



SYSTEM SASKATCHEWAN

SASKATCHEWAN SOCCER ASSOCIATION

TECHNICAL DEPARTMENT

UNIVERSITY/COLLEGE PREPARATION PROGRAM

PROGRAM MANUAL

Program Purpose

At the current time the Saskatchewan Soccer Association offers High-Performance Programming for athletes competing in the U13-U16 age groups. During select years Canada Games programming is provided for the U17 and U18 athletes however, outside of the Canada Games cycle, there is no development program for this age group.

Although opportunities to play professional soccer are developing in North America, the best opportunity to develop North American athletes after the age of 18 resides with University and College programs. With an ever-increasing number of scholarships being available for athletes in Canada and in the United States, Sask Soccer can assist with linking our athletes with these opportunities.

Recent research has shown that there is a considerable drop-out rate among soccer athletes, once they reach the age of 15. Factors such as work commitments and outside interests are obvious factors; however the fact that Sask Soccer offers no programming for this age group is a concern. There is a definite need for a development program that will help bridge the gap from when athletes graduate from the Provincial Teams Program (PTP) and enter University/College programs.

Taking the factors stated above into consideration, the purpose of the University/College Preparation Program is to keep athletes competing at a high performance level upon graduation from the PTP and assist these athletes in preparing themselves to receive a scholarship or post-secondary opportunity. To properly prepare these athletes there is a need to provide them an elite, structured, and professional training environment. In this environment athletes will be expected to commit fully when training and follow nutritional, mental, and physiological guidelines. In addition to developing soccer specific skills within the "Training to Win" stage of the LTPD model, the purpose of the University/College Preparation Program is to build life skills. All athletes will therefore also be instructed on how to develop a soccer resume and present themselves during an interview.

A culminating component of the University/College Preparation Program is to enter the male and female training squads into a college scholarship scouting tournament. The tournament entered will most likely take place in the U.S.A. and will give the athletes a unique opportunity to be scouted and presented with scholarship opportunities.

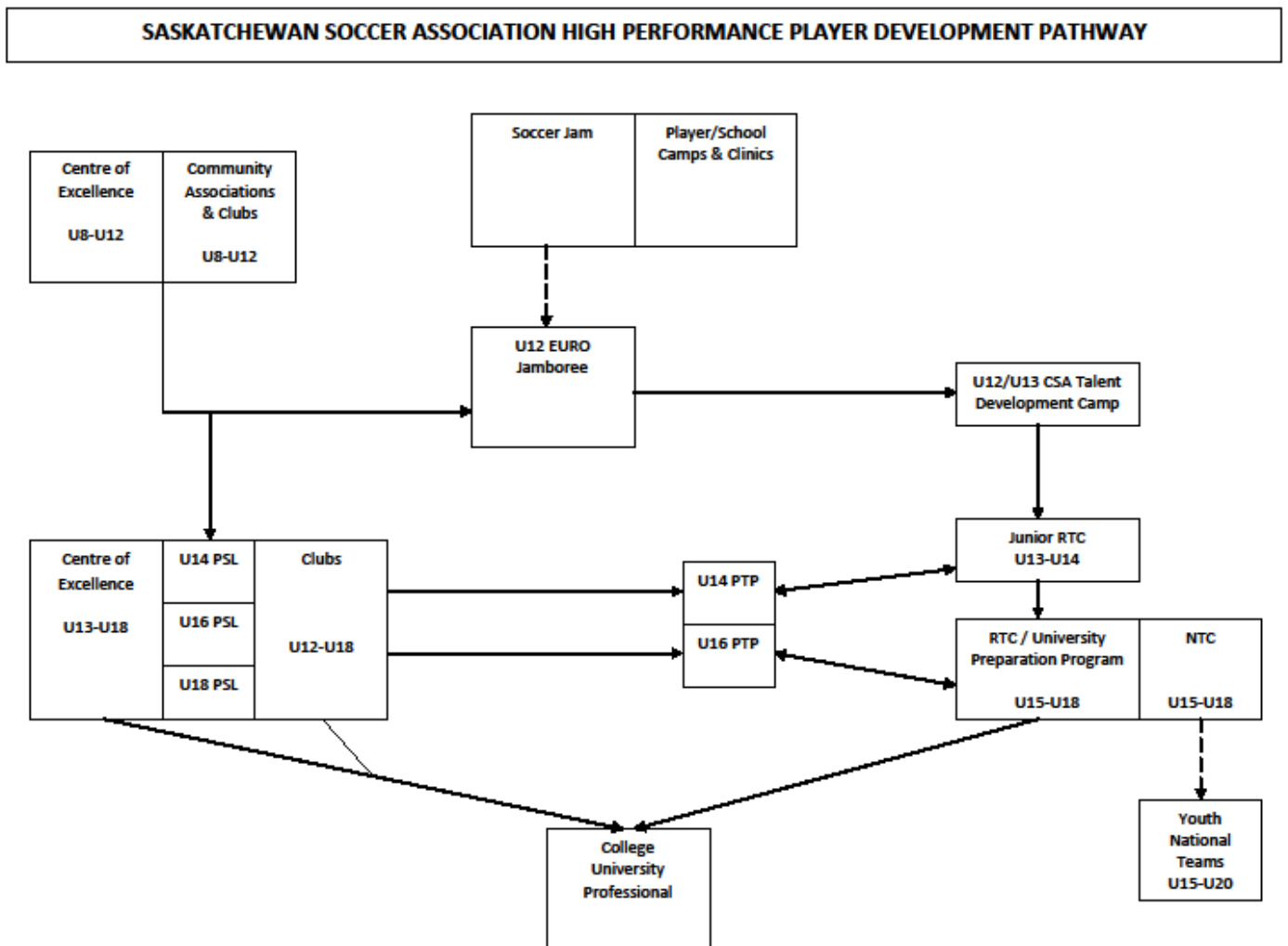
The Sask Soccer University/College Preparation Program is not meant to infringe on the development plans of Saskatchewan University and College Head Coaches. This program is instead to deliver content that will help the athletes planning on attending our local universities/college as well as those planning on attending a university/college that may be out of Province.

