



Winter Programming and Regional Academy Program



- WINTER PLAYER DEVELOPMENT PATHWAY

INTRODUCTION

Dear Players and Parents,

We are pleased and excited to announce the 2014-2015 WRSA REDS Winter Academy Program will be up and running once again for the up-coming winter. The program will continue to deliver a professional approach with a player-centered and long-term development focus. The program will run from December 2014 - March 2015. Once again, regional winter programming will be a partnership between WRSA, UNB Varsity Reds and FDSA.

As we continue to build on the strong partnership between WRSA, UNB Varsity Reds and FDSA, we continue to see opportunities for our programs to grow and expand to meet the needs of a wide range of young players across the region. We are proud to offer several levels of programming, targeting recreational and competitive players.

We are also excited to be adding a level of programming for players who wish to continue their competitive soccer careers beyond youth soccer and into College/University, or even International and Professional levels of the sport. As a result, 2014-2015 will be the launch of the REDS University Prep Program.

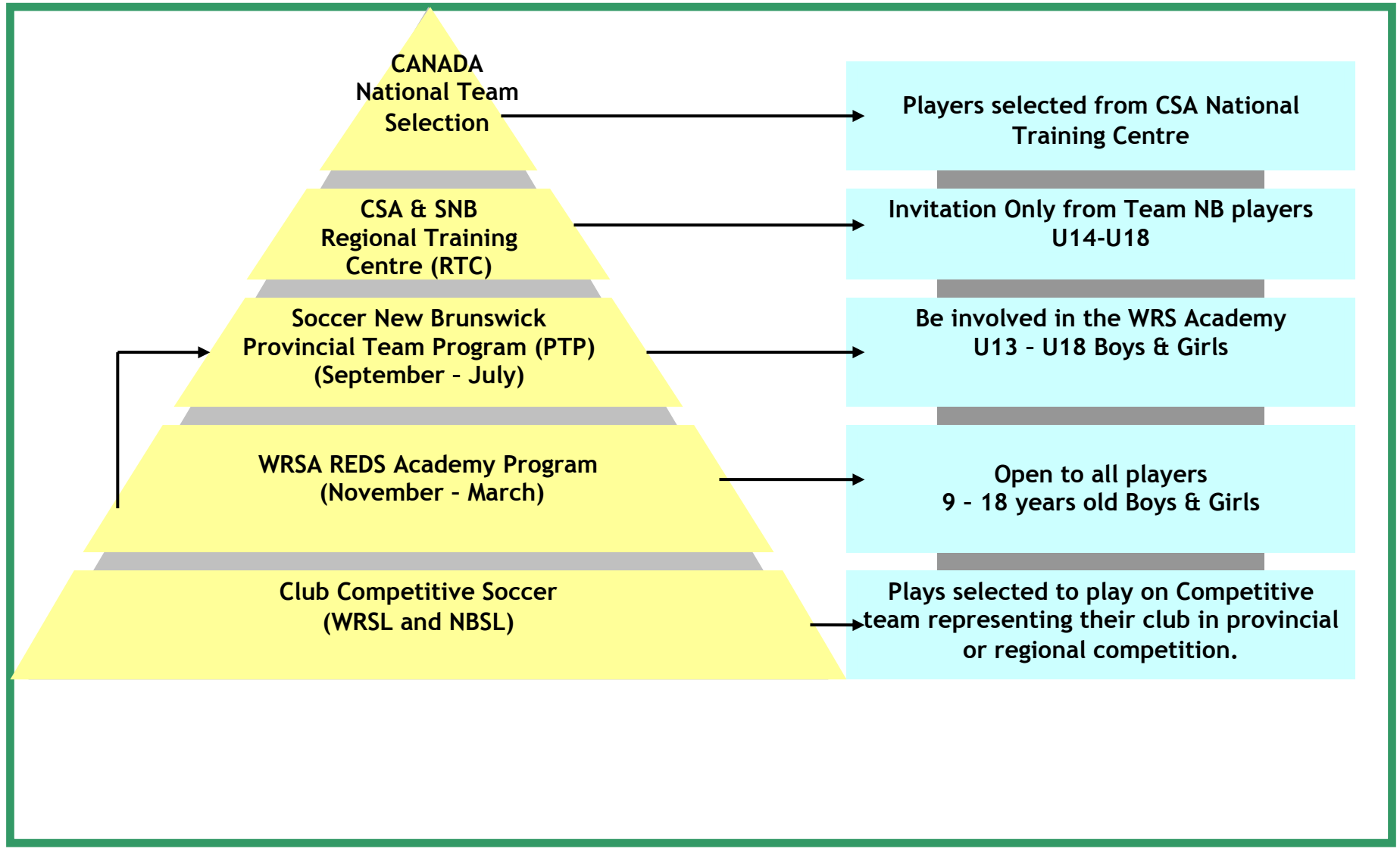
West Region Soccer will continue to implement the Long Term Player Development model that was introduced by Canadian Soccer Association in 2008.

