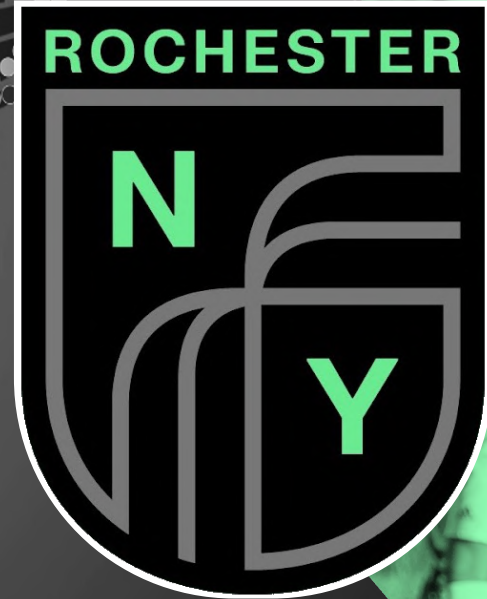


RNY FC Boy's MLS NEXT Academy



#ToDreamIsToDo

CLUBS ACROSS

NORTH AMERICA

- ELITE ACADEMY CLUBS
- MLS ACADEMY CLUBS



WHY THE MLS NEXT ACADEMY?

- **PROFESSIONAL ENVIRONMENT & CLEAR DEVELOPMENT PROCESS**
- **IDENTIFICATION OPPORTUNITIES**
- **TOP PROGRAMMING, BENEFITS & COSTS**

#ToDreamIsToDo



[#ToDreamIsToDo](#)



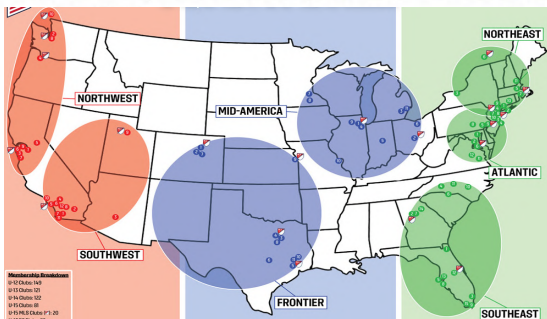
PROFESSIONAL ENVIRONMENT &
CLEAR DEVELOPMENT PROCESS



PLATFORM WITH THE HIGHEST STANDARDS

MEANINGFUL COMPETITION

All Academy clubs are placed into competitive divisions for regular season play with FIFA standards



Showcases and Playoffs provide additional opportunities & variety of competition across the country

PROFESSIONALIZED COACHING

All Academy coaches require a minimum 'B' License and all Academy Directors require an 'A' license to ensure quality instruction for our players



EXPERIENCED REFEREES

play with the best up & coming refs, certified and assigned by U.S. Soccer to all Academy competitions



SPORTS MEDICINE

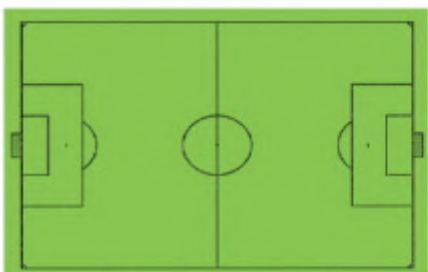
We strive to be a leader in player health & safety initiatives. Our program includes: mandatory concussion testing, medical personnel required at all games, U.S. Soccer Heat Guidelines, & secondary insurance coverage



TALENT IDENTIFICATION

The Academy identifies players for U.S. Soccer Training Centers & Youth National Teams

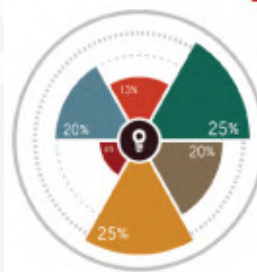
over 50% of all Academy games are scouted



CONSISTENT EVERY DAY ENVIRONMENT

10-month season • Increased training to game ratio
Minimum of 4 training days/week • No outside competition

SPORTS PERFORMANCE TECHNOLOGIES



Performance-based player testing including data & video analysis, mindset assessment programs, & perceptual-cognitive training





VISION & MISSION

MISSION STATEMENT

RNY FC Boy's MLS NEXT Academy provides the most professional learning environment to a youth soccer player in Western New York, promoting excellence in every individual's development as a player, teammate and person.

VISION STATEMENT

RNY FC Boy's MLS NEXT Academy aims to be The Model Program – the desired example of how to operate as an amateur Elite Academy in North America's top youth soccer league. As a matter of principle, we strive to always **do things the way they ought to be done**, holding each other and every member of RNY FC Academy to the highest standard of excellence – making ourselves, and the people around us better, in every aspect of life.

CORE VALUES

We do the right thing.

...For the right reason, always, all of the time.

...As a matter of principle, we do things the way they ought to be done.

We do things to the best of our ability.

...Maximum effort and a positive mindset are minimum requirements.

We always show people that we care.

...we over me...team first...there is no place for selfishness, egos, or envy.

...Mean no offense, take no offense...separate act from feel.

BOYS MLS NEXT ACADEMY at RNY FC

RNY FC Boy's MLS NEXT Academy prides itself on creating a culture of excellence. As a member of Major League Soccer's MLS NEXT Platform, we are a member of the highest platform for player development available to youth in the US, under the highest standards. Of equal importance is the environment the staff fosters to help develop each player as an entire person. The focus is always on a comprehensive approach demanding excellence on the field, in the classroom, and in the community.

The Boys Academy at RNY FC ensures that their players learn life values such as commitment, sacrifice, discipline, humility and the desire to work hard. We pride ourselves on the fact that discovery comes from following the belief that the process is more important than the end product. It is the goal that RNY FC's Boys Academy produces the highest quality people. People who are high-level soccer players, and people who through sport have learned life lessons to deal with success, failure, and overcoming adversity in their future endeavors, on and off the field of play.

RNY FC Boy's MLS NEXT Academy prides itself in the fact that we are supplying MLS Professional Academies, higher institutions, and our communities with the next wave of holistically developed young men.





PROFESSIONAL RESOURCES

RNY FC Youth own their property which boasts their own turf field and indoor facility with high performance resources all on one campus:

- Full-size 120x75 yard lighted turf field
- 100x50 yard indoor complex
- Strength and Conditioning center run by RELENTLESS S&C
- Video Conference Room w/ Tactics Board
- Home-team locker room with showers
- Drone film of all home matches



Through our partnership with US Soccer via MLS, Empire United Boys Academy have wearable GPS tracking technology for all u15-u19 players. Our technology provider is **STATSports**.

The Boys Academy has a part-time statistics intern through a program with RIT who does physical analysis (as well as statistical match analysis), providing data driven individual and team feedback to our program.



VEO Video Recording Technology

With VEO Empire United Boys Academy has a man-less camera for recording all matches. VEO uses two cameras and A.I. technology to capture every inch of the field and every play of action, year-round.





DATABASE

Dropbox Business is used to house all the program's documents, videos, and other data. The program also uses dropbox to share documents as needed with families and players (ex: IDPs, forms, etc.).

Highlights:

- Video Library that contains Match Film, Drone Footage, SOP Game Model Animations, Player Profile Videos, Videos of SOP Principles & Sub-Principles and etc.
- Roster Building sheets for recruiting depth charts ahead of new seasons
- IDPs by birthyear for every player that follows a player from start to finish in the program.
- Training session logs for all full-time teams
- Season by Season Curriculum for full-time teams as well as for our Pre-Academy
- STATSports GPS statistics from all matches and sessions

Name
▶ 2017-2019
▶ 2019-2020
▶ 2020_2021 Roster.xlsx
▶ 2020-2021
▶ Admin
▶ Binder Docs
▶ Camps
▶ Double Pass Assessment - Empire Docs
▶ Elite Parent Education
▶ Forms
▶ Fundraising
▶ Futsal League
▶ Grade Reports
▶ IDPs
▶ Pre-DA
▶ Preseason Materials
▶ Promotional Docs
▶ RDSL Alumni/Men's Team
▶ STATSports GPS Statistics
▶ Training Sessions Logs - FT Teams
▶ u15s
▶ u17s
▶ u19s
▶ VIDEO LIBRARY





CLUB IDENTITY



Our Academy has a clearly identifiable Style of Play across all teams and the Pre-Academy program. Over time we have built the foundations to become recognizable by how we play, not just by the name on our shirt.

Each coach has their own way of teaching and development – “different voices” are good for development. Though different coaches, the SOP remains the same. The SOP gives continuity to the Academy program and allow players to be on the same page team-to-team and year-to-year. This connectedness allows us to have a clear direction of where we want to go and road map to how we are developing our players.

Boys Academy SOP Elements:

- *Playing possession soccer to create chances and score goals*
- *Pressing in transition*
- *Press in Defense and disciplined defending of our “center”*





STYLE OF PLAY IDENTITY

FOUNDATIONAL PRINCIPLES

IDENTITY PRINCIPLES

ATTACK

- Build-up from the Goalkeeper to create advantages
- Break the Vertical Line to dictate FLOW
- Threaten the Space Behind
- Value the ball
- Control the center of the field with numbers

DEFEND

- Defend in attack – passive shape and structure to counter press
- Counter-Press in transition - BLITZ
- Dictate pressing situations
- Defend the Vertical Line
- Defend the center of the field
- Individual discipline

ATTACK to DEFENSE

- Counter Press
- Compactness

DEFENSE to ATTACK

- Connect the first pass
- Look to play Forward and Diagonal
- Find Attacking Structure (Open the shape)

FLOW and ADVANTAGE

A clear idea of what to do/look for/expect of each other based on movement, space, and numbers

FREEDOM WITHIN FRAMEWORK

Collective Structure and movements that allow freedom of decision

DISCIPLINE

Pride in being the best at the “little things” (the “dirty work”)

Why play the way we play?

1) We are a development club, and we feel this way of playing creates individuals that can find solutions to any problem a match can present

Anywhere our players go after us, we want this environment to ask the most questions of them (within the context of the age-level they are at), so they are prepared for their soccer after Empire.

2) Our “way” allows us to compete with teams from bigger population markets.

IDENTITY EXERCISES

TECHNIQUE

- Dutch Square
- W Passing
- X-Box
- Overlaps

POSSESSION

- Rondo
- 4v4+3
- 6v6+2
- Transition Possessions
- BLITZ Possessions

PK BOX PLAY

- Transition Defending
- 2-Man Defending
- 4/4/4/4 (Simeone) Defending
- 3v3 Continuous
- Build-Up Position Play
- Finishing(s)

Play (with or without Neutrals)

- 4v4+G
- 6v6+G
- 8v8+G
- Double Gates
- 10v10+G





Principles of Play

PHASE	PRINCIPLE	SUB-PRINCIPLE
ATTACKING	BUILD UP	Proper Spacing (Movement)
		Build Up with Three
		Use the GK to create numerical advantage
		Pivot in Midfield (Low Pocket - create space for High Pocket)
		Direct to Fullbacks
		Playing Direct (Bypass)
		Build Up with Four
		Build Up with Two
		Offensive Compactness (as we move up field, players move forward)
	POSSESSION IN MIDFIELD	Create FLOW w/ looks to Penetrate (open up to play next pass w/ eyes to penetrate)
		Pivot in Midfield to Switch Field (appropriate 6/8/10 in Low Pocket)
		Creating Numerical Advantages Centrally (weakside 7/11 in High Pocket - on same side of field as ball)
		Break the Vertical Line (BVL) - Start Attack on One Side and Move to the Other
		Find Wingback to Start Wide Progressions
		Pass Back to Restart Attack
FINISHING ATTACKS	Wide ACMs and Outside Backs on Different Lines (Vertically and Horizontally)	
	Runs Behind the Opponent's Back Line	
	Crossing/Runs in the Box and Shooting to Pre-determined locations	
	Penetrate from the Flank Space - if blocked, BVL as quickly as possible	
	Front Players "meet in the goal" for extra pass finishes	
	1v1 Isolation near Penalty Box - bring danger (crosses and shots)	
TRANSITION	ATT-->DEF when we lose the ball	BLITZ - Counter-press when we lose the ball - Front 1/3
		Drop and Pinch - Compact Shape, Back Line connect instantly - Back 2/3
		Organized Passive Defensive Shape while Attacking
	DEF-->ATT when we win the ball	Cover Space behind Back Line (GK help)
		Pass in Transition
		Commitment of Players to Run Forward into Flank & Seam spaces forward off the ball at High Tempo
DEFENDING	1st Phase - High Press	Secure the possession with high value passing
		Quickly find our Attacking shape (Open up proper spacing)
		Pressing Opponent in Build Up Phase (Instigate Pressing Points)
		Prevent Central Penetration (Use of Shadow/Cover inside)
	2nd Phase - Middle Block	HEX/STACK/BOX - Defending in different shapes
		Lock Opponent to Engage Long Ball from GK (Press the First Pass)
		Compact Middle Block to Prevent Central Penetration (deny forward and verticle line)
		Extreme Shifting and Overloading to the win ball back in the middle third
	3rd Phase - Defending Deep	Covering the space in front of the Back Line
		Pushing up when Ball is Played Backwards
		Individual Defensive Discipline - Marking/Defending in and around the PK Box
		Movement of Back Line according to Pressure on Ball (drop/step)
		Covering the space in front of the Back Line (defensive pivot)
		Close cover when ball is wide in service positions
		Back Line Cover when Teammate Leaves Line (pinch/drop)

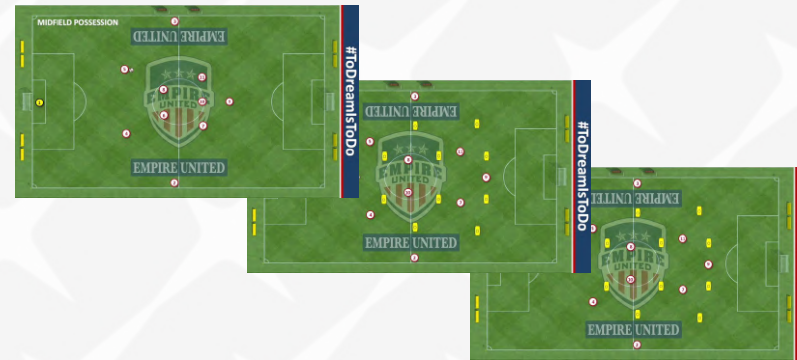
PRINCIPLES OF PLAY



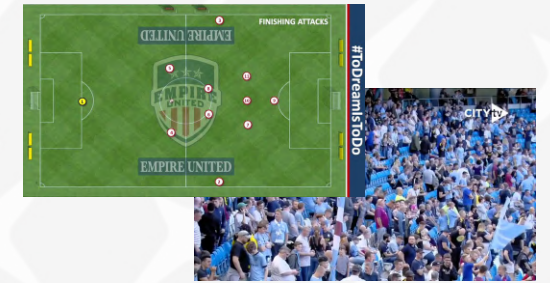
SOP – GAME MODEL ANIMATIONS

ATTACKING Midfield Poss.

