

## **SYA U11 BOCA JRS 2009-10 INFORMATION**

### **Coaches**

Head Coach/ Trainer: Dean McAlpin (USSF A,B,C license, UEFA B & C, National Youth License)- former professional player in England, head coach of SYA U1B5 D1 Nova, head coach (through June 2009) of the U15G SYA Freedom, three- time state final four, former state champion

Assistant Coach: Chris McCartney (USSF C license)- youth player in the Leeds development system, several years of camp and clinic coaching with Soccer Academy

### **Training Schedule**

Team will attend a team camp (either residential or week-long evening camp) in late July/ early August.

Regular practices will begin no later than the week of August 10. Training during the regular season and preseasons will be three times a week on Monday, Wednesday, and Friday (some Fridays may cancel if there are Saturday league or tournament games or as the coach sees best for the players). Sessions will be 75- 90 minutes long. Specialized keeper training will be offered.

Winter training will consist of weekly indoor sessions accompanied by outdoor training on turf fields when the weather permits, and will involve organized scrimmages.

### **Tournaments/ Leagues**

The team will play three tournaments per season. One will likely be an “away” event. For fall 2009, these will likely include the Cardinal Cup, PWSI Toys For Tots Invitational, and either the Virginia Beach Columbus Day or the Bethesda Thanksgiving Day tournament.

In Spring 2010, the team will enter the Arlington Tournament and the Jefferson Cup as well as a Memorial Day event.

The team will play in NCSL.

Indoor league play will commence in January.

### **Fees**

Boca team fees are anticipated to be about \$1400 for 2009-10. The figure includes winter league, tournaments (some estimated as rates are not yet published for spring 2010) and club registration and training fees. Financial assistance is available for club dues and training fees.