Riverside Thunder — U10 Girls

Fall 2026 Season Calendar

Practices · Tue & Thu, 5:30–6:30 PM · Riverside Park, Field 3

Date	Day	Time	Notes
Aug 11, 13, 18, 20, 25, 27	Tue / Thu	5:30 PM	Preseason — bring cleats + shin guards
Sep 1, 8, 15, 22, 29	Tue	5:30 PM	In-season practice
Oct 6, 13, 20	Tue	5:30 PM	In-season practice (lights on after Oct 13)

Games · Saturdays, Riverside Park (home) unless noted

#	Date	Kickoff	Opponent	H/A	Field
1	Sep 5	9:00 AM	Maplewood Strikers	H	Field 3
2	Sep 12	10:00 AM	Brookfield Cosmos	A	Brookfield Park, Field 1
3	Sep 19	9:00 AM	Lakeshore United	H	Field 3
4	Sep 26	10:30 AM	Hillcrest Hornets	H	Field 2 (Picture Day!)
5	Oct 3	9:00 AM	Fairview Flames	A	Fairview Complex, Field 4
6	Oct 10	10:00 AM	Greenwood Gators	H	Field 3
7	Oct 17	9:00 AM	Oakdale Owls	A	Oakdale School, Field A
8	Oct 24	10:00 AM	Maplewood Strikers	H	Field 3 (Final game)

Special Dates

Sat, Sep 26 — Picture Day: arrive 9:00 AM in full uniform. Order forms on page 5.
Team photo at 9:15 AM, individual photos to follow. Game vs Hillcrest at 10:30 AM.

Fri, Oct 30 — End-of-Season Party: 6:00 PM, Riverside Community Center.
Pizza, awards, and slideshow. Families welcome — RSVP to team manager by Oct 23.

Arrive 30 minutes before every game kickoff for warm-ups.

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Snack & Drink Schedule · Fall 2026

Game-Day Schedule

Game	Date	Snack Family	Drinks Family	Allergy Reminder	☐ Done
1	Sep 5	_____	_____	Nut-free only	
2	Sep 12	_____	_____	Nut-free only	
3	Sep 19	_____	_____	Nut-free only	
4	Sep 26	_____	_____	Nut-free only	
5	Oct 3	_____	_____	Nut-free only	
6	Oct 10	_____	_____	Nut-free only	
7	Oct 17	_____	_____	Nut-free only	
8	Oct 24	_____	_____	Nut-free only	

Snack Rules (keep it simple)

1. **Nut-free, always. No peanuts, tree nuts, or “may contain nuts” labels.**
2. **Individual portions. Juice boxes, fruit cups, granola bars — easy to hand out.**
3. **Label what you bring. A quick note card with ingredients helps allergy parents relax.**
4. **After the game only. Snacks come out once the coach’s post-game talk is done.**
5. **One bag of trash. The snack family bags up the sideline trash before leaving.**
6. **Can’t make your game? Swap with another family by Wednesday — text the team manager.**

Suggested snack ideas: clementines, apple slices, cheese sticks, pretzels, goldfish, fruit snacks, mini muffins, water or 100% juice boxes.

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Roster Cards — cut along the dashed lines · SAMPLE DATA

Emma Calloway — #7

Positions: Forward, Midfield

Parent: Dana Calloway

Phone: (555) 214-8801

SAMPLE — replace with your roster

Mia Sandoval — #3

Positions: Defense, Goalie

Parent: Rosa Sandoval

Phone: (555) 214-8823

SAMPLE — replace with your roster

Olivia Brandt — #11

Positions: Midfield

Parent: Karen Brandt

Phone: (555) 214-8847

SAMPLE — replace with your roster

Ava Whitfield — #9

Positions: Forward

Parent: Priya Whitfield

Phone: (555) 214-8859

SAMPLE — replace with your roster

Sophia Merritt — #5

Positions: Defense

Parent: Tom Merritt

Phone: (555) 214-8872

SAMPLE — replace with your roster

Lily Tran — #2

Positions: Midfield, Forward

Parent: Grace Tran

Phone: (555) 214-8894

SAMPLE — replace with your roster

Harper Quinn — #1

Positions: Goalie, Defense

Parent: Sam Quinn

Phone: (555) 214-8816

SAMPLE — replace with your roster

Nora Bellamy — #8

Positions: Defense, Midfield

Parent: Ellen Bellamy

Phone: (555) 214-8838

SAMPLE — replace with your roster

Practice Reminders

Team _____ · Coach _____

What to Bring (every practice)

- Soccer ball (size 4 for U10) — name written on it in marker
- Shin guards + soccer socks that cover them
- Cleats (no metal studs)
- Water bottle — filled before you leave home
- Weather layer (light jacket in fall; leave it in the car bag)

Leave at home: jewelry, watches, hard hair clips, gum, and snacks for the sideline.

Arrival & Pickup

Arrive 10 minutes early. Practices start on time: _____ PM.

Cleats on and ready at the field — not still in the parking lot.

Pickup is at the field, not the parking lot. A parent or approved adult must check out with the coach before a player leaves. Practice ends at _____ PM.

Running late? Text the team manager: _____

Weather Policy

Lightning within 10 miles = practice cancelled, no exceptions.

The coach or team manager will text the group chat by _____ PM if cancelled.

Rain alone does not cancel — dress for it. Field closures are posted by the city; we follow the city's call on field conditions.

Sideline Rules

Cheer for every player, both teams. Coaching from the sideline stays with the coach.

Siblings must stay off the practice field. Please keep pets at home.

Picture Day — Sat, Sep 26

Arrive 9:00 AM · Team photo 9:15 AM · Riverside Park, Field 2

What to Wear

Full game uniform: jersey, shorts, socks, shin guards, cleats.

Hair neat and pulled back — no hard clips. No jewelry or watches.

Bring the team ball for the team photo prop if your coach asks.

Photo Order Form

■	Package	Includes	Price
	A — Team + Individual	8x10 team, 5x7 + 4 wallets individual	$28
	B — Individual Deluxe	Two 5x7s, 8 wallets, digital download	$32
	C — Basics	5x7 individual, 4 wallets	$18
	D — Digital Only	High-res downloads of all poses	$22
	E — Buddy Photo add-on	5x7 with a teammate (name: _____)	$10

Player name: _____ Jersey #: _____

Parent name: _____ Phone: _____

Payment method: ■ Cash ■ Check (#_____) ■ Venmo (@_____)

Payment Tracking (team manager use)

Player	Package	Amount Paid	Date Paid	Method	Rcpt ■