Build Up

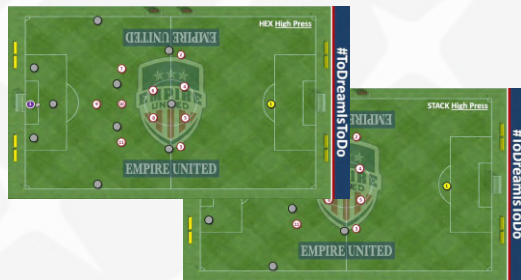


Finish Attacks

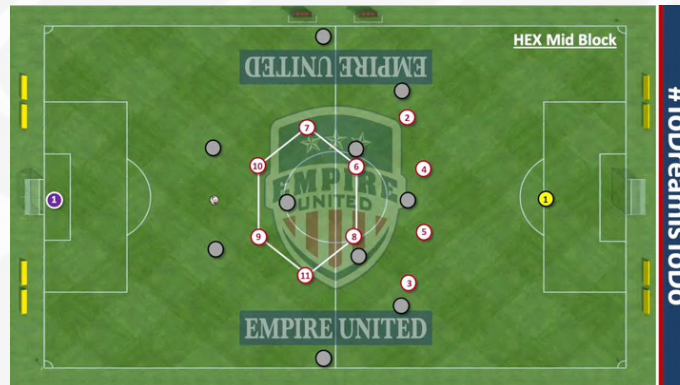


DEFENDING

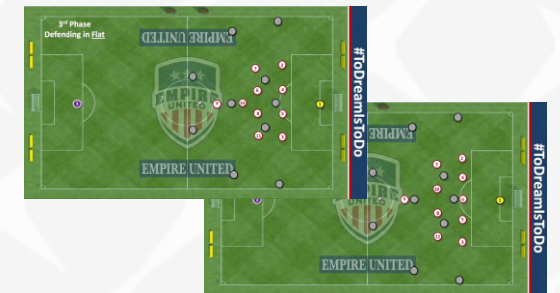
1st Phase



2nd Phase



3rd Phase





PHYSICAL MANAGEMENT

PHYSICAL PERIODIZATION CYCLES

- Extensive**
 - Long Sets, Short-Medium Recovery
 - Covering Bigger/Normal size space
 - Normal length actions, repeated on a regular basis
- Intensive**
 - Medium-Short Sets, Short Recovery
 - Medium-Small spaces
 - Quick actions, repeated rapidly
- Speed/Interval**
 - Long-Full Recovery between sets
 - Normal size space, Small Numbers
 - Actions that allow full speed
- Rest**
 - Short Total Duration; Long-Full Recovery between sets
 - Medium size space
 - Varied actions

Physically we manage training following the most current trends in the soccer world, like the plans made most famous by Dutch Fitness trainer Raymond Verheijen. His model is used by many professional clubs as well as being the basis of the plan for US Soccer Education via John Cone. The plan helps to reduce injuries caused by over training, or repetitive training. Our players do 2-week cycles of each of the three phases. With rest cycles used following double-match weekends where a majority of the players would have played over 120 minutes across back-to-back days. This then plans the workload of each daily session in the week in relation to the previous match, and next match. Proper training-loads are followed to be sure players have enough time to recover from one match to another, and one session to another...again preventing injuries from overtraining.

MICROCYCLE FOLLOWING A SINGLE FIXTURE WEEKEND							
SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MATCH DATE	OFF	Boys Functional Session	Boys DA Tactical Session	Boys DA Conditioning Session	Boys DA Tactical Session	OFF/TRAVEL DAY	MATCH DATE
MATCH DAY	+1 DAY SINCE MATCH OFF DAY <i>RECOVERY</i>	+2 DAYS SINCE MATCH FUNCTIONAL DAY <i>Work Pairs/Lines Low Complexity Exercises Intermittent Durations</i>	+3 DAYS SINCE MATCH FULL TRAINING LOAD <i>Work the Collective Med Complexity Exercises Continuous/Intermittent Durations</i>	-3 DAYS UNTIL MATCH FULL TRAINING LOAD <i>Work the Collective High Complexity Exercises Continuous Durations</i>	-2 DAYS UNTIL MATCH MOD TRAINING LOAD <i>Work Pairs/Lines Med-High Complexity Exercises Intermittent-Brief Durations</i>	-1 DAY UNTIL MATCH OFF DAY <i>REST</i>	MATCH DAY

MICROCYCLE FOLLOWING A DOUBLE FIXTURE WEEKEND							
SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MATCH DATE	MATCH DATE	Boys Functional Session	Boys DA Technical Session	Boys DA Tactical Session	Boys DA Tactical Session	OFF/TRAVEL DAY	MATCH DATE
MATCH DAY	MATCH DAY	+1 DAY SINCE MATCH OFF DAY <i>RECOVERY</i>	+2 DAYS SINCE MATCH MOD TRAINING LOAD <i>Work Pairs/Lines Low Complexity Exercises Intermittent Durations</i>	-3 DAYS UNTIL MATCH FULL TRAINING LOAD <i>Work the Collective High Complexity Exercises Intermittent Durations</i>	-2 DAYS UNTIL MATCH MOD TRAINING LOAD <i>Work Pairs/Lines Med-High Complexity Exercises Intermittent-Brief Durations</i>	-1 DAY UNTIL MATCH OFF DAY <i>REST</i>	MATCH DAY





CURRICULUM: TACTICAL PERIODIZATION

Tactical Periodization is the methodology of physical training in relation to the planning of training based on curriculum, principles, and phases of the match. The Boys MLS NEXT Academy follows their unique Tactical Periodization plan of one attacking, defending, and transition session per week. The curriculum is spiraled similar to an education plan so that the main principles of Attack, Defending, and Transition are revisited every three weeks. As part of our curriculum we focus on age-based sub principles of each of the main principles.

Meaning that the u19s are learning all sub-principles, while our youngest ages stick to learning the more basic sub Principles. Each age learns more sub-principles through the year to be ready for the next age group. The graphic to the far right (u17) and immediate right (u13/14) represent the differences in demand of understanding between two groups with very different levels of experience due to age.

Green – Understanding of a sub-principle
 Yellow – Introduction of a sub-principle
 Red – not yet introduced sub-principle

u17 Tactical Periodization of Principles															
		Game Model			Game-to-Game			REST	IAP			Game-to-Game			REST
PHASE	PRINCIPLE	SUB-PRINCIPLE	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	
ATTACKING	BUILD UP	Proper Spacing (Movement)													
		Build Up with Three													
		Use the GK to create numerical advantage													
		Pivot in Midfield (Low Pocket - create space for High Pocket)													
		Direct to Fullbacks													
		Playing Direct (Bypass)													
	POSSESSION IN MIDDLEFIELD	Build Up with Four													
		Build Up with Two													
		Offensive Compactness (as we move up field, players move forward)													
		Create FLOW w/ looks to Penetrate (open up to play next pass w/ eyes to penetrate)													
		Pivot in Midfield to Switch Field (appropriate 6/8/10 in Low Pocket)													
		Creating Numerical Advantages Centrally (weakside 7/11 in High Pocket - on same side of field as ball)													
FINISHING ATTACKS	Break the Vertical Line (BVL) - Start Attack on One Side and Move to the Other														
	Find Wingback to Start Wide Progressions														
	Pass Back to Restart Attack														
	Wide ACMs and Outside Backs on Different Lines (Vertically and Horizontally)														
	Runs Behind the Opponent's Back Line														
	Crossing/Runs in the Box and Shooting to Pre-determined locations														
TRANSITION	ATT->DEF when we lose the ball	Penetrate from the Flank Space - if blocked, BVL as quickly as possible													
		Front Players "meet in the goal" for extra pass finishes													
		1v1 Isolation near Penalty Box - bring danger (crosses and shots)													
	DEF->ATT when we win the ball	BUTZ - Counter-press when we lose the ball - Front 1/3													
		Drop and Pinch - Compact Shape, Back Line connect instantly - Back 2/3													
		Organized Passive Defensive Shape while Attacking													
DEFENDING	1st Phase - Attacking Press	Cover Space behind Back Line (GK help)													
		Pass in Transition													
		Commitment of Players to Run Forward and Combine Quickly to Goal													
	2nd Phase - Midfield Press	Secure the possession with high value passing													
		Quickly find our Attacking shape (Open up proper spacing)													
		Quickly find our Attacking shape (Open up proper spacing)													
	3rd Phase - Defensive Press	Pressing Opponent in Build Up Phase (Instigate Pressing Points)													
		Prevent Central Penetration (Use of Shadow/Cover inside)													
		HEX/STACK/BOX - Defending in different shapes													





CURRICULUM: YEARLY PERIODIZATION

Full Season Planning

MARCH							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EXTENSIVE	1	2	3	4	5	6	7
B-U19		ATT - Build Up	DEF - 1st Phase	Transition		Intersquad	
B-U17		ATT - Build Up	DEF - 1st Phase	Transition		intersquad	
B-U16		ATT - Build Up	DEF - 1st Phase	Transition		intersquad	
B-U15		ATT - Build Up	DEF - 1st Phase	Transition		Intersquad	
B-U14		ATT - Build Up		Transition & Gen Attack		intersquad	
B-U13		ATT - Build Up		Transition & Gen Attack		intersquad	
PRE-A							
OTHER							
INTENSIVE	8	9	10	11	12	13	14
B-U19	Functional	ATT - Finish Attacks	DEF - 3rd Phase	Transition		Friendly	
B-U17	Functional	ATT - Finish Attacks	DEF - 3rd Phase	Transition		Friendly	
B-U16	Functional	ATT - Finish Attacks	DEF - 3rd Phase	Transition		intersquad	
B-U15	Functional	ATT - Finish Attacks	DEF - 3rd Phase	Transition		Intersquad	
B-U14	DEF - 3rd Phase	ATT - Finish Attacks		Transition & Gen Attack		intersquad	
B-U13	DEF - 3rd Phase	ATT - Finish Attacks		Transition & Gen Attack		intersquad	
PRE-A							
OTHER							
INTENSIVE	15	16	17	18	19	20	21
B-U19	Functional	ATT - MF Poss	DEF - 2nd Phase	Transition		MATCH	
B-U17	Functional	ATT - MF Poss	DEF - 2nd Phase	Transition		MATCH	
B-U16	Functional	ATT - MF Poss	DEF - 2nd Phase	Transition		MATCH	
B-U15	Functional	ATT - MF Poss	DEF - 2nd Phase	Transition		MATCH	
B-U14	DEF - 2nd & Gen Attack	ATT - MF Poss		Transition & Gen Attack		MATCH	
B-U13	DEF - 2nd & Gen Attack	ATT - MF Poss		Transition & Gen Attack		MATCH	
PRE-A							
OTHER							
SPEED	22	23	24	25	26	27	28
B-U19		ATT - Build Up	DEF - 1st Phase	Transition		MATCH	
B-U17		ATT - Build Up	DEF - 1st Phase	Transition		MATCH	
B-U16		ATT - Build Up	DEF - 1st Phase	Transition		MATCH	
B-U15		ATT - Build Up	DEF - 1st Phase	Transition		MATCH	
B-U14	DEF - 1st & Gen Attack	ATT - Build Up		Transition & Gen Attack		MATCH	
B-U13	DEF - 1st & Gen Attack	ATT - Build Up		Transition & Gen Attack		MATCH	
PRE-A							
OTHER							
SPEED	29	30	31				
B-U19	Functional	ATT - Finish Attacks	DEF - 3rd Phase				
B-U17	Functional	ATT - Finish Attacks	DEF - 3rd Phase				
B-U16	Functional	ATT - Finish Attacks	DEF - 3rd Phase				
B-U15	Functional	ATT - Finish Attacks	DEF - 3rd Phase				
B-U14	DEF - 3rd & Gen Attack	ATT - Finish Attacks					
B-U13	DEF - 3rd & Gen Attack	ATT - Finish Attacks					
PRE-A							
OTHER							



Each year is laid out prior to the season beginning. We plan our physical cycles, daily session demands related to the weekend's matches, and tactical topic by session. This plan allows us to train players up/down as needed and know we are being sure every player gets the same amount of sessions in each tactical principle throughout each season.





WEEKLY TACTICAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B-U19	FUNCTIONAL	IDENTITY & TRANSITION	DEFENDING	ATTACKING	Off/Travel	MATCH	Recovery - On Own
B-U17						IDENTITY & TRANSITION (Bio-Band Training)	
B-U16		MATCH					
B-U15		MATCH					
B-U14		DEFENDING	MATCH				
B-U13	MATCH						
PRE-A							AUG-MAR - 1 Session/Week

Spiraling of Curriculum: We work in 3-week cycle with pairing of counter principles. ATT-Build-up/DEF-1st Phase → ATT-MF Possession/DEF-2nd Phase → ATT-Finish Attacks/DEF-3rd Phase → ATT-Build-up/DEF-1st Phase ...

We train counter principles same week (ex: Defending 1st Phase High Press on a Wednesday is always followed by Attacking Build-up on a Thursday).

All age groups work on the same principle on the same day of training* and with similar exercises; this allows for players to train/play up (or down) and get the same exposure to principles. This alignment keeps all players on the same page regardless of age group they work with daily.

The Identity & Transition on a Tuesday is either related to our Identity counter-press principle "BLITZ" or the transition from one of the ATT or DEF principles that will be worked later in the week.

U15-U19

All weeks follow the pattern of Tuesday-Identity & Transition, Wednesday-Defend (overload day), Thursday-Attack
Players get Functional every other Monday. Functional sessions never follow a Sunday fixture or double-header fixture weekend.

