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**"This is No Ordinary Soccer Club You're Dealing With."**<sup>™</sup>

## **BLAST PLAYER EXPECTATIONS:**

We aim to be clear in our expectations in order to help players and families to have the best chance at being successful. We are not and never will be the biggest club. Bigger clubs have harder times creating and managing their goals and objectives. Here, we consider ourselves perfectly sized to deliver a consistent message and to help our players exceed even their own expectations.

We are often asked about the following elements that tug at a players and families ability to be as committed as possible:

### **#1: Can I play a WINTER SPORT, and still play Blast Soccer?**

Absolutely! We are fans of multi-sport athletes, we just expect and anticipate players to be disciplined enough to manage schoolwork and their commitments to other sports and to do everything they can to include Blast soccer. Often times, it means going from one sport to another on one or two nights a week over the winter to contribute to both teams. All part of the DREAM Development philosophy.



### **#2. Can I play a SPRING SPORT, and still play Blast Soccer?**

Depends on the age. At younger ages, you can try to balance a spring sport. But from age 13 up, starting in late February or March, time for a spring priority gets much more difficult. We cover a lot of our development as we prepare for both upcoming tournaments and league. For those who do play a spring sport, a simple and clear understanding with a spring sport coach to establish soccer as a priority will eliminate the stress.

### **#3. Can I play HIGH SCHOOL soccer at the Blast?**

Rules prohibit players from doing both. We feel, if you're playing on varsity, play high school. But, JV or B-Squad? Maybe not - Blast development may be more beneficial. However, while most high school programs will be a lower quality of play than club soccer, there is a social and community value that is important to gaining friends and belonging to your community. We do encourage players who have spent the past 10+ months of club soccer to take this break and enjoy an 8-10 week high school season and rejoin their club journey in October or November.



### **#4. Do I have to give up our family VACATIONS?**

No, you don't. But, you will need to plan them carefully in order to not have them conflict with games and or training sessions when in-season. Most Blast teams u14 and older travel during school spring breaks, and often can be coupled as vacations.

### **#5. This is a year I may go to PROM or our SCHOOL FORMAL, can I still go?**

We do understand the excitement around prom and school dances. And, unfortunately, Prom is often held over State Cup, and it may mean you're getting dressed in a hotel room (in playing in Mankato) after a State Cup game, coming home a little earlier than others on your big night and being prepared to work hard for your team the day of or the day after your prom.

### **#6. What is the story on WINTER TRAINING?**

Winter training is essential to our player development program. We have 2-3 sessions per week and will add others as players age and events dictate. Winter training is not something to set aside while a winter sport is in session. We ask all players and families to balance schedules to the absolute best of your ability to be present and contributing to winter training sessions as often as you can. Even if it means arriving late or leaving early. It is important to your team and your teammates.



### #7. Player FITNESS Expectations.

All our players have a core workout regimen we expect them to do 2-3 times per week on their own. We also will have actual "strength and conditioning" commitments 1-2 times per week as we approach spring. The reason is simple: everyone invests too much time and money to have any injuries that can be prevented through better physical health. So, we value these sessions.

### #8. Player GRADE expectations.

We are focused on helping our older players become candidates for college programs as they age into these opportunities. That means helping all our players prioritize school and value achievement in the classroom. For our older players, we will meet ahead of our season, determine their commitment for grades and help ensure they are meeting their expectations along the way. It does not mean we skip sessions because a test or a project is upcoming. We would expect that you would have prioritized the test or project schedule, planned your study around it and would not have been surprised by a test or project. Often, the busier we are, the more productive we are.



### #9. Player MENTORSHIPS.

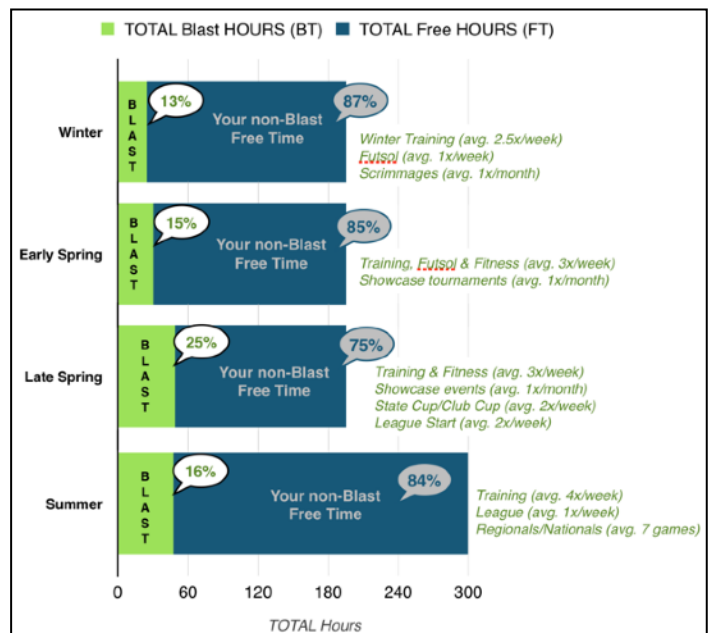
We have players in our program that can use help from our older, more seasoned players. These opportunities also help our mentors- and mentors-to-be prepare leadership qualities. We are fans of passing on the things we learned from - the things we valued - to others so they can benefit from our experiences. We have Jr. Blast, player camps, youth player development initiatives and other programs to help our players get involved in leadership opportunities.

### #10. Actual TIME we are asking for.

As a high level club and having trained high level players, we understand what is necessary. We also understand what is too much. We are very careful and believe our program is the best at balancing time and expectations against high level player development. The reality is...the actual percentage of your TOTAL FREE TIME for each of these seasons look like this:

- (1) Winter - 13%;
- (2) Early Spring - 15%;
- (3) Late Spring - 25%;
- (4) Summer - 16%.

Collectively, the Blast is asking for just over 14% of your total available free time; far less than what people think. This is a very small and manageable number. With that, we can get a lot covered when we have everyones full commitment.



This is a complete program for player development. While it might be something our younger players (u9-u11) may only take small roles in, they will be introduced to the Blast D.R.E.A.M. Development philosophy that we believe makes for successful and productive players and people.