## IMPACTING THE FUTURE

### 5-YEAR TECHNICAL PLAN

- Changes to grassroots and skill centres.
- Individual over team development
- Removing tryouts to provide a home for everyone through placements and adding full-year programming.
- Player Development Program
- A club that will behave like an academy.







### Making Sense of the Pathway

St. Albert Impact is quite unique in Alberta as we are also our own district. What this really means is that we have a place to play for every player, wherever they may be on their development path.

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### **Skill Development Centres**

This year we will be introducing the skill centre to our U8s. This program, as per Canada Soccer, is designed to provide the appropriate development environment for every young child who wants to play soccer.

### NATIONAL YOUTH CLUB LICENCE

"The Canada Soccer National Youth Club Licence recognizes the highest achieving organizations from across Canada and rewards them with the Canada Soccer Approved Youth Soccer Club endorsement and associated MLS Home Grown Player benefits. Organizations achieving this licence display characteristics and demonstrate behaviours aligned with the highest expectations of governance, administration, infrastructure, and technical, support their Member Association and Canada Soccer Pathways and participate in the highest level of competition in Canada; the Canada Soccer Player Development Program."

### **5 YEAR** TECHNICAL PLAN

#### **1-YEAR PLAN**

1. Launch new U7-U10 training model.

2. Launch the 2009 PDP programs.

3. Fully deliver on our sports science

4. Video library of exercises for all ages.

5. Monthly coach education workshops.

6. Continue to develop and grow ICE

7. Launch a physical literacy program.

8. Culture building; coaches nights and club-

Sept 2023 to coincide with full year PDP.

9. Launch full year programming for Tier I

March 2023-March 2024

wide family events.

Goals for the Year

package

### STRENGTHS

- Strength and conditioning
   Quality of coaching in the club
  - 3. Size of player membership
  - 4. NYCL holder
  - 5. Facilities

#### Measurables:

- Increased team participation in sport science.
- Yearly retention of membership 90+%

### 1. Existing U7-U9 model.

- 2. Lack of emphasis on U7-U8.
- 3. Space for physical literacy gym.

**ISSUES LIST** 

 Fully delivering on PDP program, especially during indoor season.
 Club not fully integrated yet throughout all tiers.

#### Prioritize:

- Rebuilding our U7-U9 training model.
- Sourcing equipment and a space for our physical literacy gym.
- Full club programming, resources, coach education from Tier 1-7
- House League programming
   resources and coaching sessions.

#### Measurables: • U9/U10 player retention numbers in

- March 2024 • Full club participation in Sport Science
- 23/24
- Coaching resources for all ages by March 2024.

### **KEY HIGHLIGHT**

### U7-U11

This plan not only calls for the introduction of a free weekly U7 skill development centre training session, but also identifies areas where we can provide development through our full house league programming. St Albert runs on open system, meaning that movement to a higher development team can occur whenever a child is ready.

### KEY DEVELOPMENT STRATEGY

### **COACHING RESOURCES FOR ALL COACHES**

The strength of St. Albert Impact will continue to be our volunteers. Whether this is through coaching, managing, or simply being there for fundraising or to help the club host large festivals we want to ensure you are as supported as you are appreciated. Without coach development, there can be no player development. Going forward, we will be providing coaching workshops, online resources including a video library of exercises, and mentor coaches on demand to all coaches in our club. For coaches in our youngest age groups, we will be providing live and online model sessions.

### **5 YEAR** TECHNICAL PLAN

#### THE FOLLOWING WILL PROVIDE YOU WITH A TIMELINE OF EVENTS AND RESPONSIBILITIES THE CLUB IS TAKING ON. THESE QUARTERLY TIMELINES WILL SERVE AS OUR GUIDE AND YOUR MEASURABLE CHECKLIST.