U13/U14

All weeks follow the pattern of Monday-Defend, Tuesday-Identity & Transition, Thursday-Attack

The u13 & u14 age groups do 1-2 elements of Defending/Transition on M/T respectively, but then prioritize attacking themes and decisions on the ball.

**The only day not all teams are working on the same principle is Wednesday/Monday. U15-U19 work Defending on the overload day of Wednesday, whereas u13 & u14 teams work Defending on Mondays. Any u14 player to train up with the u15s on Wednesday will just get "more" defending that week.*

[LINKED STYLE OF PLAY VIDEO](#)





CURRICULUM: SESSION PLANNING

Through our yearly plan we have each week's physical cycle, as well as each day's tactical principle and physical load in relation to the previous/next match. Training is then already pre-planned based on each group's associated age-related sub-principles to work on during that time of year.

From here sessions are planned using our Identity Exercises and small sided games. We use similar exercise across age groups so that players are "learning soccer, not exercises". And we play as often as physically possible, as we view the game as the best teacher.

Each session is planned to the minute, allowing for maximum time to develop and improve within our given time parameters.

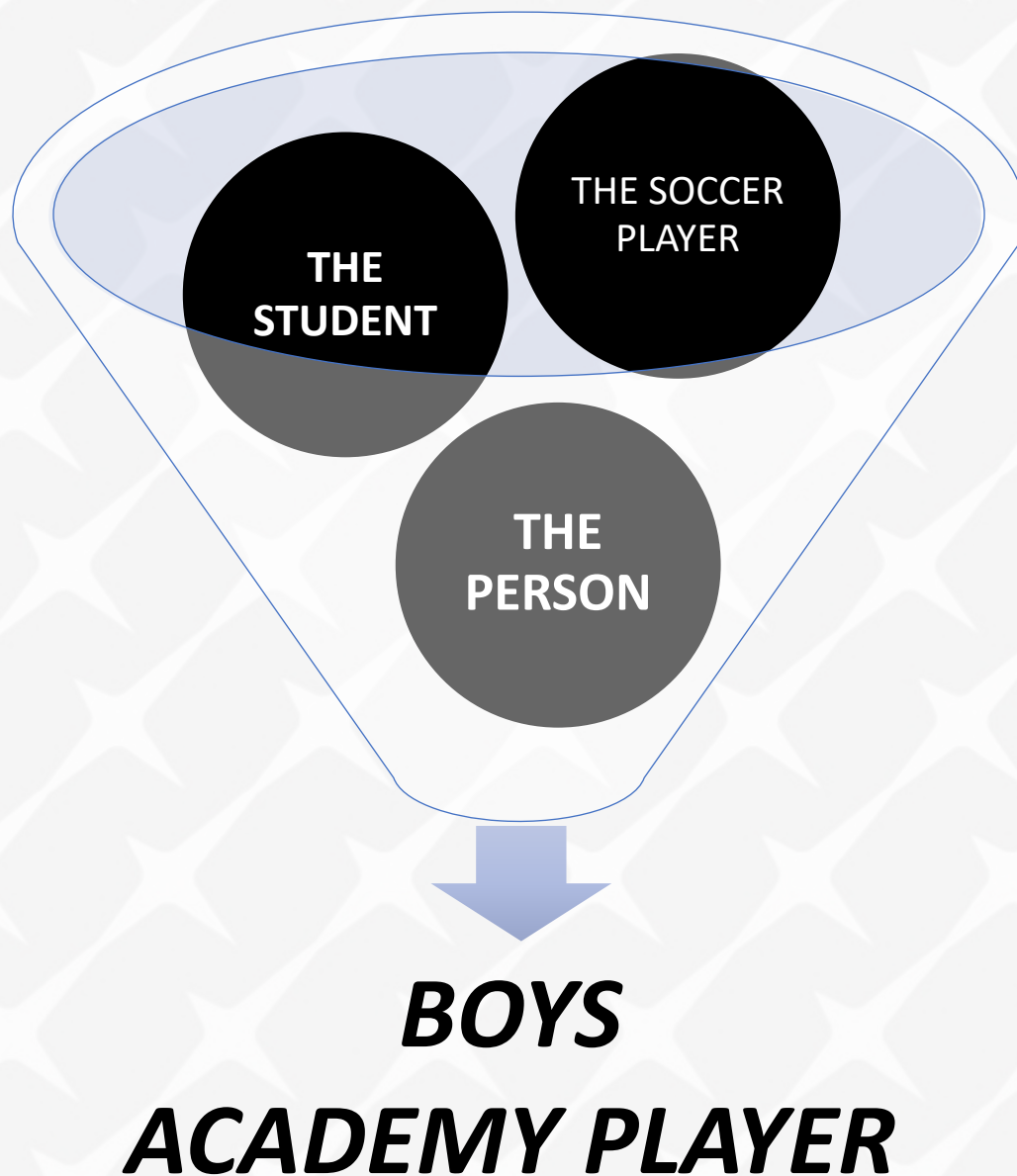
		APRIL												MAY			
C	W	Regional		Training 7-8:30p		Training 5:30-7p, SPC 7-7:30p		Training 7-8:30p		OFF		H - Montreal		OFF			
Overload	Extensive	Recovery Training		Tactical Training ATT - Finish Attacks		Conditioning Training DEF - 3rd Phase		Tactical Training BU & TRA-Drop Pinch		OFF		9-2 Loss		Recovery - On Own			
	11v11-8v8	Technical		Upper Strength		Poss: Someone Def		Poss: 4 Boxes / Finishing		OFF		MATCH DAY		Dynamics			
	Step 9	6v50y/60N/60sR/6v5		Finishing From Crosses		EPE		Play: 11v21 v 10v11		OFF		Is undisciplined to give up PK for their goal		Light Cardio - 10min			
	EPE	Strength		6v40y/80N/40sR/4v5		Tactical: 8v6+G Service DEF		Play: 6v6+G Buzz Cup		OFF		We played at all times through press, half changes		Light Tech - 5min			
Underload	Step	Legs Up		Patterns: WP, Pockets, 9 Bounce		Play: 11v11		Patterns: WP, Pockets, 9 bounce		OFF		Good up a man		Foam Roll/Stretch			
	Size & step									OFF				Legs up - 5min			
										OFF							
										OFF							
C	W	Regional		Training 7-8:30p		Training 5:30-7p, SPC 7-7:30p		Training 7-8:30p		OFF		H - BW Gottschee		OFF			
Overload	Extensive	Technical Training		Tactical Training ATT - MF Poss		Conditioning Training DEF - 2nd Phase		Tactical Training TRANS		OFF		4-1 Win		Recovery - On Own			
	11v11-8v8	Dynamics		Tech: W Passing		Poss: Running Rondo		Rondo/Finishing		OFF		Conceded early		Dynamics			
	Step 10	Technical Training		EPE		Play: 8v8+G		Play: 6v6+G		OFF		Scored on set pieces		Light Cardio - 10min			
	EPE	Strength		6v40y/80N/40sR/4v5		Play: 8v8+G		Play: 6v6+G		OFF		Outplayed them through their half press		Light Tech - 5min			
Underload	Step	Legs Up		Play: 11v11		3x/8m/2R		3x/13m/2R		OFF				Foam Roll/Stretch			
	Size & step									OFF				Legs up - 5min			
										OFF							
										OFF							
C	W	Cancelled		Training 7-8:30p		Training 5:30-7p, SPC 7-7:30p		Training 7-8:30p		OFF		OFF		EASTER HOLIDAY			
Overload	Intensive	Cancelled		Tactical Training ATT - Build Up		Conditioning Training DEF - 1st Phase		Tactical Training TRANS		OFF		Intensive Overload - On Own		Recovery - On Own			
	5v5-7v7	Cancelled		Poss: 4v4-4		Tech: Wingback		Poss: Rondo		OFF		Dynamics		Dynamics			
	Step 8	Cancelled		Tactical: Build-up		Play: 8v8 Double Gates		Play: 4v4+G Buzz Cup		OFF		Ball Work - 15min		Light Cardio - 10min			
	FS w/ MIN Rest	Cancelled		Play: 11v11		Play: 6v6+G		Patterns: WP, Pockets, 9 bounce		OFF		Intensive Fitness - 25min		Light Tech - 5min			
Underload	Step 8	Cancelled		Crossbar Game		Finishing		Play: 6v6+G		OFF		Strength		Foam Roll/Stretch			
	Size & step									OFF		Legs up - 15min		Legs up - 5min			
										OFF							
										OFF							
C	W	Cancelled		Training 7-8:30p		Training 5:30-7p, SPC 7-7:30p		Training 7-8:30p		OFF		H - Montreal		A - Westchester			
Overload	Intensive	Cancelled		Tactical Training ATT - Finish Attacks		Conditioning Training DEF - 3rd Phase		Tactical Training TRANS		OFF		MATCH DAY		MATCH DAY			
	5v5-7v7	Cancelled		Finishing Speed Passing		Poss: Double Gates		Patterns		OFF		3-2 Win		A - Westchester			
	Step 9	Cancelled		Poss: 6v6+1		Tactical: 8v6+G Service DEF		Double Gates / Long Balls		OFF		Temple team, we completely outscored them		Casual in 2 moments and they scored			
	FS w/ MIN Rest	Cancelled		Play: 11v11		FS w/ MIN Rest		3v3 Continuous		OFF		New at end because of this		Great with the ball however (can be more)			
Underload	Step 9	Cancelled		Play: 11v11		Forced Marking		Play: 6v6+G		OFF							
	Size & step	Cancelled		3x/8m/2R		3x/8m/2R		3x/8m/2R		OFF							
		Cancelled								OFF							
		Cancelled								OFF							
C	W	Regional		Training 7-8:30p		Training 5:30-7p, SPC 7-7:30p		Training 7-8:30p		OFF		OFF		OFF			
Overload	Speed	Recovery Training		Tactical Training ATT - MF Poss		Tactical Training TRANS		Conditioning Training DEF - 2nd Phase		OFF		Activation - On Own		Speed Overload - On Own			
	1v1-4v4	Dynamics		Poss: 4v4-4		Tech: Finishing		Poss: Running Rondo		OFF		Light Cardio - 7min		Dynamics			
	Step 7	Light Cardio - 10min		Poss: Double Gates		Play: 8v8		Tech: Finishing		OFF		Sprint Work - SPEED		Ball Work - 20min			
	FS w/ MAX Rest	Ball Work/Stretch		Patterns: WP		Play: 11v11		Poss: Endzone Ball Poss		OFF		Light Juggling - 5min		Speed Fitness - 35min			
Underload	Step 8	Strength		Play: 11v11		Play: 8v8		Play: 8v8+G		OFF		Legs up - 15min		Strength			
	Size & step	Legs up - 15min								OFF				Legs up - 15min			
										OFF							
										OFF							

SESSION PLANNER





PLAYER DEVELOPMENT STANDARDS



VISION STATEMENT

RNY FC's MLS NEXT Boys Academy aims to be The Model Program – the desired example of how to operate as an amateur Elite Academy in North America's top youth soccer league. As a matter of principle, we strive to always **do things the *right way***, holding each other and every member of Empire United's Academy to the highest standard of excellence – making ourselves, and the people around us better, in every aspect of life.





PLAYER KEY QUALITIES & SOP ATTRIBUTES

OPTIMAL WITH THE BALL

Execute their task for the full match with optimal technical abilities

OPTIMAL PHYSICAL

Execute their task for the full match with optimal physical abilities

GAME UNDERSTANDING

Read and understand the game and make autonomous correct decisions

SOP Attributes

TEAM FIRST

Responsible, Focused, Pro-Active, Communicates, Passionate, Humble

VALUE

Understand your role within the team and keep possession accordingly

BALL RECOVERY

Ability to regain possession in all phases of play





PLAYER BEHAVIORS

Key Qualities of an RNY FC Boys MLS NEXT Player	Player Behavior & SOP Attributes (Top Talent) <i>A Top Talented player has, given their role in the team and position on the field, the qualities to give a decisive contribution to the general principles of Attacking, Defending, and Communication in Transition to accomplish the goals and game result.</i>	Age Group
OPTIMAL WITH THE BALL <i>Execute their task for the full match with optimal technical abilities</i>	Is technically proficient to be effective and successful/accurate in all situations Is proficient in 1v1 to-create or to win/regain the ball Has the technical skills to create and/or protect the ball, even under pressure Has the technical skills to dictate the pace of the game	u11+ u11+ u14+ u18+
OPTIMAL PHYSICAL <i>Execute their task for the full match with optimal technical abilities</i>	Uses body (to protect ball and gain positional advantages without fouling) Has the physical fitness to execute their task at top level during the whole game (and season) Has quickness of feet (foot speed) Has power and speed	u11+ u14+ u16+ u18+
GAME UNDERSTANDING <i>Read and understand the game and make autonomous correct decisions</i>	Applies knowledge of the details and implications of the cues Thinks Fast - Reads and analyzes situations regarding ATT/DEF/TRA in split second and/or under pressure Aligns own actions with other players, positions (understands relationships within our SOP) Is the best player at their position based on the team Understands the vocabulary within our SOP Understands the roles of all positions on the team within our SOP (Understand our Team Agreements) Recognizes the transition moment as an opportunity/threat Understand the Team Tactical Principals within our SOP Manages the game when it comes to the pace of the game and/or the moment in the game (time and situation)	u11+ u11+ u11+ u14+ u14+ u16+ u16+ u17+ u18+
TEAM FIRST <i>Responsible, Focused, Pro-Active, Communicates, Passionate, Humble, has a Growth Mindset</i>	Is involved and engaged throughout every game & session Loves to play, watch, be around soccer Plays to win - Is brave Celebrates a peers individual successes (secure to not feel threatened/jealousy) Places team success before individual successes Believes skill development comes from hard work and you can always improve Understands effort is essential for success Always says Hello and Goodbye; maintains eye contact when communicating with adults Embraces challenges as an opportunity to grow Deals well with individual/team adversity (recovers quickly from mistakes) Separate's how he feels from how he acts - is compsed in ther behavior (emotionally) Talks the Game in Matches and Training Servant leadership outside the field of play (ex: pumping the balls prior to training) Evaluates and reflect on their own performance (analyzes game performance in relation to positional requirements) Organizes and manages personal lifestyle and environment to perform at top level (sleep, school, nutrition/hydration) Criticism/Feedback is useful to identify areas to improve Understands setbacks/failures are a part of development and maintains persistence to improve Takes ownership of their development goals Enhances the team and the other players with a willingness to execute their role on the team Is a role model under all circumstances, shows exemplary behavior Creates own learning environment and creates a personal development plan	u11+ u11+ u11+ u11+ u11+ u11+ u13+ u13+ u14+ u14+ u15+ u15+ u15+ u15+ u15+ u16+ u17+ u17+ u18+
VALUE <i>Knowledge of your role within the team and keep possession accordingly</i>	Appropriate value proposition (risk/reward) based on age category, position, and phase of play. Knowing their "value" to the team in terms of their importance of keeping the ball (the best player takes the most risk in possession, the worst player takes no risk in possession)	ALL u15+
BALL RECOVERY <i>Ability to regain possession in all phases of play</i>	Offensive Minded Defending: Agreeisve, BLITZ, positive mindset to help the team win the ball "Ball Thief" mentality - Looks to be savvy and find ways to steal the ball from opponent via jumps and front jumps Works in gropus to win the ball back via Synchronized Team Movements Awarness of all emelements: 1v1 Duels, Attitude, Forward defending, passive shape, BLITZ, etc.	u11+ u13+ u15+ u17+