The contents in the Handbook provide in-depth information for all players and parents regarding the vision, direction, expectations and the player pathway of program.

Boggy Itoafa
Director, West Region Soccer Association



- WINTER PLAYER DEVELOPMENT PATHWAY





Which Program Is For Me?

Canadian Tire JumpStart Leagues (U6/U8, U14, and U18)

I am a recreational player looking for a program that can allow me to play soccer once a week over the winter

Canadian Tire Jumpstart U10/U12 League

I am a competitive or recreational player in the U10 or U12 age group, looking for a league that can help me develop and improve my soccer skills

REDS Academy Challenger and Impact Leagues

I am a competitive player playing Division 1 or Premiership soccer with my club, and am looking to keep my skills up over the winter with a combination of games, and training.

WRSA REDS Academy

I am part of the Team NB program, or playing Division 1 or Premiership with my club and am looking for the right environment to continue to develop my skills over the winter months.

REDS University Prep Program

I am a dedicated player who will be playing U16 or U18 and want to try and peruse soccer beyond the youth level to College, University or Professional soccer. I am dedicated to developing as a player, and a person and am looking for an environment that can challenge me to reach a new level of performance.



Canadian Tire Jumpstart FUNdamentals U6/U8 Program



Our Canadian Tire Jumpstart U6/U8 Program is geared toward ensuring our young players are given great opportunity to participate in quality winter soccer one day a week. The program is coached by University of New Brunswick Student Athletes in conjunction with mentorship from UNB Varsity Reds Coaches.

Program Focus:

- Developing a passion for soccer
- Developing comfort with a soccer ball
- Developing dribbling skills and 1v1 moves
- Developing a wide range of movement skills

Program Details:

When: Wednesdays: 2pm-3pm or Saturdays: 9am-10am

Where: UNB BMO Center (Dome)

Cost: \$175.00

Dates: January 7th - March 28th

Registration Deadline: December 1st (if accepted, additional \$25 fee for late registrations)



Canadian Tire Jumpstart U10/U12 League Program



Our Canadian Tire Jumpstart U10/U12 Program (born 2003-2006) provides players with 1 game and 1 practice session each week from January to March, with 3-4 evaluation sessions held in December (dates TBD). This league will focus on the development of individual skills in a team environment, with the use of both regular practice and competition through small sided games. Players will be coached by some of the region's top club coaches, as well as several of the UNB Varsity Reds Soccer athletes. Coaches will work closely with the WRSA REDS Academy leadership team in order to ensure a consistent delivery of technical and tactical content.

Program Focus:

- Developing individual ball skills under pressure
- Developing individual defending principles
- Improving understanding of attacking in small groups
- Using small sided games to teach basic soccer principles

Program Details:

When: Practices - Monday: 5:30 or 6:30; Games - Tuesday 5:30 or 6:30

Where: UNB BMO Center (Dome)

Cost: \$225.00

Dates: January 5th - March 28th

Registration Deadline: December 1st (if accepted, additional \$25 fee for late registrations)



Canadian Tire Jump Start U14 & U17 Recreational Leagues



Our Canadian Tire Jumpstart U14 & U17 Recreational Leagues (born 1998-2000) are designed for the recreational player who would like to play a single game of soccer each week. Each week players will be divided into teams and play a 50 minute game. Teams will be coached by UNB Varsity Reds Student-Athletes.

