



WATERLOO MINOR SOCCER CLUB
Ontario Player Development League (OPDL)

PROGRAM OUTLINE

Number of Players	18 Roster Max (16 Players + 2 Goalkeepers)
Trial Process	All players must attend a minimum of three (3) trials. The trial posted will commence in September. Dates/Times of the trials have been included in this package.
Playing Format	11v11 No score / standings (U13)
Program Structure	Year-round programming; Breaks on statutory holidays; Summer breaks (July/August) Winter Break (Month of December) Western and Eastern Conferences Neutral Playing Venues/Central Venue Locations Games will be played on grass and turf fields
League Competition	April 2018 to October 2018 20 rounds of games (Home & Away Games)
Indoor Training*	October 2017 to April 2018 Two (2) 90 minute sessions per week on turf One (1) 90 minute session per week in a gym *Training locations/surface types may change.
Outdoor Training*	May 2018 to October 2018 Three (3) 90 minute sessions per week on grass *Training locations/surface types may change.
Strength and Conditioning Training	October 2017 to April 2018 Weekly strength and conditioning session.
Formation	1:4:3:3
Technical Standards	National B License Team Head Coach Assistant Coach (minimum C License) Goalkeeper Training Provided Strength and Conditioning Fitness Coach Nutrition Program Minimum training 198 hours per year (4.5 hrs per week)
Medical	Injury Management, Sport Science/Sport Medicine Concussion protocol Injury treatment protocol for all games and practices
Coach Evaluations	OPDL Head Coach and Technical Director feedback sessions
Player Evaluations	Two (2) written player evaluations per year Parent/Player feedback session upon request



DEVELOPMENT CURRICULUM

Technical	Aerial reception control Receiving: bottom of foot, insides, outsides Passing: any surface Ball Striking: with laces (right & left) 1v1 Skill Development (fakes and feints) Running with the ball, dribbling, turning Double moves/combo of moves Ball Mastery: all surfaces Crossing and finishing Individual defending
Tactical	Combination to penetrate Team attacking/defensive shaping Playing out of the back Possession Transition/switching play Finishing in the attacking third Small group defending: 2v1, 2v2, 2v3 Defending from the front
Principles of Play	5v5, 8v8, 11v11 Improvisation, depth, width, penetration, support (near/far), mobility
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	\$3,600.00 This program is self-funded, non subsidized from any other entity.
What's included	One (1) training jersey One (1) track suit One (1) player bag Two (2) jersey (home & away) Two (2) shorts Two (2) pairs of socks



Fee Payment Schedule

There are three payment schedules offered:

OPTION 1 - \$3,600

Payment in full by November 1, 2017 via credit card, cheque, cash, debit

Payment Amount: **\$3,600.00**

November 1, 2017

OPTION 2 - \$3,708 (3% surcharge)

Quarterly Payments by credit card or pre-authorized debit

Payment Amount: **\$927.00**

November 1, 2017; February 1, 2018; May 1, 2018; August 1, 2018

OPTION 3 - \$3,780 (5% surcharge)

Monthly Payment by credit card or pre-authorized debit

Payment Amount: **\$315.00**

1st day of the month

Fee Assistance

Fee assistance is available through several sources including:

OPDL Fee Assistance (~\$1,000) - WMSC applies on behalf of participant

City of Waterloo (\$300) - Waterloo residents only

KidSport KW

Canadian Tire Jumpstart

Program Leadership

Carl Horton, Technical Director, Email: carl@waterloounited.com

Sam Gevaux, OPDL Head Coach, Club Head Coach, Email: sam@waterloounited.com

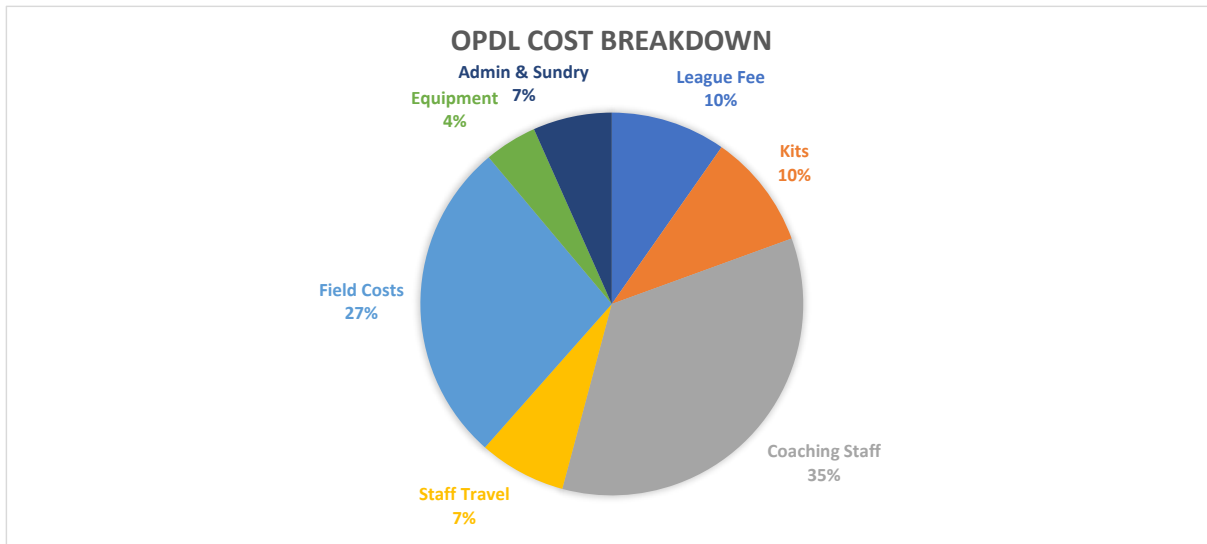
Ben Balfour, OPDL Team Manager, Email: operations@waterloounited.com

Additional Notes

Information contained in this document is subject to change at the discretion of Waterloo Minor Soccer Club at any time. Please note Program Fees are subject to final approval by the Board of Directors in early September 2017.



COST BREAKDOWN CHART



The minimum training stipulations by the OPDL are 198 hours per year with an anticipated 40 hours of game time. The total program fee divided by the anticipated hours on-field (238) amounts to a **cost per hour of \$15.13**.