PLAYER PROFILE VIDEOS

PLAYER PROFILE
#7/11 – “POCKET” WINGER



Julian Brandt ('96) – Borussia Dortmund
Phil Foden ('00) – Manchester City
Christian Pulisic ('98) – Chelsea



PLAYER PROFILE
#9 – CENTER FORWARD



Sergio Agüero ('88) – Manchester City
Luis Suárez ('87) – Barcelona



PLAYER PROFILE
#10 - Central Midfielder



Kevin De Bruyne ('91) – Manchester City
Thomas Müller ('89) – Barcelona



PLAYER PROFILE
#7/11 – “FORWARD” WINGER



Kylian Mbappé ('98) – Paris Saint-Germain
Raheem Sterling ('94) – Manchester City



PLAYER PROFILE
#2/3 – “INVERTED” WING BACK



Oleksandr Zinchenko ('96) – Manchester City
Philipp Lahm ('83) – Bayern Munich *retired*



PLAYER PROFILE
#8 - Central Midfielder



Thiago Alcântara ('91) – Bayern Munich
Frenkie de Jong ('97) – Barcelona
Tyler Adams ('99) – RB Leipzig



PLAYER PROFILE
#6 - Central Midfielder



Rodri ('96) – Manchester City
Sergio Busquets ('88) – Barcelona



PLAYER PROFILE
#2/3 – WIDE WING BACK



Trent Alexander-Arnold ('98) – Liverpool
Alphonso Davies ('00) – Bayern Munich



PLAYER PROFILE
#4/5 – BALL WINNING CB



Virgil van Dijk ('91) – Liverpool
Kalidou Koulibaly ('91) – Napoli



PLAYER PROFILE
#4/5 – BALL PLAYING CB



Aymeric Laporte ('94) – Manchester City
Mats Hummels ('88) – Borussia Dortmund



PLAYER PROFILE
#1 – GOALKEEPER



Marc-André ter Stegen ('92) – Barcelona
Ederson ('93) – Manchester City






TEAM FIRST CULTURE

TEAM FIRST

- 1) *Are you giving more to the group than you are taking from the group?*
- 2) *Are you working more towards our core values than against them?*
- 3) *Are you as an individual showing growth and improvement on and off the field?*

CORE VALUES

We do the right thing.

*...For the right reason, always, all of the time.
...As a matter of principle, we do things the way they ought to be done.*

We do things to the best of our ability.

...Maximum effort and a positive mindset are minimum requirements.

We always show people that we care.

*...We over me...team first...there is no place for selfishness, egos, or envy.
...Mean no offense, take no offense...separate act from feel.*



Rochester NY FC Boys Academy is a member of Major League Soccer's MLS NEXT Platform. The team plays year-round and is a Founding Member of MLS NEXT, the highest platform for player development available to youth in the US.

MISSION STATEMENT

RNY FC's MLS NEXT Boys Academy provides the most professional learning environment to a youth soccer player in Western New York, promoting excellence in every individual's development as a player, teammate and person.

VISION STATEMENT

RNY FC's MLS NEXT Boys Academy aims to be The Model Program – the desired example of how to operate as an amateur Elite Academy in North America's top youth soccer league. As a matter of principle, we strive to always **do things the way they ought to be done**, holding each other and every member of RNY FC's Academy to the highest standard of excellence – making ourselves, and the people around us better, in every aspect of life.

CORE VALUES

We do the right thing.

*...For the right reason, always, all of the time.
...As a matter of principle, we do things the right way..*

We do things the way they ought to be done.

...Maximum effort and a positive mindset are minimum requirements.

We always show people that we care.

*...we over me...team first...there is no place for selfishness, egos, or envy.
...Mean no offense, take no offense...separate act from feel.*

BOYS MLS NEXT ACADEMY at RNY FC

RNY FC's MLS NEXT Boys Academy prides itself on creating a culture of excellence. As a member of Major League Soccer's MLS NEXT Platform, we are a member of the highest platform for player development available to youth in the US, under the highest standards. Of equal importance is the environment the staff fosters to help develop each player as an entire person. The focus is always on a comprehensive approach demanding excellence on the field, in the classroom, and in the community.

The Boys Academy at RNY FC ensures that their players learn life values such as commitment, sacrifice, discipline, humility and the desire to work hard. We pride ourselves on the fact that discovery comes from following the belief that the process is more important than the end product. It is the goal that RNY FC's Boys Academy produces the highest quality people. People who are high-level soccer players, and people who through sport have learned life lessons to deal with success, failure, and overcoming adversity in their future endeavors, on and off the field of play.

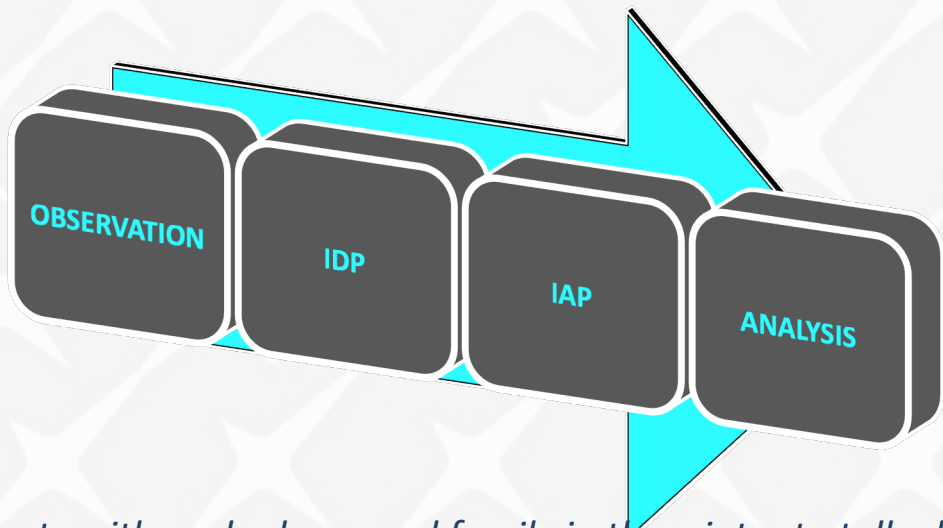
RNY FC's Boys MLS NEXT Academy prides itself in the fact that we are supplying MLS Professional Academies, higher institutions, and our communities with the next wave of holistically developed young men.





INDIVIDUAL DEVELOPMENT

Every player receives two Individual Development Plan (IDP) evaluations per year cycle.



Staff meets with each player and family in the winter to talk about the player's development and process. The IDP form is completed prior to this meeting, along with a year end IDP form completed at season's end. Families have access to IDP forms via Dropbox file sharing.

JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
Summer Holiday	Fall Pre-season	Fall Period			Winter Holiday	Spring Pre-season		Spring Period			
IAP					IDP (In-Person)			IAP			IDP (Via E-mail)

Individual Player Development - Evaluation

Name: Luke Leppin
 Position: #2/L, F
 Age Group: U24
 DOB/Birth Year: 2000
 Report Period: Fall 2022
 Evaluator: Russini

4	3	2	1
Special: "MLS Pro Academy/US YNT"	Strength: "MLS NEXT Top Performer"	Developing: "MLS NEXT Squared Player"	Weakness: Below MLS NEXT Standard

KEY QUALITY 1	PLAYER ACTIONS	RATING	IDP/IAP
Optimal Technical	Technically capable of executing soccer actions successfully for the full match (passing/keeping under pressure/range of passing, dribbling, 1v1, tight space control, receiving out of the air w/ all surfaces, finishing, etc.) Your technical ability is excellent. Your ability to play in and out of tight spaces is a major strength. One focus would be to continue to work to improve your left foot.	3	
Optimal Physical	Physically capable of executing soccer actions successfully for the full match (speed, power, endurance, physical duels, aerial duels, etc.) You are strong on the ball and a strong defender. You have excellent speed. One area to improve is your endurance and stamina to maintain the high level for 90 minutes. Push yourself in training to develop the mentality to work for 90 minutes.	3	
Game Understanding	ATTACKING In all three attacking phases of play -- Build Up, Midfield Possession, and Finishing Attacks. Your play in build up is good and you understand our movements. One area to improve is to have solutions before you receive the ball which will allow you to play quicker and maintain possession.	3	Watch the Player Profile videos on Google Classroom.
	DEFENDING In all three defending phases of play -- 1st Phase, 2nd Phase, and 3rd Phase. You are a strong 1v1 defender. One area to improve is in our press you need to be better ready to roll... sometimes you are late to press opponent's outside back. As a #2/1 continue to look for jumps, be a half back, press opponent's center back.	3	
	TRANSITION Within both transition moments... ATT->DEF and DEF->ATT Always play 1 touch in transition.	2.5	
	Value	Understanding of your role within the team and keep possession at a rate consistent with that role. Your play at both the #2 and #7/11 have been good. Push yourself in training to get better.	
Ball Recovery	Ability to regain possession in all phases of play (Defending in all 3 phases, BU/TZ transition, and attacking passive shape) If you don't have the ball, there's only two gears...Sprint and Alert. Either you're 100% sprinting to #16 or Drop/Push, or you're completely alert to everything around you. No in between.	2	

PROFILES/GOALS Players to model your game after Trent Alexander Arnold from Liverpool as a #2 and watch Raheem Sterling from Manchester City, Raï Chibri from the USL and Mattias Ekstrand from USM as a #7

KEY QUALITY	PLAYER ACTIONS	RATING	IDP/IAP
Team First: Core Values & Program Standards	(1) Do the right thing. (2) Do everything to the best of your ability. (3) Always make sure your actions demonstrate to other people that you care. (1) Are you giving more to the group than you are taking? (2) Are you working more towards our core values than against them? (3) Are you as an individual showing growth and improvement on and off the field? You are a good teammate, you always do the right thing. Can you connect with all teammates and not just your friends on the team?	3	



PEDAGOGY

All players learn at different rates and via different types of feedback. We use several different pedagogies to provide a balanced approach, while also prioritizing different approaches for different players based on their preferences. As a staff we believe in giving players confidence with our teaching, providing instruction from a positive perspective that far outweighs the negative.

- **Maximize Player Decisions** – 5v5, 7v7, & 9v9 SSGs, Training Exercises Routed in Reality
- **Automatisms** – 1TT, “BLITZ”, Open Up, Create *FLOW*, Pivot Movements in our structures
- **Indirect Instruction** – Player Centered Approach (Tactics Board, Player Journals, Film HW)
- **Direct Instruction** – Varied Timing, Style, and Frequency of Feedback
- **Objective Feedback** – STATSports Data, Performance Analysis (Film and Statistical), IDPs

