



NEWS RELEASE

Website:
www.sasksoccer.com

The Saskatchewan Soccer Association would like to announce the creation of the University/College Preparation Program

Friday 16th October, 2009

Regina, Saskatchewan

Sask Soccer is pleased to announce the creation of the University/College Preparation Program. This program will provide talented athletes with an opportunity to continue their high performance training after their graduation from the Provincial Teams Program and gain valuable skills to assist them in achieving post-secondary school playing opportunities.

The University/College Preparation Program is aimed at Under-18 athletes wishing to pursue post-secondary playing opportunities. The program will provide on-field technical and tactical instruction, as well as, classroom sessions focusing on providing direction to athletes on building their playing resume, selecting a post-secondary institution, presenting themselves in an interview and sports science principles, including nutrition, mental training and physiological training.

The program will consist of 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.

In addition to the program described above, the University/College Preparation Program will culminate in exposing the athletes involved to a college/university scouting tournament in either Canada or the United States. This will provide the athletes with the opportunity to compete against other high quality players from across North America in front of college and university scouts.

The 2009/10 Sask Soccer University/College Preparation Program will cost **\$1000/athlete**, plus the cost to attend the scouting tournament, estimated at \$1,200-\$1,500.

Players born in 1992, 1993 and 1994 are encouraged to apply for the University/College Preparation program by sending a letter of application and playing resume to Terrol Russell, Coordinator of High Performance Programs prior to the **November 6, 2009 deadline**.

For further information and details on the University/College Preparation Program, please review the Program Manual available on the Sask Soccer website at www.sasksoccer.com or by contacting Terrol Russell at 306-975-0860 or t.russell@sasksoccer.com.

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