Program Focus:

- Providing a fun and active experience
- Learning the game of soccer by playing

Program Details:

When: Fridays @ 5:30pm

Where: UNB BMO Center (Dome)

Cost: \$175.00

Runs: January 5th - March 28th

Evaluation Sessions: December (dates TBD)

Registration Deadline: December 1st (if accepted, additional \$25 fee for late registrations)



REDS: Impact and Challenger Academy Leagues (U13-U17)

For 2014-2015 the WRSA and REDS Academy will be making several small changes to the Academy League. Registered players will be divided into 2 leagues based on each individual player's developmental needs (rather than dividing the league strictly by age. Players will be evaluated in December in order to identify which league will best suit each athlete, with teams formed based on the developmental needs of the individual players.

Players registered in the Impact and Challenger Leagues will receive 1 practice and 1 game each week. The teams will be coached by some of the region's best club coaches, as well as several of the UNB Varsity Reds Soccer athletes. All coaches will be trained on the specific expectations and goals of the WRSA REDS Academy in order to ensure that we are able to provide consistent, top quality coaching for all players.

Program Details:

When: Practice - Impact League: Monday 6:30 or 7:30
 Challenger League: Monday 8:30 or Wednesday 5:30
 Games - Impact League: Tuesday 6:30 or 7:30
 Challenger League: Tuesday 8:30 or Wednesday 5:30

Where: UNB BMO Center (Dome)

Cost: \$225.00

Runs: January 5th - March 28th

Evaluation Sessions: December (dates TBD)

Registration Deadline: December 1st (if accepted, additional \$25 fee for late registrations)



- WINTER PLAYER DEVELOPMENT PATHWAY

WRSA REDS Academy

The WRSA Reds Academy is an add-on to any of the REDS Challenger, REDS Impact or Canadian Tire Jumpstart U10/U12 Leagues. This extra session each week gives athletes the chance to hone technical and tactical skills by working with the West Region and REDS technical leadership team. The groups are divided based on developmental needs and may be changed on a regular basis, with the goal of providing players the right mix of challenge and success to help them develop their own individual skills to the highest levels.

When registering for this option (3 nights/week), you will only need to register for one program. The WRSA REDS Academy registration **will also include** your registration in the appropriate league (see below).

Program Details:

When: Canadian Tire Jumpstart U10/U12 League: Thursday @ 5:30-6:30

REDS Academy Impact League: Thursday @ 6:30-7:45

REDS Academy Challenger League: Thursday @ 7:45-9:00

Where: UNB BMO Center (Dome)

Cost: \$425.00 (includes your registration in Canadian Tire Jumpstart U10/U12, REDS Challenger or REDS Impact Leagues)

Runs: December 4th - March 28th

Registration Deadline: December 1st (if accepted, additional \$25 fee for late registrations)



WRSA REDS Academy Sessions

With the program taking a professional approach with high standards, all sessions will be staffed by qualified coaches with a CSA Provincial 'B' Coaching License (if possible) or equivalent for the Head Coaches and Provincial Pre B for Assistant Coaches. All WRS Academy coaching staff subscribe to long term player development philosophy.

The WRS Academy Program curriculum is designed around the following key technical/tactical points:

Technical

- Ball Control and Receiving
- First Touch
- Short & Long Passing
- Dribbling
- Feinting
- Heading
- Shooting
- Specialized Goalkeeping training for Goalkeepers

Tactical

- 1 v 1 Attacking & Defending
- 2 v 2 Defending & Attacking
- Space Creation & Player Movement
- Identifying Passing Opportunities
- 4 v 4 Small-Sided Games

Goalkeeper specialized Training sessions



REDS University Prep Program

The REDS University Prep Program is designed to help players in the U16 and U18 age groups (1998-2000 for Winter 2014/2015), train at a level and regularity that will prepare them for post-secondary level sports. The program will be offered as an addition to the WRSA REDS Academy program to give players an additional 3 training sessions each week. The sessions will be designed to prepare players technically, tactically, physically and mentally for continuing their soccer careers beyond youth soccer.

