



Long Term Program Outline

Paris FC 2011 Girls

Introduction

As of September 11, 2023, it was confirmed that the Ontario Soccer South Region (Districts – Hamilton, Niagara, and Peel) will be participating in a pilot program with I-Model for the U13 cohort (b. 2011) of the 2024 outdoor season, as a way to introduce the program to our Region. This is very exciting news for our teams!

The IModel program is a new structure for regular season play, wherein all teams in a group (groups to be determined based on numbers opting in to the program) play together in a pre-season in order to seed teams for the second phase of the soccer season. There is a mid-season break where the teams are then sorted into a C1 (Regional) tier and a C2 (district) tier. The hope is that this will encourage more even playing competition. Teams opting out of I-Model will play in the Hamilton District League as in previous seasons. The season will be from April – November.

We will be opting in to the program for the 2024 season, and our tryouts will be held with the goal of competing for a C1 position – which will include travel for games within Hamilton, Niagara, and Peel districts.

In addition, although it seems like we are ages away from worrying about post-secondary education, the time is nearly ripe to consider that some of our girls will want to pursue playing soccer at the intercollegiate/university level, either here in Canada or in the United States. Canada has 97 Universities and 175 Community Colleges. The number of Division I, II, III and NAIA schools are extensive. However, getting college coaches to your matches is not easy. Due to small recruiting budgets, many soccer coaches require you to come to them, or to major showcase tournaments or ID camps.

Goals and Rationale

This program outline is designed to prepare the athletes with the tools required for high levels of competition. The program will provide opportunities for those interested to create a player profile and play in showcase and high-end tournaments. While the goals above are challenging, the program will provide athletes the time to develop their full potential while having fun, fostering new friendships, and learning valuable life skills. The experience gained will benefit the girls in so many ways beyond post-secondary scholarship opportunity.

Program Includes:

- Training: technical and tactical (Coaching Staff and Technical trainers), including goalie training
- Fitness Training/Testing (including all pillars of fitness such as strength training, speed and agility, flexibility, cardiovascular, and muscular endurance): provided by trained and licensed staff
- Nutrition: Information, Plans, and Guest Speakers
- Video Review and game breakdown: We have purchased high end automated video equipment for the team including AI game analysis, and there will be mandatory team meetings to review footage with the coaching staff. Players will also have access to videos for their own review/highlighting.
- One on one coach interaction: Regular meetings between coaching staff and player/parent in a one-on-one personalized setting in order to focus on individual strengths and opportunities.
- Team Building: We will have regular “team building” events outside of soccer in order to build cohesiveness as a group.
- Winter/indoor season time commitment: approximately three sessions per week (one fitness, one tactical, one technical training session). This will be adjusted depending on winter league play. Consideration will be given for multi-sport athletes.
- Summer/outdoor season time commitment: two sessions per week plus season game plus 4-5 high end tournaments in preparation for showcase events (which begin at U15 into U18).

Long-Term Potential Goals

We are structuring this as a 3-year development program in order to bring this team to where they can compete with teams at all levels in North America – club, regional, and Academy level. This means that we aim for 80% of the team to be able to play at a collegiate level in Canada or the United States. Post-secondary athletic scouts will begin to examine potential players at the U14/U15 season.

We will be aiming to build our ranking within GotSoccer (by playing in ranked tournaments) in order to increase our team profile internationally, and also to enable us to gain entry into invitational showcase tournaments in future seasons. Competing against teams ranked above us in GotSoccer increases our own ranking exponentially.

We will also be assisting our players in selecting and preparing for ID camps, which are events hosted by post-secondary institutions to identify potential players outside of the tournament/team environment. Soccer ID camps will have college coaches from multiple division levels in attendance, and the athlete’s goal is to get on as many “players to watch” lists

as possible.

These preparations will include building a player portfolio for each athlete, including photography, video highlights, and resumes.

We also plan to participate in an overseas “highlight” tournament trip during the 2025 (U14) season.