1-YEAR PLAN	Quarterly Goals	ISSUES LIST	
March 2023-March 2024	Quarter 3 Apr-Jun 2023	Quarter 1 Oct-Dec 2023 <ul> <li>Launch Physical Literacy program</li> </ul>	
<ul> <li>Goals for the Year <ol> <li>Rebuild and launch U7-U10 <ul> <li>training model.</li> </ul> </li> <li>Launch 2009 then 2010 PDP</li> <li>Fully deliver on our sports science <ul> <li>package</li> </ul> </li> <li>Provide full season curriculum for <ul> <li>all ages. (resource material)</li> </ul> </li> <li>Monthly coach ed. workshops.</li> <li>Continue to build ICE program.</li> <li>Build and launch a physical literacy <ul> <li>program.</li> </ul> </li> <li>Culture building; coaches nights</li> <li>Launch full year programming for <ul> <li>Tier I Oct 23 to coincide with PDP.</li> </ul> </li> </ol></li></ul> <li>Measurables: <ul> <li>U9/U10 player retention numbers <ul> <li>in March 2024</li> </ul></li></ul></li>	<ul> <li>U7 Skill Acquistion program</li> <li>U8 Skill Centre</li> <li>U9 Training model changes</li> <li>Summer Ice Program</li> <li>Fully delivered Sports Science package</li> <li>Monthly coach education workshops</li> <li>Culture/club building summer plan</li> <li>Video analysis and player video room</li> </ul> Quarter 4 Jul-Aug 2023 <ul> <li>Manage ICE programming</li> <li>Program maintenance</li> <li>Prepare to launch 10 session futsal program</li> <li>Coach education</li> </ul>		
<ul> <li>Sport science program completed by March 2023 and full team participation by Sept 2023.</li> <li>Phys literacy launched in Sept 23</li> <li>Coach retention Sept 2024</li> </ul>		<ul> <li>Manage player movement (in-club)</li> <li>Launch new U4-U6 programming</li> <li>Quarter 4 Jul-Aug 2024</li> <li>Prepare to launch full futsal program</li> <li>Coach Education</li> <li>Travel program launched</li> </ul>	

This first year of our five year technical plan will see the club take on an ambitious program to ensure we are meeting the needs of each player. The emphasis is being put on altering how a youth club behaves with respect to the individual athlete. Too often club soccer sees a priority on team development. We aim to change that by adopting an academy style of player development where the free flow of players during positive development moments takes precedence. St. Albert will be an open system to ensure that there are multiple entry points to higher development opportunities on the player pathway.

### **5 YEAR** TECHNICAL PLAN

CORE VALUES	<ol> <li>This is a game</li> <li>Player-centred. Individual over team development</li> <li>We develop coaches</li> <li>Winning happens alongside development, and will be celebrated.</li> </ol>	3-YEAR PICTURE	
CORE FOCUS	Purpose/Cause/Passion: To provide an environment where all children can enjoy the game and have access to programming that will provide them with opportunities that fit their goals. Our Niche: We are our own district and have access to more children up to U9 than most clubs.	Measurables: 95%+ Player retention from U9-U12. U12 teams top third in the table Addition of new players 10- 15% after U12 to coincide with our retention goals.	
5-YEAR TARGET	80% of all players in our Player Development Programming will have been developed in-house. 90% of all club coaches developed in-house.	What does it look like: Two teams in each birth- year age group and gender from U9 up to U12 at the club level.	
DEVELOPMENT STRATEGY	Reorganize U7 to U11. Technical lead coaches for each age group. U7 Skills Acquisition for interested players. U8-U11 Skill Centres run by technical staff and assisted by designated team coaches. Training groups arranged by current ability, not numbers. U12 – Mentor coach to prepare team in first year of 11v11		

### **KEY HIGHLIGHT**

### PLAYER-CENTRED

This five-year plan has been designed around a key principle; player centred programming.

All age groups and levels from house league, community, club, and PDP will see programming changes designed around the tenant of individual player development within a team game.

### KEY DEVELOPMENT STRATEGY INTRODUCTION OF STAFF COACHES U8-U11

St. Albert has been fortunate to have had so many fantastic volunteers step forward to coach. Going forward, these coaches will remain an important part of our programming and will be fully supported on and off the pitch by the club.

One major change that parents will notice will be the introduction of technical leads at all U8-U9 training sessions. This will increase each year until we are fully staffed by club technical leads from U8 up to U11 in our skill centres.

Parents of a child entering our skill centre who want to coach will work alongside our technical staff, increasing the coach to player ratio. They will also take control of league games.





#### CHARACTERISTICS AND BEHAVIOURS

#### Governance

- Has optimal governance structures, processes and policies or is committed to their development.
- Demonstrates a commitment to continual improvements to its existing governance structures/processes;

#### Administration

- Has advanced management and operational practices.
- Has advanced operational planning documents that align to the Strategic and Technical Plans.
- Has enhanced community engagement plans, capabilities, and practices. (RECOMMENDATION)

#### Infrastructure

- Has access to a physical space as a headquarters for operations.
- Has access to advanced facilities to allow for the delivery of optimal developmental programming.
- Has a facility strategy aligned to Strategic, Operational, and Technical Plans.