Player Development Pathway

The Canadian Soccer Association recently introduced the Long Term Player Development (LTPD) model: Wellness to World Cup, setting the following goals:

1. Promote lifelong enjoyment of physical activity.
2. Provide structured player development pathway.
3. Describe best practices for elite player development.
4. Create long-term excellence.

These LTPD goals have become the driving force behind changes currently undertaken within Saskatchewan regarding player development. In order accordance with the achievement of the stated LTPD goal, the Saskatchewan Soccer Association Player Development Pathway is outlined below. More information on the Player Development Pathway is available in the Technical Development Plan and "System Saskatchewan" document, both available on the Sask Soccer website (www.sasksoccer.com).



PTP = Provincial Teams Program
 RTC = Regional Training Centre

PSL = Premier Soccer League
 NTC = National Training Centre

Program Content and Delivery

The University/College Preparation Program will begin in November 2009 and continue until April, 2010. The Program will include the following components:

November 21, 2009 Location TBA

- Classroom Sessions (1 day)
 - Program Introduction
 - Building a playing resume
 - Contacting university and college coaches (how and when)
 - What to look for in a university or college?
 - SAT information
- Take home assignment: Develop playing resume, construct a list of 25 universities and colleges that you would be interested in attending

December 12, 2009 Location TBA

- Classroom Sessions (1 day)
 - Review resume construction
 - Review university/college selections
 - Guest Presenters

January 2-3, 2010 in Regina

- Four on-field Technical/Tactical Sessions
- Sports Science Presentation
- University/College Presentation

February 20-21, 2010 in Saskatoon

- Three on-field Technical/Tactical Sessions
- Sports Science Presentation
- University/College Presentation

March 6-7, 2010 in Regina

- Four on-field Technical/Tactical Sessions
- Sports Science Presentation
- University/College Presentation

April 10-11, 2010 in Saskatoon

- Four on-field Technical/Tactical Sessions
- Sports Science Presentation
- University/College Presentation

Additional classroom presentations may be scheduled throughout the program based on availability of guest presenters.

Sports Science sessions will include nutrition and healthy living, mental training, physical and physiological development, speed-agility-quickness (SAQ) and physiological preparation (i.e. weight, neurophysiological training).

These sessions will be conducted by SaskSport professionals. Individuals within the fields listed above have been used extensively with Sask Soccer programs and have been instrumental in the development of our athletes.