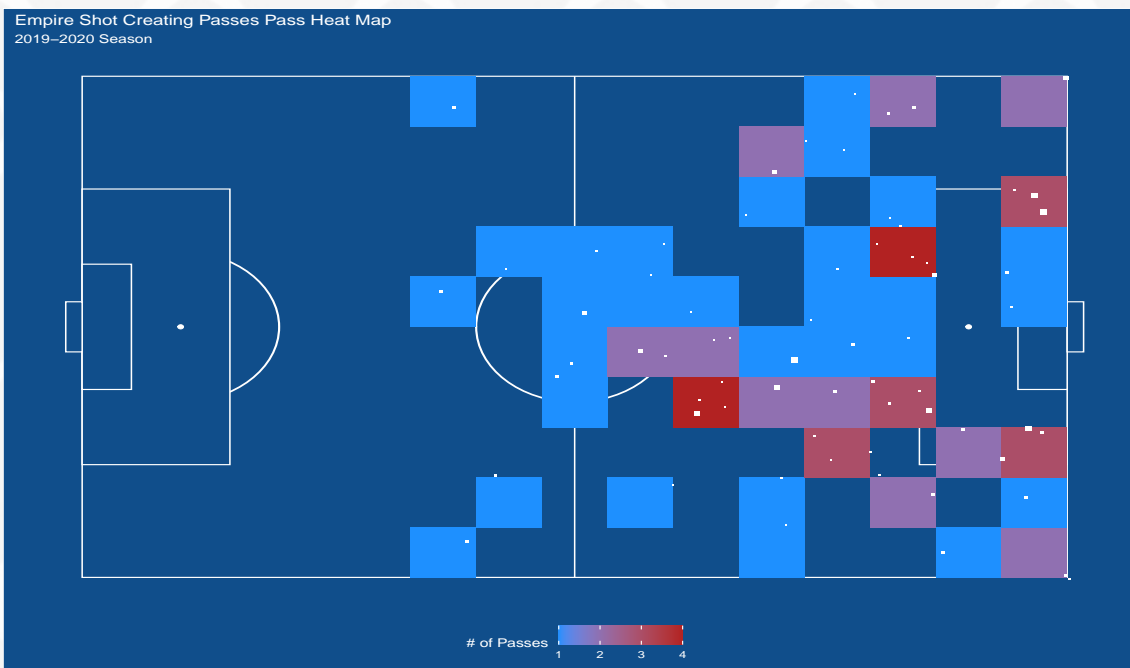


STATISTICAL FEEDBACK EXAMPLES

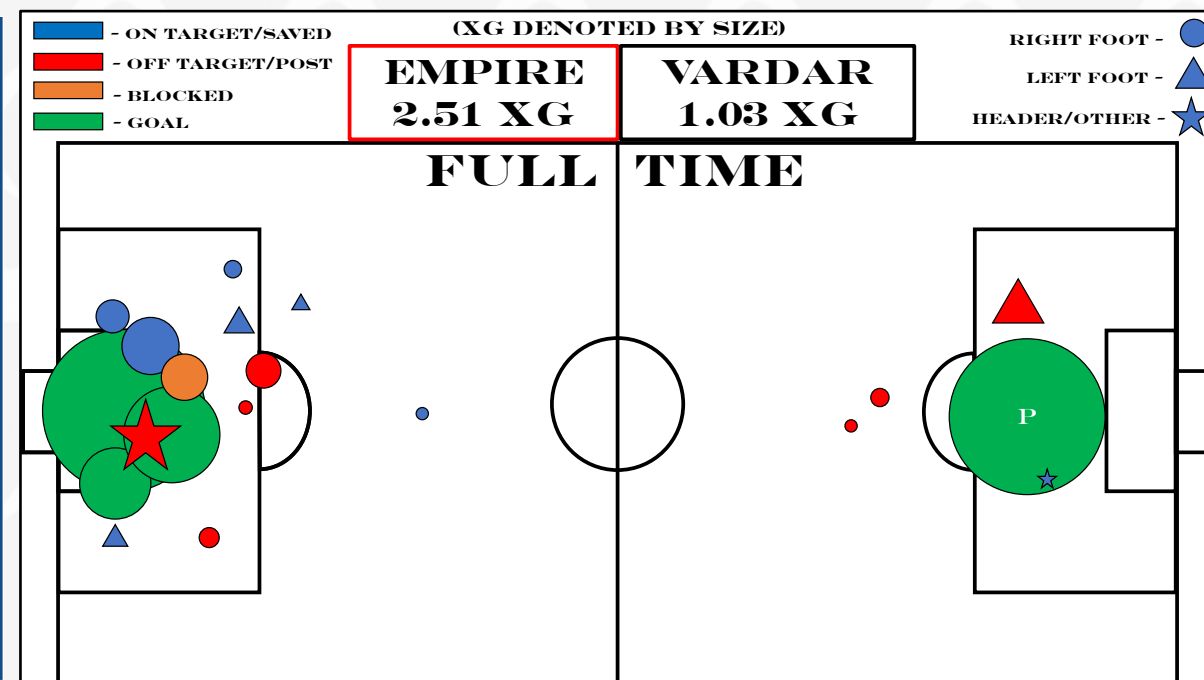
Through our Data Analyst Internship Program we have a student from near-by Rochester Institute of Technology who can provide objective team and individual feedback to our program with regards to statistical analysis. Below are two examples of the feedback in a team setting from the Fall of 2019:

- Example 1 is a Heat Map of passes that lead to the creation of a chance.
- Example 2 is an xG (expected Goals) analysis that uses a common soccer algorithm that assigns a value for each chance based on probability of converting the chance taking into account everything from difficulty, opponent, location, etc.

Each team has the xG completed after all matches and the Heat Map at the end of each semester, giving us some key performance indicators other than the score to assess development.



EXAMPLE 1

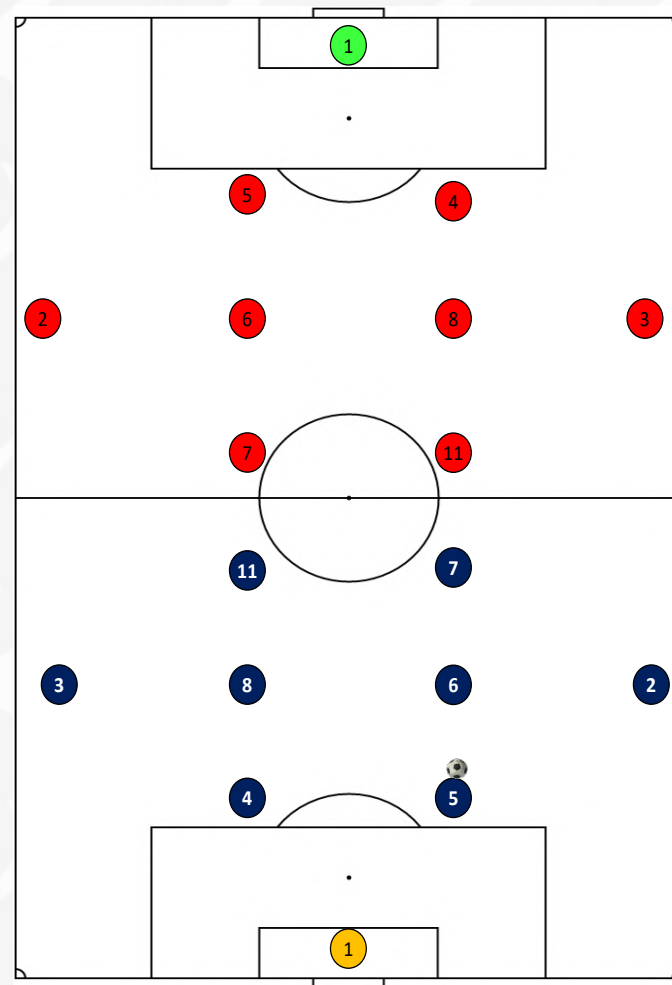
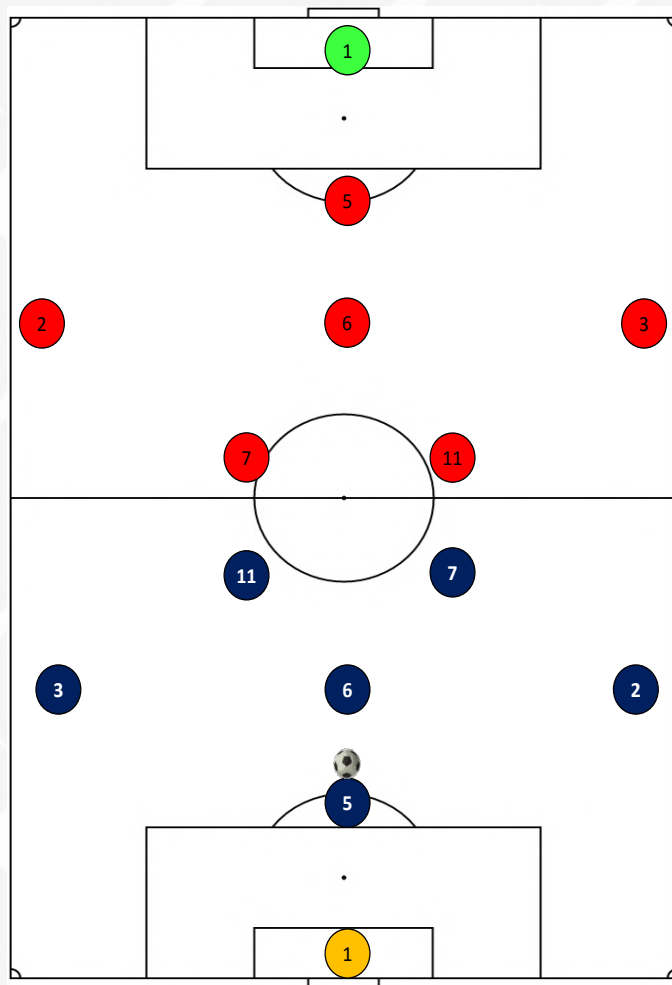
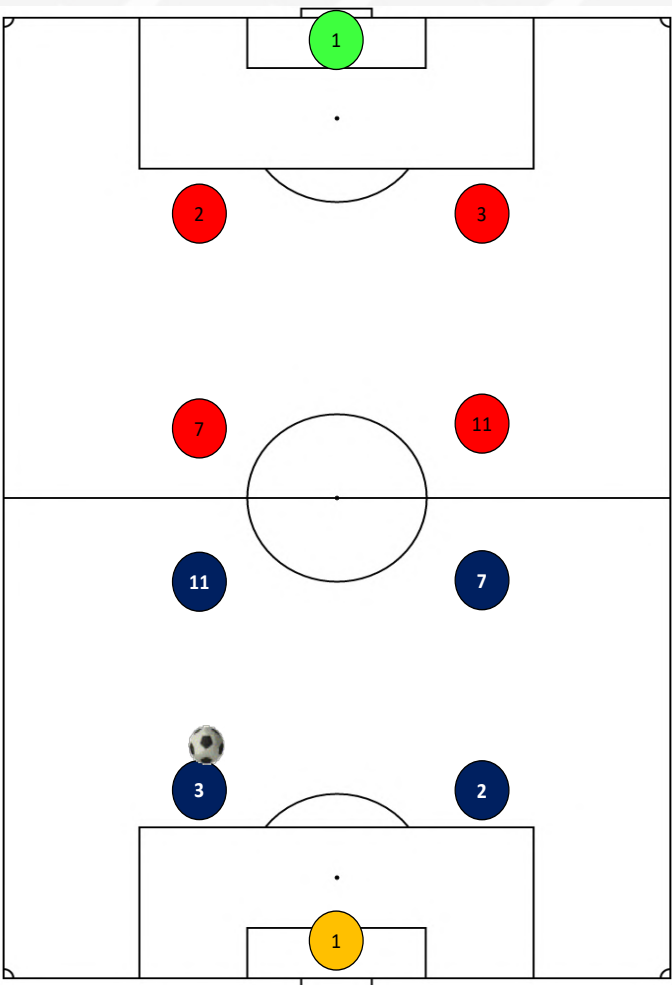


EXAMPLE 2



SMALL SIDED GAME MODELS

As part of our Style of Play and philosophy we always believe in what we call “Freedom within Framework”. We also believe the game is the best teacher, and so we play as often as possible in training 11v11 (while following best practices in terms of duration, sets, and numbers of players with respect to training load). By combining both ideals we always play with purpose by playing in a shape that transfers to how we intend to play when playing 11v11.





ELITE PERFORMANCE SEMINARS

During the Pre-season, Winter break period (December), and Winter Training Period (Jan-Feb) we host Performance based seminars to educate our players and families on important topics that will increase performance levels, as well as improve our players on and off the field.

ROCHESTER NY PLAYING PHILOSOPHY & METHODOLOGY - STYLE OF PLAY

FOUNDATIONAL PRINCIPLES

FLOW and ADVANTAGE

- A clear idea of what to do/look for/expect of each other based on movement and numbers

FREEDOM WITHIN FRAMEWORK

- Collective Structure and movements within those structures; Team Agreements

DISCIPLINE

- Pride in being the best at the "big-little things"

INTENSITY & FOCUS

- When performing we are either sprinting or alert.

ROCHESTER NY PLAYING PHILOSOPHY & METHODOLOGY - STYLE OF PLAY

FLOW

Using the diagram from previous for the concept of the FLOW, we see it doesn't just come from a pass, but also a first touch, as shown below.

Diagram 1

Example: You can see that by taking the first touch away from where the pass was received (right), the opponent shifts more than they did for the initial pass (left). By Opening Up with the first touch we create more FLOW, as the opponent is assuming the RCB-4 is going to play to the RB-2 next.

Diagram 2

ROCHESTER NY

Elite Performance Mindset

Each athlete has their own preferred level of motion/energy that allows for optimum performance.

Feeling---->	Knowing your ideal
Thoughts---->	Changing self-talk
Behavior---->	Acting as if
Physiology->	Breathing

ROCHESTER NY

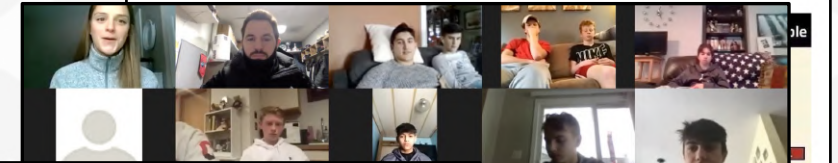
How do I figure out what my IDEAL PERFORMANCE MINDSET is?

Think about your BEST performance	Think about your WORST performance
How were you FEELING?:	How were you FEELING?:
What were your THOUGHTS?:	What were your THOUGHTS?:
What BEHAVIORS were helpful:	What BEHAVIORS were helpful:

ROCHESTER NY

DEVELOPMENT PROCESS

FAILURE IS PART OF THE PROCESS - IT'S OK!



"Do's & Don'ts"

DO...	DON'T...
Reinforce being a good sport.	Reinforce bad sportsmanship.
Limit conversations about your child's sport, check in on how they are doing in other aspects of life.	Focus your conversations with your child always on sport.
Support your child's coach by not coaching from the sideline.	Coach from the sideline.
Keep it fun.	Criticize your child for poor performances after games.
Maintain composure during games (before and after, too).	Treat your child differently depending on game outcome.
Encourage your child to follow through on commitments and work hard.	Control all decision-making about the child's participation.
Let them take ownership of their development (including failures).	Put down the opponent, team mates, coach to make your child feel good.
Unconditionally love and support your child.	See your child's sport as a financial investment needing a return (or exert pressure to win).



ROCHESTER NY

SPORTS PERFORMANCE NUTRITION

Michael Tanke
B.S. Nutrition & Dietetics

FOLLOW US:
#ToDreamIsToDo

ROCHESTER NY

Calorie and nutrient needs vary depending upon intensity and phase of training.

This plate represents a hard training day. On light training days, substitute 1/4 plate of whole grains with 1/4 plate of fruits and vegetables.

HEALTHY FATS

Moderate amounts of healthy fats provide a concentrated energy source and essential fatty acids.

WHOLE GRAINS

Carbohydrates fuel muscles and are the quickest source of energy for athletes.

FLUIDS

Stay hydrated by drinking fluids all morning and throughout the day.

PROTEIN

Protein foods are essential for building/repairing muscle and helping to support immune function.

FRUITS & VEGGIES

Many fruits and vegetables provide nutrients that have been linked to reduced oxidative damage from hard training.

Water, 100% fruit juice

For advice on consuming a nutrition plan, visit a dietitian.





COLLEGE PROCESS ASSISTANCE

Our staff are talking to college coaches literally everyday, all year long...often multiple staff members talking to coaches daily.

No program in WNY has the relationship of sending players to Division I schools that are prepared to help those universities on the field and in the classroom like RNY FC's Academy.

