

## **What age do you start**

I don't have a specific start age. However, my youngest team is 10u, so generally the program runs 9 and up (most people who join do so with the interest of also playing on a team, and so if that is your intention your son will be competing with 10 year olds for playing time). Therefore, if you want your son to play on the 10u team then use your best judgement on how advanced he is at his age. I have had 8 year olds that were good enough to start on my 10u teams in the past, so it definitely is a possibility depending on your son's ability level.

If your interest is attending the practices only, then I would base your decision not on ability, but more on his maturity level (these are group practices run with anywhere between 5 - 30 kids at a time, so if your son requires a ton of individual attention to keep him on track then it's probably best to wait a bit longer before joining).