



Energy Fundamentals

Description:

The Energy Fundamentals program helps players elevate their game through high-quality, fundamentals-based instruction in a supportive team environment. We also offer structured pick-up and scrimmage opportunities to build each player's experience and confidence. Our Energy coaching staff brings over 100 combined seasons of experience at the high school and club levels.

Each 2-month season includes two weekly training sessions, held at Crystal Springs High School and Middle School. Parents are always welcome to watch.

Season Fee & What It Includes:

Our season fee varies depending on the season. Financial aid is available to help cover the cost — [\[learn more here\]](#).

What's *included* in the season fee:

- Two training sessions per week
- One swag item (e.g. T-shirt, hoodie)
- End-of-season party
- General program costs (coaching, gym rental, etc.)

What's *not* included:

- A reversible jersey required for all training sessions (one-time purchase)

Tryouts:

At Energy Fundamentals, tryouts are not just an evaluation for us — they're also a chance for your player and family to "test drive" the experience. We typically do not make cuts. If we do, decisions are based on character, attitude, and effort, not ability..

Attendance Policy:

At Energy Fundamentals, our attendance policy balances flexibility with accountability. While training sessions are not mandatory, we ask families to update and confirm their player's attendance at least one week in advance. This allows our coaching staff to plan and run effective training sessions for everyone.

Questions:

Please contact Dave Weinstein at dave@burlingameenergy.org or Brittany Tackett at brittany@burlingameenergy.org with any questions.