- *Pre-Season College Recruiting Process talk is first seminar of our Elite Performance Seminar Series*
- *Spring of Sophomore year you're added to our *Quarterly College Recruiting Email*
- *All Juniors and Seniors have highlight video, 2 sentence bio, Jersey #, Grades and Test Scores on our *Quarterly college Recruiting Email*
- *During winter IDP meeting with Juniors we help build their college list. Staff helps add/subtract and tier schools based on player needs/wants/fit.*
- *Summer prior and into Senior Year staff are talking to college coaches on behalf of our graduating class*

PROFESSIONAL RECRUITING SERVICES NOT NECESSARY



QUARTERLY COLLEGE RECRUIT EMAIL

- *Sent 4x/year (Preseason, before Winter Showcase, End of Winter Period, before Summer Showcase)*
- *Sent to over 100 schools and over 125 college coaches*
- *All contacts are those with relationships to Empire and/or a staff member*
- *All Juniors and Seniors with info on the email*
- *All match film from the previous 6 months on the email.*

#ToDreamIsToDo

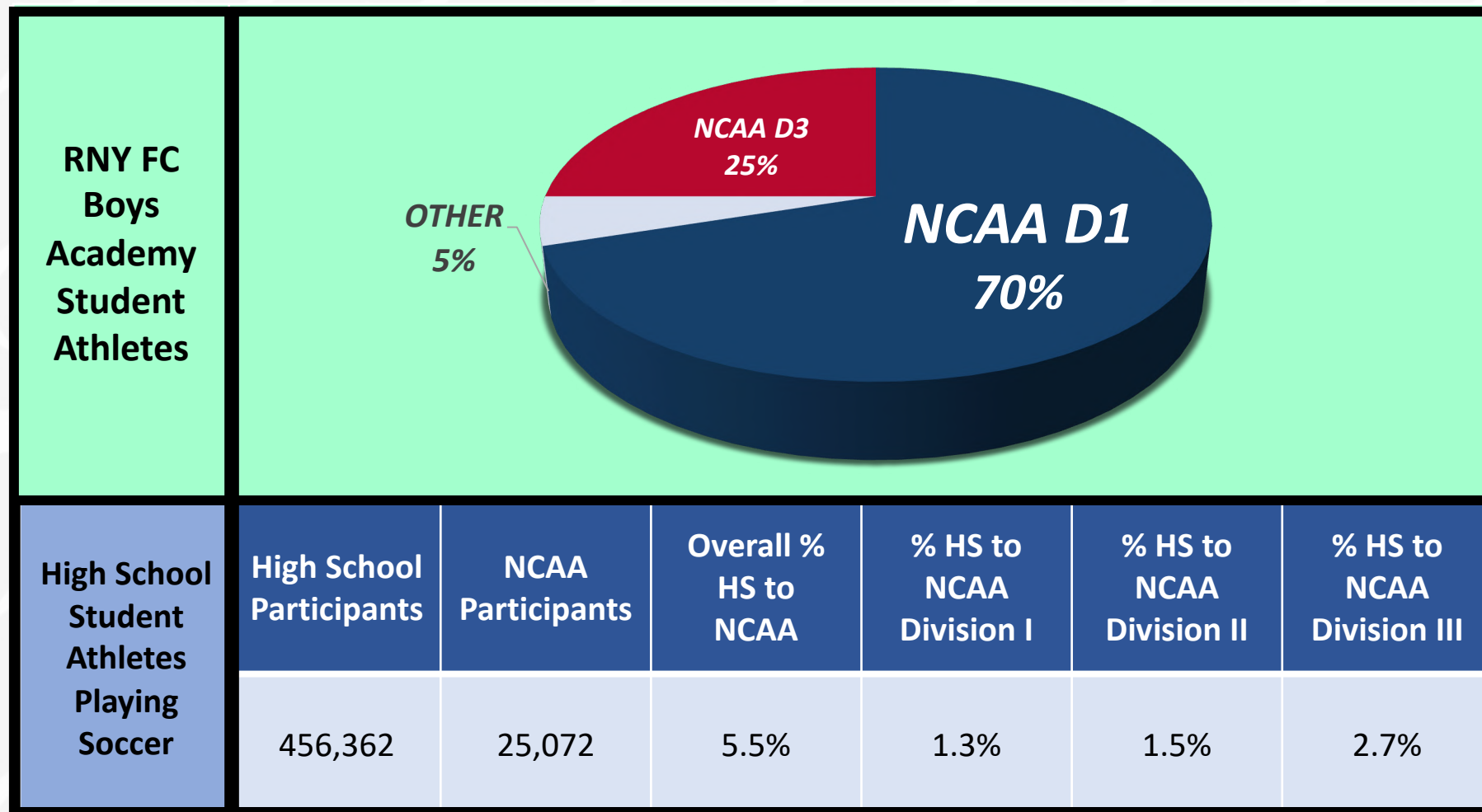


IDENTIFICATION OPPORTUNITIES



***Are you in the right environment to be recruited to college?
 Are you in the right environment to be ready to play when you get to college?
 Are you surrounded by like-minded teammates?***

100% of RNY FC Academy players go on to play college soccer.





EXAMPLES OF NCAA D1 FRESHMAN CLASS

The Freshman 2019 classes at well-known/top NCAA D1 programs and where they come from.



UNC - Chapel Hill

ACC Tournament Appearance

- Blake Malone - Seattle Sounders **DA** (MLS)
- Julian Hinojosa - FC Dallas **DA** (MLS)
- Key White - Richmond United **DA**
- Lenny Aharon - Israel
- Sebastian Berhalter - Columbus Crew **DA** (MLS)
- Jonathan Jimenez - NYCFC **DA** (MLS)
- Cameron Fischer - Barca Academy Arizona **DA**
- Marco Saborio-Perez - Switzerland
- Jake Schick - Chargers SC **DA** & US Youth National Teams
- Sam Moore - Richmond United **DA**



Georgetown

Big East Conference Champion

NCAA National Champion

- Daniel Wu - NCFC **DA**
- Will Sands - NYCFC **DA** (MLS) & U17 World Cup
- Owen Varela - San Jose Earthquakes **DA** (MLS)
- Dante Polvara - NYCFC **DA** (MLS)
- Aidan Rocha - Bethesda **DA** & US Youth National Teams
- Thomas Romero - Philadelphia Union **DA** (MLS) & >1,000 minutes for Bethlehem Steal (USL)



Marshall

Conference USA Champions

NCAA Second Round Appearance

- Hunter Shanks - Lonestar SC **DA**
- Joao Souza - Brazil
- Demarre Montoute - Canada
- Bleno Cruz - Brazil
- Jacob Adams - Pittsburgh River Hounds Youth
- Sanad Yahya - Vardar **DA**
- Adam Lubell - Cleveland Internationals **DA**
- Ali Nasser - Vardar **DA**
- Max Schnieder - Germany
- Victor Orsi - Brazil
- Ryan Gray - Vardar **DA**
- Gabe Sitler - Montverde Academy

This is the level of player you are competing against for college roster spots.

Are you in an environment like these players were prior to college?

If you're not, how do you expect to get to this level?

Will your current environment have you as prepared as these players?



Virginia

ACC Conference Champion

NCAA National Finalist

- Eben Noverr - Colorado Rapids **DA** (MLS) & US Youth National Teams
- Reed Kessler - BW Gottschee **DA**
- Jeremy Verley - Jamaica
- Philip Horton - Columbus Crew **DA** (MLS)
- Andreas Uelaxnd - Norway
- Axel Gunnarsson - Sweden
- Nick Berghold - Berkshire School
- Matthew Warbrick - New Zealand
- Isaiah Byrd - BRYC Elite ECNL



URI

A10 Conference Champions

NCAA First Round Appearance

- Harvey Read - England
- Robert McManus - Charlotte Soccer Academy **DA**
- Ewan Noble - Bruno FC Rhode Island
- Braden Cannon - Bruno FC Rhode Island
- Rohun Kawale - IMG **DA**, Canada, Portugal
- Andrew Kempe - Bermuda



Syracuse

ACC Tournament Appearance

NCAA Second Round Appearance

- Andres Quevedo - FC Dallas
- Amfreney Sinclair - Costa Rica
- Noah Singelman - Germany
- Merjan Ozisik - Black Watch Albany
- Logan McGraw - BW Gottschee **DA**
- Luther Archimede - France & CONCACAF U20 (Guadeloupe)
- Quinn Becker - Black Watch Albany





2022 MLS NEXT FEST WINTER SHOWCASE

These programs were at RNY FC matches in CA, December of 2022

Amherrst
Arizona Christian
Arm West Point
Bates
Boston College
Brown
Bucknell
Cal State LA
Carnegie Mellon
Case Western
Clairmont Mekenna
Colgate
Conn College
Cornell
Daemon
Davidson
Dayton
DePaul
Duke
Eastern
George Mason
Georgetown
Georgia Southern
Georgia State-Atlanta
Grand Canyon U

Harvey Mudd College
High Point
Hobert
Hope International
Iowa Western
La Moyne
Lafayette
Lehigh
Liberty
Lipscom
Loyola Chicago
Loyola Marymount (CA)
Marist
Marquette
Marymount College
Mercyhurst
Michigan State
Middlebury
Northeastern
Northwestern
Oberline
Oglethorp
Omaha
Oregon State
Penn

Pitzer
Princeton
San Diego State
Santa Clara
Sienna College
South Carolina
St Thomas Minn
Tufts
U Conn
UC Riverside
UC San Diego
UCLA
Union
University of Denver
University of San Diego
University of San Francisco
University of Wisconsin
UofR
US Merchant Marine
Utah Tech
Villinova
Washington U St Louis
Washington University
Winthrop
Wisconsin Greenbay
Yale





Comparison of commitments to D1 schools in the last five years...

RNY FC Academy Players:

Bucknell College
 Canisius College
 Colgate University
 DePaul University
 Duquesne University
 Liberty University
 Naval Academy
 Niagara University
 Sienna College

St. Bonaventure University
 Syracuse University
 University of Dayton
 University of Michigan
 University of New Hampshire
 University of Pennsylvania
 University of Rhode Island
 University of Vermont
 Yale University



Players from other Clubs in the Western NY area:

Binghamton University
 Canisius College
 Colgate University
 Niagara University
 St. Bonaventure University



NOTE: As a reminder RNY FC Boys Academy has sent players to all the schools listed above as well.





MLS NEXT BOY'S ACADEMY

#ToDreamIsToDo
#BelieveImpossible



US YOUTH/MENS NATIONAL TEAM APPEARANCES

Alex Bono – 2009-2013 [YNT] | 2015, 2017, 2018 – Full Men’s National Team JAN Camp | 2018 – **Full Men’s National Team Appearance**

Jordan Allen – 2009-2015 [YNT] | **2015 u20 World Cup**

Stefanos Stamoulacatos – 2010-2012 [YNT]

Matt Vuylsteke – 2012-2013 [u17 Canadian YNT Camp]

Nikkey DePoint – 2012-2014 [YNT Residency]

Cicci Pagano 2018 [YNT Camp]

US Soccer Youth National Team Training Center Appearances

Gianluca Cuomo '93
Alex Swanger '93
Liam Callahan '94
S. Stamoulactos '94
Jordan Allen '95
Alex Bono '95
Tyler Brew '95

Ethan Kutler '95
Adnan Bakalovic '97
George Dise '97
Ryan Bayne '98
Frank Cotroneo '98
Nikkye DePoint '98
Taner Bay '99

Jacob Kohlbrenner '99
Matt Pickard '99
Lukas Rubio '99
Joe Alex '00
Owen Bauer '00
Alphonso Joe '00
Mike Lantry '00

Nash Mahler '00
Isaac McGinnis '00
Jake Schaffer '01
Ethan Thomas '01
Jeorgio Kocevski '02
Ryan Leask '02
Nick Swanger '02

Emmett Bauer '03
Ashton Jell '03
Max Kwitchoff '03
Jacob McGinnis '03
Cicci Pagano '03
Silas Ruth '03
Matt Gera '04

Zack McBennett '04
Arturo McConnochie '04
Wylie Cridge '05
Beni Luyindula '05
Brennan McDermott '05
Myles Palmer '05
Joao Ramos '05
Luke Reidell '05

Joel Alvarez '06
Alessandro Elia '06
Martin Kuci '06
Jan Pawel Makula '06
Noah Morelli '06
Quinn Olcott '06
Gianluca Fallone '07

Jeff Hernandez '07
Joey Mullen '07
Alen Agicic '08
Wyatt Bucci '08
Luke Leardini '08
Max Morgenstern '08
Jace Steiner '08

The only club in western NY in the top tier of youth soccer - MLS NEXT





MLS NEXT BOY'S ACADEMY

PROFESSIONALS

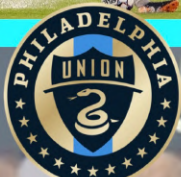
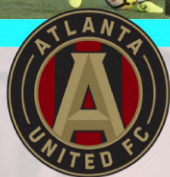
- Bobby Shuttleworth - Four MLS Clubs 2009-22
- Jordan Allen - Real Salt Lake 2014-19
- Alex Bono - Toronto FC 2015-Present [MLS Cup Champion 2017]
- Ethan Kutler - New York Red Bull 2017-18
- Liam Callahan - Colorado Rapids, Drafted 2017
- Gianluca Cuomo - San Antonio FC/Richmond [USL, 2018-20]
- Abdi Salim - Orlando City SC, Drafted 2023



