



Seacoast United NH/MA North

In 2024 Seacoast United Regions - NH South, Bedford, Concord and MA North combined tryouts to align in their programming from a player development and experience and a parent education and experience standpoint. This allowed us to combine resources across the four regions from a player, coach and parent standpoint, to create a stronger program together, versus apart.

For 2025 and for the upcoming 2025/2026 Tryouts, Seacoast United will hold tryouts for the four regions together at the Seacoast United Complex in Epping, unless noted - see below

Full Tryout schedule can be found [HERE](#)

Seacoast United NH and MA North Pathway - [HERE](#)

Q: How will this shift in mindset impact the upcoming tryout process for the 2025-26 year?

A: Come June when we run tryouts for the 2025-26 season, this will be the biggest change to our programming. In past years, we have run tryouts in four different locations, which included four different registration links to each region's respective tryout. This has in turn caused confusion for families as to what link do they register for, which location do they attend, and additionally it has created challenges for families who may have kids in different regions within Seacoast United and trying to manage logistics.

For the 2025-26 tryouts in June, all tryouts will be hosted at the Epping Complex for all four regions. This is being done to help create less confusion, make all regions more accessible to families and additionally create a further step in us bringing everyone together, versus apart.

Q: If I am from Concord, Bedford or MA North regions am I now going to be expected to travel more to Epping?

A: The last thing we are looking to do is make it harder for families and players. The only additional travel to Epping will be required when we put on these additional events, which are over and above your existing schedules in your respective regions. These events are of course completely optional for you to attend, even though we truly hope everyone wants to attend.



Q: How will the registration process work for the 2025-26 tryout?

A: There will be one tryout link for players/families who are interested in being part of Seacoast United in the Bedford, Concord, Epping and MA North regions. When registering, families can select which region they are trying out for, and if they want to be considered for multiple regions this will be an option as well.

Q: How will the follow up process work from tryouts offering players positions for the 2025- 26 season?

A: If a player registered to try out for the Bedford region only, they will be selected for a team out of the Bedford region. If a player registered for tryouts, and selected multiple regions you will be offered options within each region which will include what option we believe would be best suited for the player.

Q: If I try out for one region, can Seacoast United ask me to consider another region?

A: Players will tryout within the region they have registered for online. With that being said, Seacoast United will look to provide players with other options if they feel it is for the betterment of the player's development. However it is always the player/family decision of what option they would prefer from the options provided.

Q: As we start the 2025-26 season, what will we see change at the beginning of the season?

A: In August, we will be standardizing all four regions to start practicing the same week. This first week will involve all teams within each region practicing three times for that first week. The first two sessions will be in your respective region with the team you have been selected on, and the third session that week will then be in Epping. This third session will be an opportunity for us to bring all girls and boys teams from each region together in Epping, and truly start off the year together from a players standpoint on the field. In the past, we have had different messaging from each region to parents about the upcoming year, different timing of coaches meeting with new teams, so this third session at Epping will be an opportunity for all regions to get standardized messaging about the upcoming year, along with individual teams/families meeting with respective coaches so that all players and families are receiving the same information in a timely manner.



Q: If my son/daughter is selected for a respective level, are there opportunities throughout the year to be considered for movement?

A: If your child has been selected on the 2nd level team within their respective age group, throughout the year we will look at which players would be appropriate to receive practice/training opportunities with the team above. These opportunities would not come until mid-way through the fall, to allow each player an opportunity to settle in their team, and allow coaches the opportunity over the first number of weeks to be able to get to know each player and their ability levels. If a player is good enough at a lower level, they will be given opportunities with the team above based on the respective director's discretion.

Q: For the 2025-26 season, if I am selected for a team out of Concord, am I now going to be practicing out of Epping?

A: No. You will continue to practice out of Concord like you have been this past year. The only adjustment will be when we host Region get together at Epping, where you will attend these events which will be sporadic throughout the year. The last thing we are looking to do is cause inconvenience for families, and we aim to have players and families feel that they are part of something bigger than just one team, or region, and be part of the extended Seacoast United family.

Q: If this is my first time participating in club soccer, what does the soccer year program look like for the 2025-26 season?

A: If your child was born in 2012-2017 (U9-14), they will begin the soccer year in mid-August and it will run through to early/mid-June. Our teams will practice outside Aug-Nov which will have league games and tournaments on the weekend, then go indoor November-February for Winter indoor training where the training calendar will vary per region. They will return outside late February/early March for practices, league games and tournaments which will finish in early June.

A: If your child was born in 2011-2007 (U15-19), they will begin the soccer year in early November when their respective high school soccer season finishes. Teams will practice outdoors in November and early December, before having a break mid/late December. They will have winter indoor training in January and February, where the training calendar will vary per region, before returning back outside late February for practices, league games and tournaments which run through early June.



Q: If my child is born between 2012-17, and wants to play for their town team and/or middle school team in the fall, in addition to Seacoast United, is this allowed?

A: Yes, the majority of our younger players currently participate in their town and/or middle school teams. This is a family decision, and not one that Seacoast United will ever discourage you from doing and we just ask that any conflicts are communicated in advance with coaches.

Q: If my child was born in 2011 but will not be entering 9th grade this coming year, how does their fall look?

A: Your child will be selected for a 2011 (U15) team for next year and then any player who is in 8th grade this fall, and born in 2011, will be provided an opportunity to practice with Seacoast United during the fall months of August-October. This will be the player/family decision whether they participate in this option, however we will have 2011 8th grade players either train as a group or with 2012 (U14) teams. When November comes, your child would then start up with their respective U15 (2011) team.

Q: During the winter months, do you train inside or outside?

A: We are very fortunate that all of our regions have access to top indoor facilities where we have prime time slots throughout the winter. We believe it is better for development, and the enjoyment/safety factor that during the height of winter our teams have the opportunity to practice indoors. We will not ask our players/teams to train outdoors in poor conditions just for the sake of practicing outside.

Q: During tryouts, will players be looked at for all levels including Girls' Academy and MLS Next?

A: During tryouts we will be looking at players for all levels, and will provide players with the highest opportunity of play we feel is appropriate. Ahead of the tryout process there will be players offered roster spots on the top two tiers - Girls' Academy, MLS Next, GA Aspire and MLS Next 2, however these rosters will still have spots available.