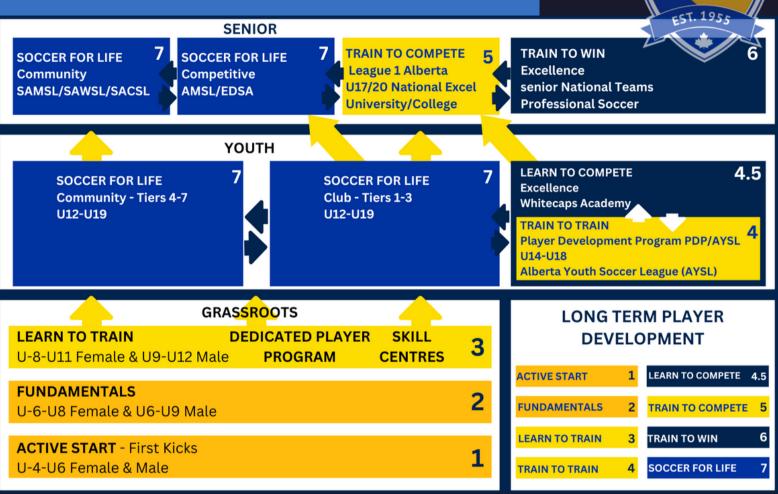
### NATIONAL YOUTH CLUB LICENCE OVERVIEW

Technical

- Has a Technical Plan that aligns to the Long-Term Player Development Model.
- Has a Game Model that is aligned to the playing philosophy.
- Has Player Management Pathway and associated support mechanisms.
- Supports a holistic approach to player development that takes into account Physical, Mental, Technical/Tactical, and Social/Emotional development.
- Operates optimal, standards-based, programming.
- Participates in the highest level of competition available.
- Has a Technical Lead with advanced certification (refer to Category Requirements for specifics).
- Has access to Learning Facilitator(s) to deliver
   Coach Licensing Workshops as guided by
   Canada Soccer and/or governing organization(s).
- Has a Sport Science and Medicine Plan aligned to the Technical Plan.
- Provides access to appropriate sport science and medicine expertise and support.
- Has access to appropriate technology to support player and coach development.



# PLAYER PATHWAYS



ST. ALBER

### What does it all mean?

All soccer players in Canada go through grassroots programming from U4 to U6. Where we start to transition to two streams is in U7 with the introduction of our once a week skill development centre. At U8, St Albert officially introduces two streams; the first is our house league programming and the second is our skill centre. Because we retain an open system with multiple entry points to higher levels of development, families and children are not forced to make a decision too soon. What the skill centre affords us the opportunity to do is move your child into different training groups depending on where they may be in their development journey. Our goal is to essentially ensure that all players are enjoying the game by touching the ball as much as possible in training. The skill centre provides this opportunity.

As players get older we move into three streams; our internal house league programming, the EMSA competitive and club stream consisting of Tiers 1-7, and finally our Player Development Program (PDP) that is designed for those players who are looking to play at the highest level of youth soccer in Alberta.

Unlike most clubs in Edmonton, St. Albert is able to complete the player pathway with our adult amateur programming from the EDSA to our own St. Albert leagues. In the very near future we will also be adding a semi-professional program for both men and women.

### INDIVIDUAL OVER TEAM DEVELOPMENT ACADEMY VS CLUB

First, let me explain. When I speak of academies, I am not referring to the pay for services academies that we see throughout Alberta, but rather academies run by a pro club. What I am referencing is how a real academy behaves.

Professional academies have one goal in mind, the individual development of each player in their program. There is no talk of club nationals but rather a concerted effort to provide development opportunities to each player within their age group teams. These programs pay attention to each player to the point that they often move them up to older age groups for training and/or games while still letting them play in their age group where they can dominate.

As we continue to develop St. Albert Impact we will adopt an academy mentality to ensure that every child is afforded individual attention and provided an opportunity to grow.

Jeff Paulus



### CLUB

- Individual teams who only share a logo
- Coaches control their teams, not the club
- Focus is on the team, not the player
- Training focused on team growth
- Emphasis on winning at expense of full roster
- Rosters tend to be fixed for a season.

