

## INFORMATION BULLETIN

**Bulletin #:** I2018 – 033  
**Date:** July 24, 2018  
**To:** Ontario Soccer and District Membership, ORA  
**CC:** Ontario Soccer Board of Directors, Staff  
**From:** Dave Kelly, Manager, Coach Development  
**Subject:** Upcoming C License and Soccer Fitness Diploma

Ontario Soccer is pleased to announce the date and location of two upcoming Coach Development opportunities:

### **C Licence Course**

Ontario Soccer has opened registration for the following location and date:

- Ontario Soccer, September 15, 16, 22, 23 (4 days; 2 weekends)

This course will be held in Vaughan, Ontario at the Trio Sportsplex. Upon successful application, coaches will be provided with further details regarding location, times and any other additional details.

Applications must be submitted via [Coach Centre](#). Once a coach's application has been approved, they will be granted access to register for this course.

Proof of the following requirements must be provided for coaches to apply for the C Licence course: completion of a Learn to Train or Soccer for Life course and Make Ethical Decisions, Respect in Sport, and Making Head Way in Soccer.

### **Soccer Fitness Diploma**


Ontario Soccer has opened registration for the following location and date:

- Ontario Soccer, September 15, 16 (2 days)

This is a Diploma course produced by Ontario Soccer, combining theoretical and practical components of soccer fitness training. Course components include: strength training, fitness



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assessments, periodization, monitoring and training male and female players, aerobic energy system training, anaerobic energy system training, and coordination.

This course will be held in Vaughan, Ontario at the Ontario Soccer Centre. Upon applying, coaches will be provided with further details regarding location, times and any other additional details.

Applications must be submitted via [Coach Centre](#). Once a coach's application has been approved, they will be granted access to register for this course.

Proof of the following requirements must be provided for coaches to apply for the Soccer Fitness Diploma: completion of a Learn to Train or Soccer for Life course or a valid C Licence or B Licence Part 1 and Make Ethical Decisions, Respect in Sport, and Making Head Way in Soccer.

If you have any further questions regarding the C License course, please contact [Nicola Venosa](#).

If you have any further questions regarding the Soccer Fitness Diploma, please contact [Lyndon Hooper](#).

