



NORTH MISSISSAUGA SOCCER CLUB

Competitive (U13-U17) (Born 2003-2007)

PROGRAM OUTLINE

Number of Players	18 Roster Max (16 Players & 2 Goalkeeper)
Player Selection	All players must attend a minimum of two (2) trials. The trial process will commence in September and October. A nominal assessment fee will be charged and communicated to all families in the summer.
Playing Format	11v11
Stage of Development	Soccer For Life
Program Structure	Year-round programming (November thru September); Breaks on statutory holidays; Winter Break (Holidays) Indoor games will be played on turf fields or gyms (i.e. Futsal) Outdoor games will be played on grass or turf fields
Indoor Training/Games	November 2019 to April 2020 One (1) 60-90 minute session per week on turf One (1) 75 minute futsal session per week in a gym One (1) fitness training session per week in a gym NOTE : Team Option to enter Indoor League <i>*Training locations/surface types may change.</i>
Outdoor Training/Games	May 2020 to September 2020 One (1) Outdoor game per week on grass or turf (in PHSA or GHSL League) Two (2) 90 minute sessions per week on grass <i>*Training locations/surface types may change.</i>
Competition Days	Indoor Season (November 2019 - April 2020) Outdoor Season (May 2020 - September 2020) Max 20 Competition Days allowed as per Ontario Soccer (Home & Away Games)
Size of Ball	Size 5
Technical Standards	Age Group Head Coach (Minimum C License Coach) Assistant Coach (Soccer For Life License) Goalkeeper Training provided All Team Officials must complete Making Ethical Decisions and Respect in Soccer courses Programs align with Ontario Soccer's Long Term Player Development Plan (LTPD) Supported by Grassroots Technical Team and Director
Medical	Concussion protocol (Rowan's Law)

Coach Evaluations	Bi-Annually via feedback sessions with Club Technical Director
Player Evaluations	Bi-Annually Formal Assessment and Parent feedback session Club is developing an automated process to ensure accuracy and on-going tracking year-over-year
Player / Club Commitment	Full Season (November through October) NOTE: Club commits to Players selected in November for FULL Season Players may be added between November and May

DEVELOPMENT CURRICULUM

Technical	First Touch Control - Ground and Aerial Receiving: all surfaces Passing: any surface Finishing Running with the ball, dribbling, turning Double moves/combination of moves Ball Mastery: all surfaces Crossing and finishing
Tactical	Combination to penetrate Team attacking/defensive shaping Playing out of the back Possession Play Transition/switching play Finishing in the attacking third Small group defending: 2v1, 2v2, 2v3 Pressing / Defending from the front Principles of Play - Attacking = Wide/Depth, Improvisation; Mobility, Support, Penetration Principles of Play - Defending = Compactness, Delay, Depth, Restraint, Support, Balance
Physical	OFF-SEASON Pre-habilitation training consisting of core training, movement patterning, mobility and stability PRE-SEASON Strength/Power Development Movement skill consisting of: Speed, Agility, Quickness Development of aerobic and anaerobic energy systems Athlete monitoring/regeneration IN-SEASON (Maintenance Fitness) Strength/Power Development Movement skill consisting of: Speed, Agility, Quickness Development of aerobic and anaerobic energy systems Athlete monitoring/regeneration Athlete Home Exercise Program
Mental	Promotion of basic self-confidence Positive attitude/positive energy Discipline Mental resiliency

PAYMENT SCHEDULE & PROGRAM ADMINISTRATION

Program Cost per player \$835 - Outdoor Club Fee
Program cost does not include uniform kit
Additional Team Fee may apply (Tournaments, Team Events, Extra Training, etc.)
Team Fundraising Options
The program is non-subsidized and self-funded.

Payment Options:

- Option 1* Full payment (\$835) due on March 16, 2020
Option 2 Two (2) equal payments (\$417.50) due on March 16 and May 1, 2020

Online Registration <https://nmsc.powerupsports.com>
Payment Methods Accepted: Visa, MasterCard, Cheque, Cash, Debit, E-transfer, Visa Debit

All refunds/cancelations are subject to the NMSC Refund Policy available on the website.
NOTE: Starting Outdoor 2020, the NMSC will no longer accept American Express.

Uniform Cost per player \$386 (tax/shipping included)
Parent/Player order directly from INARIA online store, shipped to your home address
INARIA Online Store link: <https://northmiss-soccer2020.itemorder.com/sale>
Uniform Contents: Home & Away Jersey; Game Shorts (2); Game Socks (2); Training Jersey
Training short; Training Sock, Training Jacket; Training Pant, Knapsack

Fee Assistance Fee assistance is available through several sources including:
KidSport
Canadian Tire Jumpstart

Program Leadership Age Group Head Coach
Assistant Coach
Sanford Carabin, Technical Director, scarabin@nmsc.net
Ben McKinley, Business Manager, bmckinley@nmsc.net
Ryan Flammini, High Performance Programs Coordinator, rflammini@nmsc.net
Spyros Stergiotis, Goalkeeper Coach, GKCoach@nmsc.net

Additional Notes Information contained in this document is subject to change at the discretion of North Mississauga Soccer Club at any time. Please note Program Fees are subject to final approval by the Board of Directors in early September 2019.

Cost Breakdown Chart