### ACADEMY

- Shared goals throughout organization
- Focus is on the individual athlete
- Training is designed to improve the individual athlete while introducing team principles of play.
- Emphasis on developing and pushing on players.
- Athlete movement occurs as their development dictates.

# HOUSE LEAGUE U4-U6 ACTIVE START

### FIRST KICKS

The start of any new sport should be fun, allowing children to experience movement and play, without too much interference from adults. In our Active Start U4-U6 programming, parents will be encouraged to join their daughter or son on the pitch during U4 sessions. As they move to U5/U6, games and training will take place with volunteer coaches being supported by our grassroots manager and club players.



### **GAMES & TRAINING**

Games and training occur on the same days in these age groups. Our youngest athletes will learn to manipulate the ball through dribbling, striking, catching, and other physical literacy games before ending every day in small-sided games. Game play is 3v3 up to 4v4.



### **ROLE MODELS**

This year we will be assigning our U15 and U17 teams to each adopt one of our U4 to U6 groups. These older players, alongside adult coaching leads will provide our youngest athletes with role models from our own club. These older players will look to interact with our young athletes and provide technical help on soccer basics.



### **FESTIVALS**

Being a game, soccer like any other sport that can be played by children must be engaging and most importantly fun. To add to the experience of families, St. Albert puts on festivals and jamborees throughout the summer. Our winter programming also ends with an Active Start Soccer Festival.

### U7-U11 HOUSE LEAGUE

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### VOLUNTEER COACHING OPPORTUNITIES

Register to coach your child's team by completing the "Volunteer Positions" form. It's fun and rewarding, and a great way to get involved! We support all our coaches with the in-house support of our Foundation Phase Manager and online access to "The Locker Room" with age appropriate exercises and session plans. SASA provides the opportunity to complete the age-appropriate coach certification course at our expense.

We do require that all coaches have a valid Criminal Record & Vulnerable Sector Check on file with SASA, accept the SASA Harassment Policy and agree to abide by our Coach Code of Conduct.

"UNLESS SOMEONE LIKE YOU CARES A WHOLE AWFUL LOT, NOTHING IS GOING TO GET BETTER. IT'S NOT." – DR. SEUSS





Each training/game day will consist of skill development and small-sided game play. The goal is to ensure that young athletes are able to acquire the skills necessary to enjoy the game.





**U9** Game Format: 7v7 Training: Once per week Game: Once per week (60 min. game)

Training days will consist of skill development and small-sided games. This program will continue to build on the individual skills of each player while ensuring the game remains fun.

### U11

Game Format: 8v8 Training/Games: The program will follow a 3:1 ratio of games to practices, with practices built into the schedule. Training days will consist of skill development and small-sided games.

# **U7-U11**

**AN INTRODUCTION TO SKILL CENTRES** Did you know it is a requirement for a National Youth Club Licence holder to run a skill centre.

### **Skill Centre**

"Canada Soccer has created the Skill Centre Program to guide clubs towards best principles in player development by taking a nationally coordinated approach to developing young soccer players. Skill Centres provide a challenging, enjoyable environment for players to develop and nurture the skills required to succeed in the game of soccer."



### **U7 - Skill Development Centre**

For all athletes registered in our grassroots house league programming. The Skill Development Centre will provide one extra session per week for those young players who are showing a love for the game or an early aptitude. This free program will introduce players to the club's staff coaches who will focus on ball mastery and the games fundamentals.



### U8 - U11 Skill Development Centre

From U8 to U11, the Skill Centre is a stand alone program for those looking for a more dedicated player development pathway. This program will see players training in small groups with the club's technical leads. Players will no longer play house league but rather compete in EMSA and in other skill centre festivals.



Canada-Soccer-Skill-Centre-Program-Manual\_ENupdated.pdf (canadasoccer.com)

### U12-U19 PATHWAYS

St. Albert provides a home for all players ranging from Tiers 1–7. Following EMSA classifications, players in Tiers 1–3 will be registered to compete in club soccer. Those players registered in Tiers 4–7 will play in the EMSA community stream. For those players looking to compete in the highest level of youth soccer in Canada, Alberta Soccer's AYSL provides provincial league and cup play from U14– U18.

