Visits
Accuracy Increased 77%
152 Total Sessions

Unmatched Repetition Training
Player Performance Screens
Accuracy & ConsistencyTracked
Speed of Play Monitored

Soccer-Specific Strength & Fitness

Strength & Fitness training specifically for today's soccer player, to increase performance and keep them safe!

Blast competitive events are planned to coordinate with our development schedule. We utilize pre-season events to gauge development progress and adjust as needed. It is important players make pre-season events to continue our development schedule.

2025/26 Season Fees & Planning

	'18	'17	'16	'15	'14	'13	'12	'11	'10	'09	'08	'07
Est. TRAVEL Plan:	U8	u9	u10	u11	u12	u13	u14	u15	u16	u17	u18	u19
Out of region "Fly" events	0	0		0		1		2		2		2
Regional "Drive" events	0	0		0		2		3		3		2
In-State "Local" events	6	4		4		3		2		2		2
TOTAL EST. EVENTS/YEAR	**6**	**4**		**4**		**6**		**7**		**7**		**6**
Est. Travel or Event Months	*Fall & Summer*	*(Apr - July)*		*(Apr - July)*		*(Nov, Jan - July)*		*(Nov, Jan - July)*		*(Nov, Jan - July)*		*(Nov, Jan - July)*

Est. DEVELOPMENT Plan:	Based on our full training and competitive plan, it is estimated that Blast players on average, spend $8.50/hour for Blast Development						
Est. Training & Competitions	**69**	**104**	**141**	**171**	**182**	**188**	**146**
Total Training Hours	**43**	**73**	**105**	**135**	**145**	**150**	**115**
US Soccer Training:Game/Event Ratio	*2:1*	*2.25:1*	*3.25:1*	*3.25:1*	*4.25:1*	*4.25:1*	*3.5:1*
Train: Turf/Outdoor	*25*	*50*	*70*	*70*	*80*	*85*	*75*
Train: ARC Technical & Futsol Sessions	*18*	*15*	*25*	*35*	*35*	*35*	*20*
Train: Next Level/ARC Strength/Fitness	*0*	*0*	*0*	*20*	*20*	*20*	*10*
Blast Class & Cognition Ignition	*0*	*8*	*10*	*10*	*10*	*10*	*10*
Total Competition Matches	**26**	**31**	**36**	**36**	**37**	**38**	**31**
Tournament Games	*12*	*16*	*16*	*20*	*24*	*24*	*18*
Friendlies/Scrimmages	*4*	*3*	*2*	*4*	*3*	*4*	*3*
League or Tournament Only Games	*10*	*12*	*18*	*12*	*10*	*10*	*10*

Blast season timeline is built to provide families with a guide for competitive and training seasons. The timeline is built around the US Soccer's recommended number of competitive events and age-appropriate training to game ratio for ideal player development.

Typical Season Timeline

Season	Month(s)	Events (proposed)	PROPOSED SCHEDULE U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19
FALL	*Aug - Oct*	Fall Training	✓	✓	✓	✓	✓	✓	✓	*Typically Playing High School*			*H.S. & College*
	Sept - Oct	Fall League or Tournament Only Games	✓	✓	✓	✓	✓	✓					
	October	• *Racine Lighthouse - Racine, WI*					✓	✓					
	November	• *Scott Gallagher - St. Louis, MO*							✓	✓	✓	✓	
WINTER	*Jan - Feb*	Blast Futsol (Jan - April)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
	Jan - Apr	Winter Train Session (turf/ARC)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	February	• *PDT Showcase, Phoenix, AZ*							✓	✓	✓	✓	✓
	March	• *Player Showcase, Las Vegas, NV*							✓	✓	✓	✓	
SPRING *(Teams may NOT DO ALL "checked" events, but have listed all current options.)*	*Apr - July*	Outdoor Training (outdoor)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
	April	• *Puma Cup, Rockford, IL*						✓	✓	✓	✓	✓	
	April	• *Dallas Invitational (TX)*							✓	✓	✓	✓	✓
	April	• *Local Tourney (MN)*	✓	✓	✓	✓	✓						
	April	• *JFG, Des Moines, IA*						✓	✓	✓			
	April	• *Bluechip/Challenger, IN*									✓	✓	✓
	April	• *Crossroads, OH*							✓	✓		✓	
	April	D2 College Scrimmages										✓	
	May	• *Local Tourney (MN)*	✓	✓	✓	✓	✓						
	May	MN State Cup/Presidents Cup					✓	✓	✓	✓	✓	✓	✓
SUMMER	*April - July*	League	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	June	• *Chicago Inter, IL*						✓	✓	✓	✓	✓	
	June	• *Eau Claire, Eau Claire, WI*				✓	✓						
	June	• *Local Tourney (MN)*	✓	✓	✓	✓	✓						
	June	• US Club Regional, Libertyville, IL						✓	✓	✓	✓	✓	✓
	June	• USYSA Regionals (State Cup champ)						✓*	✓*	✓*	✓*	✓*	✓*
	July	USYSA/US CLUB Nationals (Reg. champs)						✓	✓	✓	✓	✓	✓
	July	State Tournament (July)				✓*	✓*	✓*					
	July	USA Cup, Blaine, MN (Teams Decide)											

Actual events may change based on best competitive fit. If we have TWO teams at an age, one may do an event the other does not if they are scheduled within 2 weeks of each other.

Development/Competitive *is an* ***8-10 month*** *program of high level technical skill development*
Out-of-State Travel *is coordinated by club, arranged by parent/family. Players room with teammates.*
** USYSA Regionals based on winning State Cup in June.*
*** State Tournament based on League Standings.*