

2018-19 Intercity Academy & Team Training



PHASE 1: INTERCITY ACADEMY

The focus of the Intercity Academy (Phase 1) will be on the individual player and *not* on team training.

NEW! All U8 through U12 Academy groups will run under the guidance and direction of our trained Technical Team and not the coaches ensuring that everyone follows our strict developmental guidelines.

Players skill sets will be assessed, monitored and improved upon through a continuous player development program that will include technique, balance, physical conditioning and understanding of game fundamentals.

Through the utilization of several age appropriate station based drills and small sided games, player technique will be corrected and skill sets will be properly developed and enhanced to each player's full potential. The program is designed to focus more on physical conditioning and individual skills development in the gym while the turf sessions will also incorporate several small sided games with added focus on transition play and tactical themes. The goal of this program is to offer each player the opportunity to build and improve the skill sets required to be considered, to be selected, and to contribute to our Intercity Teams! **Participation in this program does not guarantee placement on any Intercity Team.**

Sessions: 21 in total. There will be 14 practices scheduled on a gym floor (week-day evening or Sundays) and 7 on turf at SoccerPlexe Catalogna (Saturdays only). Each session will be 60-80 minutes in duration. The *projected* schedules (tentative and subject to change) for both venues are posted on www.dollardsoccer.ca Sessions at Ecole Polyvalente Des Source (EPDS) will start on Monday, October 15, 2018 through Thursday, December 20, 2018 and will recommence on Monday, January 7, 2019 through Thursday, January 31, 2019. The school also reserves the right to make certain dates or time slots unavailable to us; we will plan for make-up sessions whenever such exceptions arise. Sessions at Catalogna will start Saturday, November 3, 2018 through Saturday, December 15, 2018.

All players registered during the 2018 Summer Season with our Dragons "AA" (div.1) and "A" (div.2) teams (U9-U16) and U8 development teams will be eligible to register for our 2018-19 Intercity Academy without tryouts. However, the Club reserves the right to prohibit from registering any player who due to previous conduct towards, their team, a teammate, a coach, opponent(s), and official(s) may be deemed disruptive to the group.

OPEN FALL TRYOUTS FOR OUR 2018-19 INTERCITY ACADEMY

The upcoming Fall tryout sessions for the Intercity Academy (schedule posted on www.dollardsoccer.ca) will allow us to identify additional qualifying talent interested and committed to this program.

The purpose of these tryout sessions will be to identify promising players that may be invited to attend and develop through our Intercity Academy. Players selected must be of equal or close-to equal caliber as this program is talent driven - not revenue driven.

REGISTRATION

The registration cost for the Intercity Academy (both Gym and Turf) is **\$260 before September 21**, \$285 before October 7 and \$320 after this date.

The registration cost for the Gym sessions (EPDS) only is **\$170 before September 21**, \$195 before October 7 and \$230 after this date.

The registration cost for the Turf (Catalogna) sessions only is **\$190 before September 21**, \$215 before October 7 and \$250 after this date.

OPEN WINTER TRYOUTS FOR OUR 2019 INTERCITY TEAMS

Our EPDS gym sessions throughout the month of January will also offer several tryout opportunities to new players wishing to be evaluated for our 2019 Intercity Teams.

A formal open tryout schedule for our 2019 Intercity Teams will be posted on our website and circulated to our members by early December.

PHASE 2: TEAM TRAINING

Phase 2 is about team training. Once the teams are formed in late January 2019, phase 2 will focus on team structure as well as implementing Club and Team playing philosophies. Pre-season preparations will commence and our Technical Team will provide guidance with themes, drills, and playing philosophies and will offer continuing support as required.

Sessions: 17 in total. There will be 8 practices scheduled on a gym floor (week-day evening or Sundays) and 9 on turf at SoccerPlexe Catalogna (Saturdays only). Sessions at Ecole Polyvalente Des Source (EPDS) will start on Tuesday, February 5, 2019 through Thursday, April 4, 2019. Sessions at Catalogna will start Saturday, February 2, 2019 through Saturday, April 6, 2019. No sessions held between March 2-7 (Spring Break).

The cost of this phase will be \$140 and will be incorporated as part of the Summer 2019 registration fee for all Intercity Players.