Additionally, all athletes will be provided with a strength and conditioning program, prepared specifically for soccer athletes by Glen Vergie of the National Training Centre – Prairies.

During the technical/tactical training weekends, the final session will be utilized as an opportunity for the athletes to compete in a match environment. During the match two teams will be selected, a first team and a second team. Throughout the weekend athletes will compete during training sessions for the privilege of competing on the first team.

Additionally the athletes on the first team will be competing to stay on the first team and have first opportunity to start at the scouting tournament (explained on the next page).

All technical training will be conducted by Sask Soccer-licensed and qualified coaches and based on a set curriculum put forth by the Saskatchewan Soccer Association Technical Department. Guest coaches may also be invited to take part in the program at various times.

College Search/Major Tournament

The University/College Preparation Program is developed with a single intent in mind; to aid young athletes in the "Training to Win" development stage achieve a scholarship to a North American university or college soccer program.

To provide the best opportunity possible to these athletes, it is imperative to expose our athletes to a college scouting tournament in either Canada or the United States. Residing in Saskatchewan, where there is a limited developmental environment, the opportunity must be taken to expose our athletes to the process of having to compete for a spot against talented opposition.

The aim of the Provincial Training Program in 2009/2010 is to develop our athletes within the correct LTPD stage of development. The University/College Preparation Program is a logical fit to extend the development opportunity for athletes in the "Training to Win" stage. Exposing the athletes at this stage to a College scouting tournament will permit them to understand the standard at which other athletes are competing for a scholarship opportunity. Possible tournaments that will provide our athletes the exposure they need include the Colorado Showcase, Adidas Blue Chip Showcase (Ohio), and the Crossroads of America Showcase (Indiana).

All opportunities will be examined to ensure the cost of the program is kept to a minimum. Possible tournaments will be identified for the total number of attending college scouts, number of games, and cost of attendance. New opportunities are always arising and it may be possible to discover new opportunities in Canada or the American Midwest. This will still provide high-level competition however it may help in alleviating some of the cost of travel.

Projected Expenses for Major Tournament:

Travel (per athlete) = \$650 per athlete on Air Canada to Indianapolis

- $\$650 * 16 \text{ athletes} = \$10,400$

Accommodations based on 4 athletes per room for five evenings = \$125

- $\$125 * 16 = \2000

Meals for athlete for five days = \$200

- $\$200 * 16 \text{ athletes} = \3200

Tournament Sign-up fee = \$695

Three Staff, One Therapist travel/fees = \$4400

Tournament Sub Total = \$ 20,695

Per Athlete contribution = \$1293

Program Application

All athletes born in the years 1992/93/94 and interested in taking part in the University/College Preparation Program will be required to apply directly to the Saskatchewan High-Performance Coordinator. All applications should include a written letter and a playing resume. Included in the written letter should be a statement of intention as to why said individual is interested in participating and why they are a standout candidate for the University/College Preparation Program.

Sixteen male and sixteen female athletes candidates will be selected by the High-Performance Coordinator and invited to participate in the program. Additional candidates may be placed on a reserve list in case of a first team injury, withdrawal or release from the program.

Payment will be accepted in full at the commencement of the first training session. Payment plans may be coordinated with SSA Business Administrator Bonnie Copeman, if finances are a concern. Approximate costs for the program are presented later in this document.

Program Costs and Deadlines

The cost to participate in the Sask Soccer University/College Preparation Program for 2009/10 will be set at **\$1000.00**.

This cost will include all aspects of the above described program (excluding the College Search/Major Tournament), as well as training kit for all players. Accommodation, meals and transportation are the responsibility of the individual player.

The cost to participate in the College Search/Major Tournament is in addition to the program fee and will be confirmed once acceptance is confirmed into this tournament.

The application deadline for the 2009/10 Sask Soccer University/College Preparation Program is:

Friday, November 6, 2009

Applications should be submitted to Terrol Russell, High Performance Coordinator via email at t.russell@sasksoccer.com or by mail or in person at:

Sask Soccer – Technical Office
Sasktel Soccer Centre
150 Nelson Road
Saskatoon, SK
S7S 1P5

Should you have any questions or concerns or wish further information on the Sask Soccer University/College Preparation Program, please contact Terrol Russell at 306-975-0860 or t.russell@sasksoccer.com.