#ToDreamIsToDo
#BelieveImpossible

PROFESSIONAL ACADEMIES

- Jordan Allen - Real Salt Lake Academy 2011-13
- Hans Schumacher - Crew SC u14 Academy 2016-2017
- Isaac McGinnis - Sporting KC Academy Residency 2017-2018
- Jacob McGinnis - Sporting KC u15 Academy 2017-2018
- Habi Darling - NY Red Bull u19 Academy 2017-2018
- Brennan McDermott, Luke Reidell - Crew SC u12 GA Cup 2017
- Luke Reidell - Sporting KC Futsal Nationals 2018
- Wyatt Bucci, Mobashir Samim - Crew SC u12 Friendlies Team 2018
- Alphonso Joe, Joe Alex - Crew SC u19 Friendlies Team 2018
- Mike Catanzarite, Will Forbes - Crew SC Training Center 2018
- Arturo McConnochie - NY Red Bull Academy 2018-2019
- Cicci Pagano - New England Revolution Academy Residency 2018
- Kyle Pollard - Crew SC Academy Residency 2018-2019
- Mobashir Samim - Crew SC u12 GA Cup 2018
- Wyatt Bucci - Colorado Rapids Friendlies Team 2019
- Luke Reidell - Sporting KC Academy 2019-Present
- Georgio Kocovski - Crew SC u17 GA Cup 2019
- Wyatt Bucci - Crew SC u12 GA Cup 2019
- Wyatt Bucci - Philadelphia Union Academy PT 2021-22
- Joao Ramos - Atlanta United Academy 2021-23
- Mo Samim - Crew SC Residency 2021-Present
- Tavi Bumbanac - Orlando City SC 2021-Present
- Wyatt Bucci - Colorado Rapids Academy 2022-Present
- Konstantinos Kyriazis - Real Salt Lake Academy 2023-Present



[#ToDreamIsToDo](#)



PROGRAMMING



MARKET

CANADA

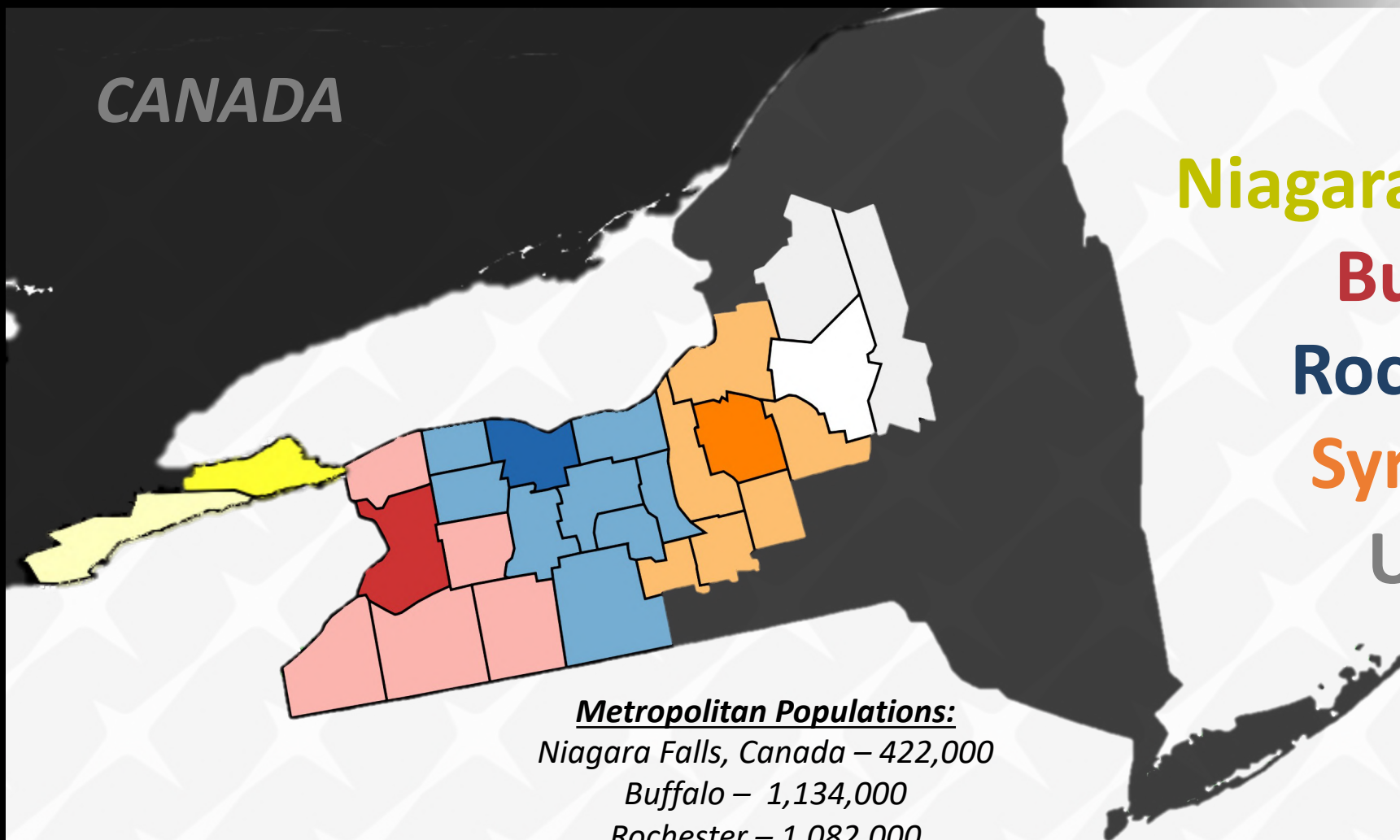
Niagara Falls (Ca) Area

Buffalo Area

Rochester Area

Syracuse Area

Utica Area



Metropolitan Populations:

Niagara Falls, Canada – 422,000

Buffalo – 1,134,000

Rochester – 1,082,000

Syracuse – 662,000

Utica – 297,000

Total Geographic Metropolitan Population : ~3,600,000 People

*NYC Metropolitan Population: ~20,300,000 People





CLUB TO ACADEMY PROGRAM

PREMIER CLUB SOCCER

RNY FC 'UMBRELLA'



Niagara (Canada)
Buffalo - TBA

RNY FC Youth (Rochester)
Syracuse Development Academy
Utica

\$1000-\$3,000* + Parent Travel

**Dependent on level of team and events being attended*

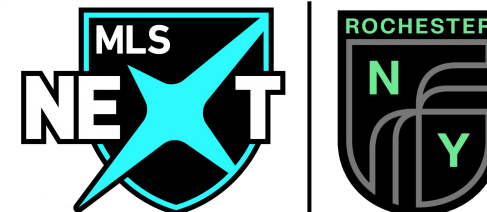
Players play full-time club soccer with their local club team (listed above). At u11 and u12 ages they are also eligible for RNY FC Boys Pre-Academy. By being RNY FC/SDA players they are evaluated regularly for inclusion and have more access than non-RNY FC/SDA players.

RNY FC MLS NEXT PRE-ACADEMY

Supplemental Program
1x Weekly: July – March
Zone 1: u11 & u12
\$150/Phase

Professional Training by Boys
Academy coaches and staff

These players also play with their club soccer team full-time. Players under the RNY FC Umbrella have first opportunities. Players outside of RNY FC can get up to 1 year in the Pre-Academy.



RNY FC MLS NEXT ACADEMY

Full-time 10-month Program
U13, U14 Teams
** Parent travel at u13 & u14 ages*
U15, U16, U17, U18/19 Teams
^Team travel included at u15-u19

*Professional Training
Professional Environment
Professional Development
Maximum Opportunity*





PRE-ACADEMY PROGRAM

Pre-Academy Summer Camp

July 27-30 • 9a-3p • Mon-Thurs • \$295



Pre-Academy Phase 1

Aug-Oct • 7 Sessions • Sunday Mornings
Events: u14 US Soccer DA Showcase
u13/u12 Columbus Day or Bethesda
\$150 for Phase 1

Pre-Academy Phase 2

Nov-Dec • 7 Sessions • Sunday Mornings
Events: PY Futsal
\$150 for Phase 2

Pre-Academy Phase 3

Jan-Feb • 7 Sessions • Sunday Mornings
Events: TBA Friendly, Presidents Day DA Event
\$150 for Phase 3



RTC (Regional Training Centers)

TBA • 1-Off Sessions • Free of charge



Past RTCs have been scouted by
US Soccer Scouts and MLS Academy Scouts



Purpose: The Pre-Academy program was developed in response to US Soccer's initiative to develop more players, beginning at younger ages. As a member of the MLS NEXT Platform, RNY FC is taking initiative to develop those players who have the ambition and aspirations to become a world class player, and to contribute to MLS Professional Academies, Youth National Teams and competitive college soccer programs during their career...at an age before they can play in the MLS NEXT Platform for RNY FC'S Academy teams.

OBJECTIVES:

- Provide elite players with elite-level coaching and training at younger ages, on a weekly basis
- Train elite players against other elite players, providing a competitive development platform
- Allow elite players an Academy experience prior to being at the age level when a Full-Time Academy team exists





BOYS PRE-ACADEMY PROGRAM OVERVIEW

Rochester NY FC's Pre-Academy training is a supplemental program for players who desire regular elite level training and competition at an early age. All Pre-Academy sessions are organized by Rory Charcholla (Boys u19 Head coach and Boys Academy Director) and Michael Tanke (Boys Pre-Academy Director). All training sessions are run and implemented by Academy Staff members...the sessions themselves being led by Academy staff members Michael Tanke, GianLuca Cuomo (u15/u16 Head Coach) and Owen Bauer (u13/14 Head Coach).

Like with our full-time Academy teams, RNY FC's aim is to provide the highest standard of training in Western NY (this is why the same coaches who work with the full-time teams will be running the Pre-Academy). By focusing on technique as well as organized attack, defense, and transition moments, our coaching philosophy is to develop the individual player as well as introduce the group to our club's Style of Play and Identity exercises.

This approach to the Pre-Academy sets a clear pathway for these young players who wish to graduate to the Boys Academy Full-Time teams of the future.

		Email 4v4+GKs AFTER		Email 6v6+GKs Before		Email 8v8+GK Before		
Phase 1	Session DATE	1	2	3	4	5	6	7
	Principle	ATT - SOP	ATT - Build Up	ATT - MF Possession	DEF	ATT - Build Up	ATT - Finishing Attacks	Training Day
U11/U12	Stage 1 Identity	Outside Turns /// Dutch Square	Patterns Video /// Dutch Square	W Passing	2-Man	BU Video /// Build-Up Patterns	Wide Progression Video	u11 8v8+GKs u12 8v8+GKs
	Stage 2 Principle	Rondo	Futsal Patterns	Transition Rondo	3v3/2v2 Continuous	4v3 Buildup Game	6-Player Finishing	
	Stage 3 Play	Play - 4v4+G [50Lx30W]	Play - 4v4+G [50Lx30W]	Play - 6v6+G [50L x 50W]	Play - 6v6+G [50L x 50W]	Play - 8v8+G [70L x 50W]	Play - 8v8+G [70L x 50W]	
	On Side Extra					Rondo	Rondo	

Phase 2	Session DATE	1	2	3	4	5	6	7
	Principle	ATT - Build Up	ATT - Finishing Attacks	ATT - MF Possession	DEF	ATT - (Futsal)	ATT - (Futsal)	Training Day
U11/U12	Stage 1 Identity	BU Video /// Build-Up Patterns	Wide Progression Video	W Passing	2-Man	Patterns Video	Dutch Square /// Rondo	u11 4v4+GKs u12 4v4+GKs
	Stage 2 Principle	4v3 Buildup Game	6-Player Finishing	Transition Rondo	3v3/2v2 Continuous	Futsal Patterns	Futsal Patterns	
	Stage 3 Play	Play - 8v8+G [70L x 50W]	Play - 8v8+G [70L x 50W]	Play - 6v6+G [50L x 50W]	Play - 6v6+G [50L x 50W]	Play - 4v4+G [30L x 20W]	Play - 4v4+G [30L x 20W]	
	On Side Extra	Rondo	Rondo					

Phase 3	Session DATE	1	2	3	4	5	6	7	
	Principle	DEF - (Futsal)	PY FUTSAL	ATT - MF Possession	DEF	ATT - Build Up	ATT - MF Poss (WP)	DEF - 2nd Phase	Training Day
U11/U12	Stage 1 Identity	2-Man		W Passing	2-Man	BU Video /// Build-Up Patterns	Wide Progression Video	Drop Pinch Classroom	u11 6v6+GKs u12 6v6+GKs
	Stage 2 Principle	Futsal Patterns		Transition Rondo	3v3/2v2 Continuous	4v3 Buildup Game	6-Player Finishing	Simeone Defending	
	Stage 3 Play	Play - 4v4+G [30L x 20W]		Play - 6v6+G [50L x 50W]	Play - 6v6+G [50L x 50W]	Play - 8v8+G [70L x 50W]	Play - 8v8+G [70L x 50W]	Play - 8v8+G [70L x 50W]	
	On Side Extra					Rondo	Rondo	Rondo	





FULL-TIME TEAM PROGRAM

The following are standard program benefits and programming for all FT teams in the MLS NEXT Platform.

U15-U19: \$6,500

Training: ~4x/week, 10 months per year. August – early December; mid-January – mid-June.

Professional Staffing: USSF-Licensed Coaches; Assistant Staffing; Goalkeeping Staff; Sports Performance Staff; Trainers/Medical (1x/week)

Full Adidas Kit: Home Kit; Away Kit; 3rd Match-day Sock; Warm-up; training t-shirts; travel shirt.

Performance:

- Strength and Conditioning: 2x/week all year – all on site.
- STATSports GPS tracking for all training and matches (software for staff and hardware units for each per player).
- College Placement: College Process Lecture; Four annual E-mail Distributions to 100+ colleges; Parent/Player appointments.
- Elite Performance Seminars: nutrition, college process, development process, style of play, culture.

Video Analysis:

- Live stream of matches.
- Recording of all matches – including access to exchange platform for film cutting and highlight creating. YouTube links for sending matches to college recruiters.
- Video/Animation library for set pieces and principles of play.

Team Travel/Accommodation for all Away matches and events included*.

- For travel to away league matches the teams ride chartered bus, stay with the staff in team hotel, and all meals are with the program.
- At Showcase Events all on-site transportation (vans), team hotel, and meals are covered by the added Showcase fee – travel is like away matches; parents do not need to attend.

**Families are responsible for (air)travel and added fees to all Showcase events.*

**Reminder we stream all away Academy matches live on our Facebook page, eliminating the need for parents to travel and watch their son play. This is cost-efficient and we play similar amount of home matches to away matches within league play.*

U13 & U14: \$5,000

Training: ~3x/week, 10 months per year. August – early December; mid-January – mid-June.

Professional Staffing: USSF-Licensed Coaches; Assistant Staffing; Goalkeeping Staff; Sports Performance Staff; Trainers/Medical (1x/week)

Full Adidas Kit: Home Kit; Away Kit; 3rd Match-day Sock; Warm-up; training t-shirts; travel shirt.

