



MAIN STAGE ATHLETICS

Get better. Get noticed. Get recruited.

College soccer recruiting and training,
built for Mid-Atlantic families.

Membership Info Kit

mainstageathletics.com · (443) 303-2800

Talent isn't usually the problem. The process is.

Most families don't miss out because their athlete wasn't good enough. They miss out because nobody told them which coaches to email, what a real highlight reel looks like, or when any of it is supposed to happen.

Main Stage Athletics puts the training and the recruiting in one place. Your athlete gets a profile on **SportsRecruits** — the platform college coaches already use to find and evaluate players — plus a coach who actually knows their game.

You don't need a bigger club or a louder highlight reel. You need the right plan, and someone who's done this before telling you what actually matters this season.

One membership

The profile, the playbook, and a real coach in your corner — for less than the cost of a single club training session.

HOW IT WORKS

Three steps to get started.

1 Tell us about your athlete

Age, position, club, and where they want to play. It takes about five minutes.

2 We build the plan

A coach evaluates your athlete and builds a recruiting profile plus a training plan aimed at the actual gaps — not a generic workout.

3 Coaches start seeing them

Your athlete's profile goes live on the platform college coaches already use, and you get a clear month-by-month plan for outreach.

No guesswork

You'll always know what happens next, who to contact, and what your athlete should be working on this month.

THE RECRUITING ACADEMY

Self-paced lessons, included with every membership: Recruiting 101, building a highlight reel worth watching, emailing college coaches so they write back, NCAA basics and recruiting timelines, and showcase strategy.

MEMBERSHIP

Three tiers. Start anywhere.

Every tier includes a full SportsRecruits profile and the Recruiting Academy. The difference is how much coaching sits on top.

Foundation

\$49/mo

Full SportsRecruits profile and college coach database, the self-paced Recruiting Academy, solo drill catalog, parent dashboard, and community access.

Performance

\$99/mo

Everything in Foundation, plus a **personalized training program designed by your coach and refreshed monthly**, coach-directed video review (up to 1/month, whenever you submit film), a quarterly strategy session, curated outreach templates, and one professionally edited reel a year.

Elite

\$199/mo

Everything in Performance, plus a **dedicated advisor** who knows your athlete by name, an advisor-led training program, video review up to 2/month, monthly 60-minute 1:1s, hands-on outreach drafting, a 15–30 school target list, and NCAA eligibility review.

Annual prepay available at \$399 / \$799 / \$1,599. No contract — cancel anytime.

TRAINING SESSIONS

Train with an MSA coach.

In-person sessions with MSA coaches across the Mid-Atlantic — built around your athlete's next tryout, showcase, or the skill they're stuck on.

WHAT YOU'LL WORK ON

- Position-specific technical mechanics
- Ball striking, first touch, 1v1 decisioning
- Movement, speed, and agility
- Game reading and tactical awareness
- Pre-tryout and pre-showcase preparation

SESSIONS & PACKAGES

Player Evaluation · start here	\$50
60 min on the field, a written evaluation, and your athlete's first personalized training program — sent within 5 business days.	
1:1 session	\$50
60 minutes	
Small group, 2 players	\$35
60 minutes, per player	
Small group, 4 players	\$30
60 minutes, per player	
4-session 1:1 package	\$180
\$45 per session	
8-session 1:1 package	\$340
\$42.50 per session — best value	

Open to MSA members and non-members. Sessions are à la carte at every membership tier — book only what you need. The evaluation is the best place to start: the training program it produces is built to be refreshed, which is what a Performance membership does every month.

GET IN TOUCH

Start the conversation.

Tell us about your athlete and we'll send you everything you need to know — the tiers, what's included, and what the first 90 days look like. We'll tell you honestly what your athlete needs, even if that's not us yet.

Contact us for more information

No pressure, no commitment.

CALL

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ONLINE

mainstageathletics.com

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Serving soccer families across the Mid-Atlantic.

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