Annual Tryouts

All team positions will be filled via annual tryouts. Player selection will be made by the coaching staff and its advisors. Returning players are not guaranteed selection.

Tryout dates to be mid-September. Complete details will be posted on our website www.parisfc.ca

Coaching staff are as follows:

Head Coach: Rob Ostrowercha

Assistant Coach: Nicole Scottie

Assistant Coach: TBD

Technical Training: Tennyson and Brendon Ulysse

Goalie Training: Connor Parent

Fitness/Strength Training: TBD

Philosophy on Playing Time/Guidelines

Playing time is a sensitive subject at any high level of play. The following should make it clear about expectations and how we make our decisions:

1. You must make a commitment to team guidelines (displayed in strength training, conditioning, rest habits, nutrition, technical training etc.)
2. You must display a competitive attitude during practice and in games.
3. You must develop a strong skill base measured by stats and coaching staff evaluation.
4. You must display strong interpersonal skills on and off the field. (Be an energy producer, resolve conflicts, Be a giver, not a taker)
5. Intangibles - ability to inspire, and the ability to play well during critical moments in a match

Some clarifications for the above guidelines

- i. It is the coaching staff's intent to provide all team members an opportunity to play in each game, but that cannot be guaranteed. When this occurs, your perception may not coincide with the staff's perception.

ii. It is likely you will disagree with decisions at some point. When this happens, it is your job to control your emotions and contribute to the team chemistry.

iii. As coaches we will always put the players on the field who we think will have the best chance to win.

iv. Don't assume you know why you are not getting playing time. Many factors such as limited number of substitutions, weak practices before game, etc. contribute to these decisions. If you want clarification select a time aside from practice or competition to talk.

Definition of Success/Team Chemistry Philosophy

"The peace of mind which is a direct result of self- satisfaction in knowing you did your best to become the best that you are capable of becoming." –John Wooden

1. Team Chemistry lies at the core of successful team performance.
2. Every athlete brings a unique and different personality. Each player deals with frustration differently, each player responds to different motivational techniques, and each player sees a different path to resolving interpersonal conflicts. It is our job (Coaching Staff) to attempt to identify these differences and to unify everyone around a common set of ground rules.
3. Learning conflict resolution skills is not a popular team activity but it is essential to team success.

Criteria for Athletes Selected

LOYALTY- to yourself and those who depend on you. Keep your self- respect.

FRIENDSHIP- comes from mutual respect and devotion

ENTHUSIASM- your heart must be in your work

SELF CONTROL- emotions under control, and common sense judgement

INDUSTRIOUSNESS- there is no substitute for hard work (sport and school)

An eagerness to sacrifice personal interests or glory for the welfare of all. The team comes first.

Player Contract

As a PARIS FC F2011 player:

1. I will work hard, interact truthfully, learn how to set goals, be loyal, and overcome the urge to complain.
2. Avoid thinking negatively, backstab, act selfishly, or behaviour that will disrupt chemistry.
3. I will maintain my academic responsibilities.
4. I will become an ambassador for our program.
5. I will show frequent and genuine appreciation to those who work on our behalf (administration, coaches, supporters, etc..)
6. I will be accountable for all team requirements. (be on time, listen, verbalize or notify staff when not attending sessions)
7. I will eliminate the use of obscenities during practice and competition.
8. I will accept decisions of the coaching staff and support my team when not in a match.
9. I will use social media in the same manner as I would speak to someone face-to-face – with respect and good manners.

PLAYER SIGNATURE:

COSTS:

These costs/fees below exclude the highlight overseas tournament trip (which will be separately funded through sponsors and fundraising), and are approximate.

Costs will range from \$800-\$1200 per player for the season (including winter training). The costs of I-Model registration have not yet been determined. We will be soliciting sponsorship (including corporate sponsorships) and running fundraising events in order to help offset costs and additional expenses (such as travel and tournaments). We will involve selected players and parents in this process as the season continues.

Budgets will be prepared and distributed at the beginning of each season.

Further Information

For any further information, questions, or clarifications, please feel free to email us at info@parisfc.ca.

See you in September!