The University Prep Program will have players participate in the REDS Impact or Challenger Leagues, as well as WRSA REDS Academy Sessions, providing them with 3 sessions each week with their peers. In addition, players will train Monday, Wednesday and Friday Mornings from 6:00-7:30am at either the UNB Dome or Canadian Sport Center Atlantic High Performance Center (UNB LB Gym).

Weekly Training Sessions:

Technical/Physical Session: This session focus on developing both physical and technical attributes of their game. A combination of movement prep and movement skills will be combined with technical skills in order to help improve players' technique and physical speed.

Physical: These sessions will be run by the Canadian Sport Center Atlantic Team in the High Performance Center at the UNB LB Gym. The sessions will focus on developing physical abilities and injury prevention.

Tactical: These will be full dome sessions focused on the development of understanding team tactics, through the use of small-sided games and focused technical activities.

Player Selection:

Targeting 15 male and 15 female players for the first year of the University Prep Program, players will be identified through previous performance in other programs, as well as interest in furthering their soccer playing career.



- WINTER PLAYER DEVELOPMENT PATHWAY

COMPETITIONS

Regional Academies Tour

In addition to weekly league games, this year our best players will be invited to represent West Region in the inter-regional competitions. The first dates were already announced by Soccer New Brunswick (see below), so please mark your calendar.

Indoor Provincials will be another competition for our best players in April 2015. Last year, our region won gold in U18 boys and silver in U14 boys and girls.

Date	Age Group	Location
Dec. 13 – SNB Regional Academy Tour	U13	TBD
Dec. 14 – SNB Regional Academy Tour	U16	TBD
Mar. 21 – SNB Talent Cup	U13	TBD
Mar. 22 – SNB Talent Cup	U16	TBD



- WINTER PLAYER DEVELOPMENT PATHWAY

ACADEMY COACHES



Boggy Itoafa

- CSA National B License
- Canada Games Boys Head Coach 2013



Miles Pinsent

- CSA Provincial B License
- UNB Men's Soccer Head Coach



Jon Crossland

- CSA National B License
- UNB Women Head Coach



Barry Morrison

- CSA National B License
- FDSA Club Head Coach



Alex Valerio

- CSA Provincial B License
- STU Women's Head Coach



PROGRAM STANDARDS

West Region Soccer and UNB V-Reds Academy have set very high standards in all their programs. Hence players involved in all West Region Soccer Programs and UNB V-Reds Academy must adhere to the professional expectations.

Players attending any of the Programs:

- Must wear the West Region Soccer jersey
- Jerseys must be tucked into their shorts or track-pants
- Must not wear any jewelry or watches while training
- Be ready at least 10 minutes before for training with cleats and shin pads on
- Jackets to be zipped completely up or removed
- Must bring a filled up drink bottle
- If unable to attend training inform Program Director at least 24 hours before scheduled session at academy@westregionsoccernb.org or
- Must be ready to learn and be enthusiastic, with a positive focused attitude
- Must adhere to fair play



PARENT'S EXPECTATIONS

Parents play an important part in the lives of their children. Without the dedication and continued support of parents, many players would not be able to participate in soccer.

West Region Soccer and UNB V-Reds Academy values the contribution of parents who invest a lot of energy and finance into the welfare of their children.

For West Region Soccer and UNB V-Reds Academy to provide a professional high standard Program for players, it is important that parents adhere to the following rules:

- Encourage their children to learn and have fun on the sidelines
- Ensure that their children adhere to the Player's Expectations policy
- Ensure that their children are at training sessions at least 10 minutes before scheduled time, kitted up and ready
- Contact the Program Director one hour before training session if your child is unable to make training
- Do not coach any player from the sidelines while they are training
- Maintain a positive attitude at all times

Aggressive behavior towards officials, coaches or other parents during practices, games or any event under West Region Soccer or Soccer New Brunswick sanctioned activities, will not be tolerated and could lead to disciplinary actions against such parent.



- WINTER PLAYER DEVELOPMENT PATHWAY

PROGRAM CONTACTS

Registration

www.vreds.ca

Information

WRSA - www.westregionsoccernb.org

FDSA - www.fdsa.org

For More Information Contact:

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