Research informs us that the soccer pathway is not a linear journey. Athletes will all develop at different moments and our programming ensures the pathway will remain open throughout our program. It is also important to remind ourselves that this is a game and many young athletes simply love to play and see this as a great way to make friends and stay active.



### COMMUNITY

Tiers 4-7 Teams compete in EMSA community citywide programming.

A soccer for life program, athletes in this stream can expect to play twice a week with training sessions as per the direction of the coach.

For players looking to add on to this programming, skills development through the Impact Centre of Excellence will be put on throughout the year.

### CLUB

Tiers 1-3 Teams will compete in EMSA league play

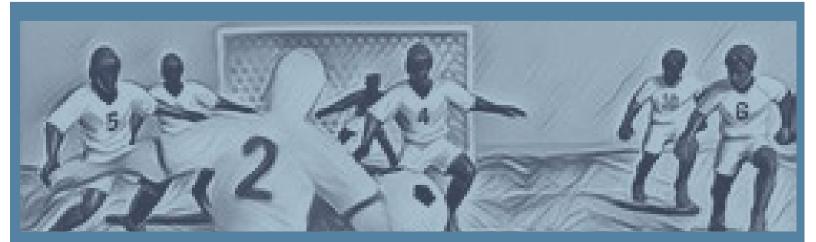
A soccer for life program, athletes in this stream can expect to play once a week with a minimum of two training sessions per week. Teams in Tier 1 will compete for Canada Soccer club nationals in their U15 and U17 years. Program includes: Strength and Conditioning Sport Psychology Nutrition

### PDP

Players in this Learn to Compete competitive pathway are those who are looking to progress to the highest levels of youth soccer.

Players in the Player Development Program will compete in Alberta Soccer's provincial league, the AYSL.

> Program includes: Strength and Conditioning Sport Psychology Nutrition Video analysis





# U12-U19

As our players and teams transition to 11v11 soccer at U12, we will continue to focus on the individual athlete. It becomes very easy once we move to the full game to start to focus on the team and formations. For the U12 and U13 years we want to continue to emphasize our basic attacking and defending principles of play. These foundational principles will provide each player with the knowledge base to then perform for any coach, regardless of the system or formation they use.



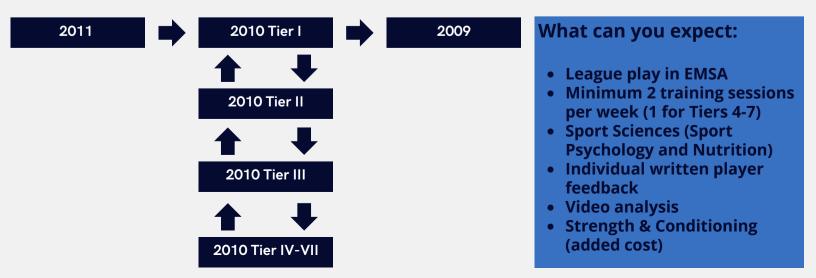
### ATTACKING

Through-Around-Over Support Width-Depth Create Space Creativity Play Forward

### DEFENDING

Delay/Drop Depth and Cover Compactness Balance Patience Pressure

An academy watches each individual athlete and moves that player up an age, or within an age depending on where they are in their development moment. These player movements should happen for games and/or training sessions. It should be the role of a club, who truly believes in player development, to ensure that individual athletes are monitored and cared for in this manner.



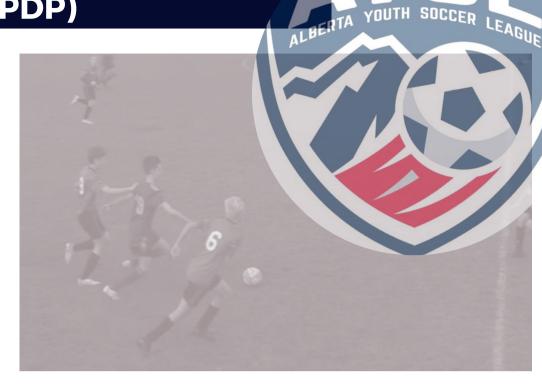
### PLAYER DEVELOPMENT PROGRAM (PDP)

### FROM CANADA SOCCER

"In order for players to develop their potential to the fullest extent, they need to be in an environment that caters to their individual developmental needs. We know that young players do not develop at the same rate, yet until the recent introduction of standards-based leagues, our development system has taken a 'one-sizefits-all' approach where all players are expected to develop at the same time."