Performance:

- Speed and Agility with HD Performance: Weekly all year – all on site.
- Tactical Film Sessions 2x/month
- Elite Performance Seminars: nutrition, development process, style of play, culture.

Video Analysis:

- Live stream of matches.
- Recording of all matches – including access to exchange platform for film cutting and highlight creating. YouTube links for sending matches to MLS/YNT scouts.
- Video/Animation library for set pieces and principles of play.

Away Travel via traditional parent travel allows player comfort ahead of match days.

- Approximately 6-7 Fall matches. Approximately 5 total trips in the fall.
- Approximately 6-7 Spring matches. Approximately 5 total trips in the spring.
- All weekend travel – players do not miss school.

See APPENDIX – u13 & u14 on our website program overview page for more information specific to our entry ages at u13/u14





Yearly Schedule

AUGUST

PRE-SEASON

*~4 Weeks prior to first match
4x/week + Friendlies
During Summer Break from School*

SEPTEMBER

FALL SEASON

*U15-U19: 3.5x/Week + Matches
U13 & U14: 2.5x/Week + Matches*

OCTOBER

FALL SEASON

*U15-U19: 3.5x/Week + Matches
U13 & U14: 2.5x/Week + Matches*

NOVEMBER

FALL SEASON

*U15-U19: 3.5x/Week + Matches
U13 & U14: 2.5x/Week + Matches*

DECEMBER

FALL SEASON

*U15-U19: 3.5x/Week + Matches
U13 & U14: 2.5x/Week + Matches*

JANUARY

Winter Break

*~5-6 Weeks
(Christmas – End of Jan)
1x/week Play Day*

FEBRUARY

SPRING PRE-SEASON

*~4 Weeks prior to first match
3.5x/week
Indoor & Outdoor Training*

MARCH

SPRING SEASON

*U15-U19: 3.5x/Week + Matches
U13 & U14: 2.5x/Week + Matches
Includes Playoffs*

APRIL

SPRING SEASON

*U15-U19: 3.5x/Week + Matches
U13 & U14: 2.5x/Week + Matches
Includes Playoffs*

MAY

SPRING SEASON

*U15-U19: 3.5x/Week + Matches
U13 & U14: 2.5x/Week + Matches
Includes Playoffs*

JUNE

SPRING SEASON

*U15-U19: 3.5x/Week + Matches
U13 & U14: 2.5x/Week + Matches
Includes Playoffs*

JULY

Summer Break

*~4-5 Weeks Off
1x/week Play Day
Starts week after last match*



Weekly Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NOTES	ALL OFF SITE		ALL OFF SITE				
PRO							
u23							
u19		7.30-9p Alternating on/off every other Monday		7-8.30p			
u17			SC&SP: 5.45-6.30p	7-8.30p	7-8.30p		MATCH
u16				7-8.30p	7-8.30p		MATCH
u15			5.30-7p	6-7.30p	5.30-7p		MATCH
u14	6.30-8p		5.30-7p	6-7.30p	5.30-7p		MATCH
u13	6.30-8p	5.30-7p		5.30-7p		MATCH	
Pre-A							PreA -9a-12p
Other							

The training schedule above represents a normal week in the fall or spring.

During the winter months of January & February we train 3x/week on Tuesdays, Thursdays, Sundays.

We usually do not train on Mondays that are national holidays.

Sports Performance

This is done every Tues/Thurs for u15-u19 players and every Tues for u13 & u14 players, on site at our John Street Complex.

Video/Team Meetings

We do team meetings and Video sessions before/after lifts or on Wednesdays with our older age groups. Video is an important part of soccer development and the Team Meetings relate to culture and developing good people who represent our program.

Functional Training u15-u19

Monday training for the u15-u19 players alternates every other week. On Mondays we work in smaller groups based by position(s) focusing more on the individual and their development to execute the position(s) that currently best fit their skill sets.

Start time

Our Tuesday/Thursday start times of 5.30p are when we have access to the field. We generally start the warm-up of the early training block between 5.30-5.45 to allow more time for travel into Rochester for those outside the area. This allows for better balance of commute for our players from outside the greater Rochester area.

[See APPENDIX – u13 & u14 on our website program overview page for more information specific to our entry ages at u13/u14](#)





CARPOOL TRAVEL TO/FROM TRAINING

Approximate Travel from time from Downtown Buffalo, NY to RNY FC Soccer Center – 75min

Approximate Travel from time from Downtown Syracuse, NY to RNY FC Soccer Center – 75min

~60% of players come from outside Rochester and the surrounding area.

~60+% of players drive over 1hr to/from training.

Carpool:

During our preseason parent meeting Buffalo and Syracuse area families organize carpools to share in the transportation of players to/from training for the upcoming season.

EXAMPLE:

Family A - Parent 1
Parent 2

Family B - Parent 3
Single parent home

Family C - Parent 4
Parent 5

Family D - Parent 6
Parent 7*

*Parent 7 works nights
and can not drive





Under this example to the left there are seven parents able to drive.

Family A and C have 2 drivers

Family B has 1 driver

Family D has 2 drivers but only 1 that can contribute.

For this carpool, each member would drive once every 6 or 7 times. As we train in Rochester approximately 15x per month, this averages out to about two times driving per month.

	<u>New England Revolution</u> ~70% that travel over 1 hour one way
	<u>Oakwood SC</u> ~50-80% that travel approximately 1 hour one way ~20% that travel over 1 hour one way
	<u>Internationals</u> ~40% that travel approximately 1 hour one way ~10% that travel over 1 hour one way
	<u>Indiana Fire</u> ~60-70% that travel over 1.5 one way

This example is taken from a past carpool from Buffalo and is normal across both cities. Ask the staff for more information if you have questions or concerns about travel into training. Every family dynamic is different, and we can tailor training plans to each player's travel situation.





MLS NEXT Competition

COMPETITION



Competitions	Events/Team	Teams	Games Per Team	Total Games
Regular Season	n/a	All Teams	22-30 games	6,370
NEXT FLEX	1	U15 to U19	2-3 games	450+
MLS ONLY GA Cup	1	U15 to U19	6 games	180
Playoffs/Showcase	2	All Teams	6 games	850+
				8,462

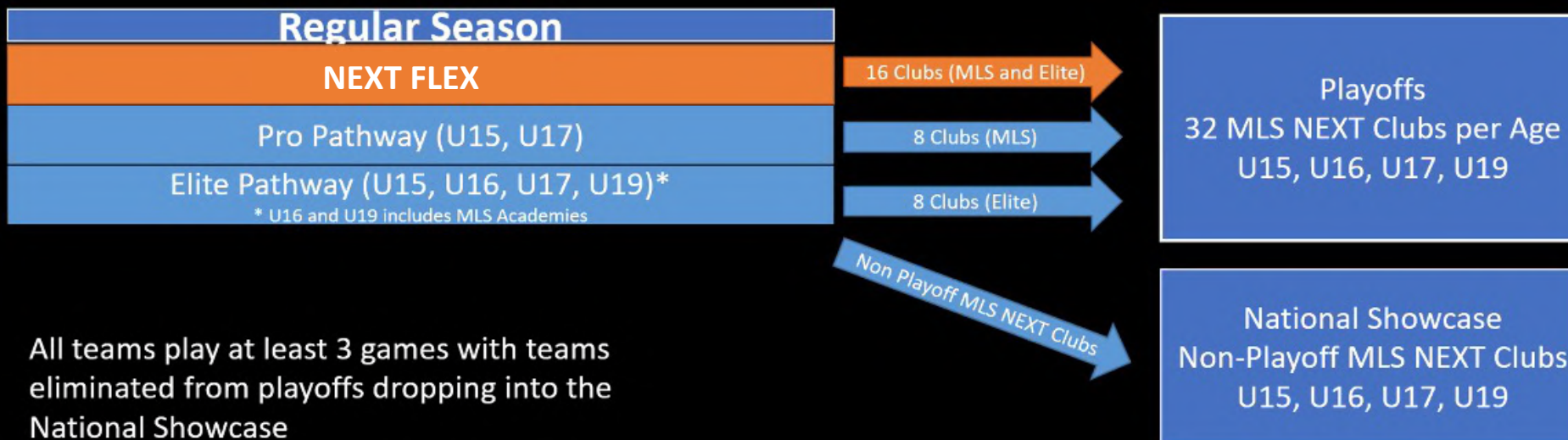




MLS NEXT Competition



**REGULAR SEASON, INCLUDING INTER LEAGUE
PLAY LEAD TO INTEGRATED PLAYOFFS.....**



All teams play at least 3 games with teams eliminated from playoffs dropping into the National Showcase





U15-U19 AWAY TEAM TRAVEL

Away trips are **team travel** like that of a college or professional academy team.

Players are picked up/dropped off on chartered bus (bus pickups in Buffalo, Rochester, and Syracuse).

From pick-up to drop-off the players are under staff supervision and all hotel, food, and transportation are accounted for as part of tuition fee.

Creating a professional performance environment leading up matches and fostering the independence related to being away from home/family are important parts of the development process. This will help prepare players for future successes at their next steps in soccer. Whether that next step is on trial at an MLS club, moving to an MLS club, or when they head off to college... it is important to develop the habits needed for success early and often to have the best chances of success at that next level.

There is also a knock-on effect to Team Travel that is important for our program and team's → Team Travel helps build our Culture of togetherness. The time together on trips helps players build personal connection with one another and other age groups, build cohesion through time spent off the field, and offers opportunities to bond as like-minded individuals. When possible, we also look to share experiences with the teams on trips by visiting local attractions/destinations (ex: taking the group to the Pacific Ocean at the showcase in San Diego or taking the group to Central Park in NYC ahead of playing Gottschee).

Families' attendance at away match is optional and all away matches are both filmed to watch later and streamed live on Facebook – so families can always see their son play!

ACADEMY TEAM SHOWCASE TRIPS

*Showcase trips are similar to that of our away trip weekends – **team travel**. [The only exception is families pay for events, as these are optional MLS NEXT events.]*

Staff sends their flight info so players can fly on the same flight and families do not have to travel. Family attendance is optional.

From arrival at destination to departure all hotel, food, and transportation are accounted for as part of added fee for the Showcase event.

All Showcase matches are streamed live on Facebook.





TUITION FAQ

Why have Team Travel if the Tuition “Sticker Price” is so high?

- As stated on the Team Travel page is an important part of player development that fosters independence and enables a player to develop top performance habits.
- MLS NEXT wants reduced costs for participation and is even mandating free-to-play in their MLS Academies across the next few years for those that do still charge. Though our tuition is higher than other elite level programs in the area, when you factor in travel costs of those programs, we are far cheaper and more cost effective for families.

I like to go watch my son play and don't mind driving...

- You are always welcome to attend away matches – but now you can purely be a supporter! No need to cover meals, leave early and be at matches an hour early. Arrive at kickoff and leave right after!
- The season is also 10-months long, so there is bound to be a conflict for every family at some point. With the Team Travel all you need to sort out is your son getting to the bus pick-up/drop-off.

Why is the Tuition so much higher than other clubs?

- Our program is run to the same standards as a professional Academy, and is held to those standards by yearly evaluations from MLS. We are also a full year program (10-months ON, 2-months OFF).
- When you add in travel costs to families of other programs, we are 75% of the costs of those programs (see next slide).





PROGRAM FEE COMPARISONS

PROGRAM & ASSOCIATED COSTS

RNY FC MLS NEXT

(U15-U19)

BASE TUITION: \$6,500

10 Month

- Staffing
- Training 4X/Week
- Kit
- Strength & Conditioning (2-3x/Week)
- GPS Tracking
- College Placement
- Video Analysis
- Video Live Stream
- Elite Performance Seminars
- League & Registration Fees
- Away Travel, Food, Hotel

*Additional Costs:

Optional Winter Showcase: ~\$1500

Optional Summer Showcase: ~\$1500

*Showcases not mandated by MLS

RNY FC MLS NEXT

(U13 & U14)

BASE TUITION: \$5,000

10 Month

- Staffing
- Training 3X/Week
- Kit
- Speed & Agility (Weekly)
- Tactical Film Session (2/Month)
- Video Analysis
- Video Live Stream
- Elite Performance Seminars
- League & Registration Fees

Additional Expected Costs:

- PARENT TRAVEL:
5 trips per fall & spring (Single & Double)
8 Single Day Play - \$2,240#
2 Double Day Play - \$1,000*

ECNL program in WNY

BASE TUITION: \$3,400

7 Month

- Staffing
- Training: 1x(Fall), 2-3x(Winter & Spring)
- College Placement
- Most Registration/Event Fees

Additional Expected Costs:

- Kit Package - \$350
- PARENT TRAVEL – ALL AGES:
2 ECNL Event with Air Travel - \$2000^ (FL)
3 ECNL Away Trips - \$1500* (MI, OH, PAW)
2 Spring Events - \$1000* (Blue Chip, ECNL Event)

Regional/Select Team in WNY

BASE TUITION: \$2,750

7 Month

- Staffing
- Training: 2x/Week
- College Placement
- Training Only

Additional Expected Costs:

- Kit Package - \$275
- Event Fees - ~\$75/event
- PARENT TRAVEL – ALL AGES:
1 Fall Event with Air Travel - \$2000^
1 Other Fall Event - \$500*
3-5 League Away Trips - \$1500*
No Home Matches in League
3-4 Spring Events - \$1500*

TOTAL COSTS

~\$9,500*

~\$8,250

~\$10,000+

~\$10,000+

#Ground Travel Events with 1 day of play:
1 Parent, 1 Player travel
1 night hotel: \$125/night
2 people food: \$40 per person (Fri Dinner, Sat Lunch & Drive thru on return)
Fuel round trip: \$75
TOTAL COST: ~\$280

*Ground Travel Events with 2 days of play:
1 Parent, 1 Player travel
2 nights hotel: \$125/night
2 people food: \$25/day per person for 3 days (Fri-Sun)
Fuel round trip: \$100
TOTAL COST: ~\$500

^Air Travel Events with 3 days of play:
1 Parent, 1 Player travel
2 Tickets Air Travel: \$1000
3 nights hotel: \$125/night
2 people food: \$25/day per person for 4 days (Thurs-Sun)
Rental Car: \$50/day (Thurs-Sun)
Misc. (fuel, admission, etc.): \$300
TOTAL COSTS: ~\$2000





#ToDreamIsToDo