



**NORTH MISSISSAUGA SOCCER CLUB**  
**Rep/Competitive (U18/U21) (Born 1999-2002)**

**PROGRAM OUTLINE**

<b>Number of Players</b>	18 Roster Max (16 Players & 2 Goalkeeper)
<b>Player Selection</b>	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.
<b>Playing Format</b>	11v11
<b>Program Structure</b>	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
<b>Indoor Training/Games</b>	November 2019 to April 2020 One (1) 60 minute session per week on turf One (1) 60 minute futsal session per week in a gym NOTE : Team Option to enter Indoor League *Training locations/surface types may change.
<b>Outdoor Training/Games</b>	May 2020 to September 2020 One (1) Outdoor game per week on grass or turf (in OSL, League 1 Reserve) Two (2) 90 minute sessions per week on grass *Training locations/surface types may change.
<b>Competition Days</b>	Indoor Season (November 2019 - April 2020) Outdoor Season (May 2020 - September 2020) Max 20 Competition Days allowed as per Ontario Soccer (Home & Away Games)
<b>Size of Ball</b>	Size 5
<b>Technical Standards</b>	Age Group Head Coach (Provincial B License Coach) Assistant Coach (Soccer For Life License) 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
<b>Medical</b>	Concussion protocol (Rowan's Law)
<b>Coach Evaluations</b>	Bi-Annually via feedback sessions with Club Technical Director
<b>Player Evaluations</b>	Bi-Annually Formal Assessment and Parent feedback session Club is developing an automated process to ensure accuracy and on-going tracking year-over-year
<b>Player / Club Commitment</b>	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

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<b>Technical</b>	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
<b>Tactical</b>	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
<b>Physical</b>	<b>OFF-SEASON</b> Pre-habilitation training consisting of core training, movement patterning, mobility and stability <b>PRE-SEASON</b> Strength/Power Development Movement skill consisting of: Speed, Agility, Quickness Development of aerobic and anaerobic energy systems Athlete monitoring/regeneration <b>IN-SEASON (Maintenance Fitness)</b> Strength/Power Development Movement skill consisting of: Speed, Agility, Quickness Development of aerobic and anaerobic energy systems Athlete monitoring/regeneration Athlete Home Exercise Program
<b>Mental</b>	Promotion of basic self-confidence Positive attitude/positive energy Discipline Mental resiliency

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## PAYMENT SCHEDULE & PROGRAM ADMINISTRATION

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<b>Program Cost per player</b>	\$460 - 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.  <b><u>Payment Options:</u></b> <i>Option 1</i> Full payment (\$460) due on March 16, 2020 <i>Option 2</i> Two (2) equal payments (\$230) due on March 16 and May 1, 2020
<b>Online Registration</b>	<a href="https://nmsc.powerupsports.com">https://nmsc.powerupsports.com</a> 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. <b><u>NOTE: Starting Outdoor 2020, the NMSC will no longer accept American Express.</u></b>
<b>Uniform Cost per player</b>	Parent/Player order directly from INARIA online store, shipped to your home address INARIA Online Store link: <b><a href="https://northmiss-soccer2020.itemorder.com/sale">https://northmiss-soccer2020.itemorder.com/sale</a></b> Uniform Contents: Home & Away Jersey; Game Shorts (2); Game Socks (2); Training Jersey
<b>Fee Assistance</b>	Fee assistance is available through several sources including: KidSport Canadian Tire Jumpstart

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**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

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**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.