### FROM ALBERTA SOCCER

The AYSL program is a "highperformance development competition for clubs who have achieved the highest commendations for programming through Canada Soccer. Each member club has complied with rigorous standards to meet the requirements of providing a positive developmental environment for its players, coaches and gameday officials. These include the provision of qualified coaching and support staff and standards of commitment to each player's development through a comprehensive training and competition environment." (Alberta Soccer, 2021) This program adheres to a yearly periodized training plan with scheduled rest periods throughout the season.



The Player Development Program is designed for athletes looking to train and compete at the highest level of youth soccer available in Alberta. This program will require a significant commitment from each athlete as teams train three times per week, compete in league play, and take part in sports science programming. Athletes will also be expected to attend all strength and conditioning sessions that will be conducted at the PDC in St. Albert.

It is important to note that the player development program is an open program allowing athletes to enter at any point during their five-year cycle that begins at U14. At Impact, each PDP coach is responsible for monitoring the development of players in our own Tier I programs, as it is our goal to promote from within.



#### What can you expect:

- League play in the AYSL
- Minimum 3 training sessions per week
- Sport Sciences (Sport Psychology and Nutrition)
- Individual written player feedback
- Video analysis
- Strength & Conditioning
- Athletic Therapist supports
- Full-year (Sept to Sept) program

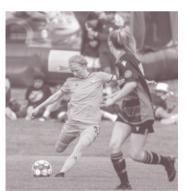
### A COMPLETE PATHWAY

FROM SENIOR IN-HOUSE RECREATIONAL UP TO SEMI-PROFESSIONAL.

### CLUBS COMMITTMENT TO PROVIDING OPPORTUNITIES FOR IMPACT PLAYERS TO PUSH TO THE HIGHEST LEVELS

With a semi-professional league on the horizon here in Alberta, St. Albert will be taking its experience in the UWS to help build new male and female teams for this league. Sitting on the third tier of the professional pyramid in Canada, Impact players will have the ability to play at the highest level of the game available in our province. With the recent announcement of a professional women's league (Project 8) on the horizon in Canada, and the Canadian Premier League entering its fifth year, the timing couldn't be better for the opportunities for aspiring young athletes in our club.

"SOMEWHERE BEHIND THE ATHLETE YOU'VE BECOME AND THE HOURS OF PRACTICE AND THE COACHES WHO HAVE PUSHED YOU IS A LITTLE GIRL WHO FELL IN LOVE WITH THE GAME AND NEVER LOOKED BACK... PLAY FOR HER." — MIA HAMM







#### UWS AND SEMI-PROFESSIONAL

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Two years ago, St. Albert joined the US-based UWS. The UWS was the highest level of play for female players in the province and provided a foundation from which we will grow male and female programming to the semi professional level in a new Albertabased league

#### **EDSA and AMSL**

For senior players still wanting to play in a competitive environment, St. Albert has multiple teams in both the women's and men's division.

Our AMSL and Premier programming will also offer our club players an opportunity to compete in an environment that will help them prepare for post-secondary play.

### SAMSL/SAWSL/SACSL/SAMMRL

St. Albert's in-house adult leagues provide a soccer-for-life environment for those looking to continue to play for the enjoyment of the game, exercise, and comradery. While the games and league play are still competitive, they provide an environment for all to play.

### IMPACT CENTRE OF EXCELLENCE

The Centre of Excellence operates outside of regular club programming. This individual skills development program is available to all registered players with St. Albert. Programming has been built to accommodate each player's current needs from a ball mastery program for those still building their technique, to skills acquisition where training will be conducted in small groups that brings in decision making, and a high performance program for those who are trending towards the Player Development Program.

A full year program calendar will be released each April.



### **BALL MASTERY**

For players from U9 to U12 who are looking to increase their weekly touches on the ball.

A portion of training will utilize Coerver like ball mastery exercises and games. Players can also expect lots of time in 1v1 scenarios and 2v2+2 games to add a decision to the technique work.

Players will be grouped according to their existing development level so every child can experience a fun and challenging environment.

### SKILL ACQUISITION

This program will be offered to athletes from U11 to U15.

The goal of skills acquisition is to provide players with a competitive training environment that will work out of small-sided games.

Players will train in an environment that will require them to make and execute decisions both on and off the ball. Players entering this program should have a goal of competing in the Tier I-3 levels.

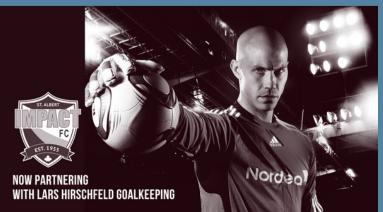
#### HIGH PERFORMANCE

This program will be offered to athletes within the club at the Tier I level and who have aspirations of competing in the player development program.

Participation will be limited in numbers.

Participants can expect to train in small groups and small spaces to help develop their ability to make decisions under pressure, and then execute that decision with consistent technique.

### **KEEPER TRAINING**



Throughout the indoor and outdoor seasons, we will look to create camps for athletes in our grassroots and house league programs.

Keeper training will continue to be provided by Lars Hirschfeld. During the season, keeper training is free for all Impact keepers.

# SPORT SCIENCE



#### FULLY INTEGRATED IN-HOUSE SPORTS SCIENCE PROGRAM

Designed and delivered by our Manager of Sports Science, Erika Vecchio. This program is mandatory for all PDP, and U13 and above Tier I, Tier II athletes.

Physical literacy will be launched in Oct 23 for our young athletes. This program will provide essential athletic movement and coordination exercises in a fun environment, with a ball.

### STRENGTH & CONDITIONING

Strength and conditioning will be conducted in our own facility and is located in St Albert's Player Development Centre.

Providing enough equipment for a full team to be training at once, we can ensure that each of our athletes are receiving ageappropriate, soccer specific development.

Our strength and conditioning program also plays a key role in injury prevention.

### **SPORT PSYCHOLOGY & NUTRITION**



A 4 unit program will be launched for all athletes in the club from U13 to U19.

Players can expect modules to cover goal setting, building resiliency and coping with pressure, concentration and internal focus, and building confidence.



An education in nutrition will also be provided to all players from U13-U19.

Resources will come by way of team classroom sessions and handouts.

### ISSUE 01

# SOCCER'S OTHER GAME, BUT DIFFERENT

"Futsal is a unique, fast-paced indoor sport played across Canada and around the world. Canada Soccer is committed to the growth and promotion of the game. At the elite club level, Canada Soccer supports domestic competition through the annual Canada Soccer Futsal Canadian Championship." Canada Soccer

### "My touch and dribbling came from playing Futsal."

Ronaldinho, former World Cup and Ballon d'Or winner



### OCTOBER 2023

Starting indoor 2023, all teams from PDP to Tier 2.

Our futsal program will take place in local indoor facilities and provide players with an opportunity to learn the game and develop technical skills that will translate back to soccer.

Played with a low bounce ball, futsal, outside of being a great standalone sport, provides a very good development tool for soccer players.



### OCTOBER 2024

St Albert will launch a full futsal program starting the 2024 indoor season.

With futsal growing across the country, especially in Ontario and Quebec, Canada Soccer has responded by adding a women's futsal national championship to mirror the men's. By implementing a full futsal program in 2024, St. Albert wants to take the lead in providing athletes with another performance pathway option.

### TRAVEL PROGRAM

### **U13 GIRLS AND BOYS**

### INTERNATIONAL TRAVEL EVENT FOR TEAMS IN THEIR U13 (PRE-PDP) YEAR.

An out-of-country travel experience for any youth sports team will become a lasting memory for every player on the team. It is our intention to make this a yearly program starting in 2024 for our U13 teams. These teams will be entering the Player Development Program and the experience of training and playing friendlies in football rich countries will be immeasurable.

Outside of soccer, our young athletes will also get to experience the culture and visit popular tourist attractions. Each trip will coincide with the destination countries professional leagues seasons so our players can experience a live game.



#### Why U13?

Players in this age group are now in their second year of 11v11 soccer and are preparing for PDP. This experience will provide athletes with not only a cultural experience but also allow them to see the game at the highest level. With our internal development mindset, teams should also have a significant amount of time to fundraise.

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### **Cultural Experience**

Youth sport organizations should offer more than just the game itself. There are many life lessons we can learn from being on a team from leadership, selfdiscipline, teamwork and in many cases learning to step out of our comfort zone. The accompanying image is our 2001s (U17T1) girls who travelled to Costa Rica in 2018 spending a day at an orphanage. That day left as big a mark as our games.