



# IModel Program Outline

## Introduction

The IMODEL pilot program is now complete and the province is adopting it as a set structure going forward for all age groups (U14 to U18), which means that our older youth teams now have an opportunity to take part in the program. The current regional (GHSL for our area) program will be disbanded. For the 2025/26 season, based on club assessments, we intend to register the following teams:

Boys	Girls
U14 (b.2012)	U14 (b. 2012)
U16 (b. 2010)	U15 (b. 2011)
U17 (b. 2009)	U17 (b. 2009/2010)

Head Coaches must have at minimum, the Grassroots Diploma certification or be in the process of obtaining this certification. Assistant Coaches must be certified at the “Soccer for Life” level.

Additionally, it is our intention that all of our IMODEL teams follow a similar program - each team can put their own stamp on it based on coaches and parents input, of course (for instance, we will not insist on a particular skills/fitness/training provider, but we do expect that the teams provide a similar framework, as it has proven successful). The Club will be monitoring the teams for this standard.

The qualifying process is expected to be similar to the 2024/25 season, which was a series of home/away games between all teams in Hamilton and Niagara Districts that opt into the program. This takes place mid-April to late May.

Once the qualifying round is complete, the teams are sorted into three levels - C1, C2, and relegated to district leagues. There are 8 spots in each IMODEL division, 5 held for Peel/Halton teams (who hold their own, separate qualifying season) and 3 for Hamilton/Niagara teams. This qualification starts fresh each spring - each team must

re-qualify every year, no grandfathering into a division.

This program has enabled our current IModel teams (2011 and 2012 girls) to compete against a higher level of competition on a regular basis, and has honed the players' skills as they move forward in their soccer careers.

In addition, the time is now ripe to consider that some of our players 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 our Paris FC 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 players in so many ways beyond post-secondary scholarship opportunity.

### Program Plans Include:

- 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 staff
- Video Review and game breakdown: Games should be recorded and reviewed/analyzed by the coaching staff to shape practice and game plans as we move through the season. Players will also have access to videos for their own review/highlighting.
- Team Building: We encourage regular "team building" events outside of soccer in order to build cohesiveness as a group.
- Winter time commitment: approximately three sessions per week (one fitness, one tactical, one technical training session). This will be adjusted depending on winter league play. As a club, Paris FC follows Ontario Soccer and other sports governing bodies in supporting multi-sport athletes, and we expect our coaching staff to encourage and welcome these athletes within their teams. We expect as much commitment as possible during the winter season, but this can be established on a one-on-one basis between the coaches and those who take part in another winter sport.
- Summer time commitment: two sessions per week plus season game, plus 4-5 high end

or showcase type tournaments. We expect full commitment from all selected players for the outdoor soccer season, with reasonable exceptions for illness, school, and family commitments.

### Long-Term Potential Goals

Realistically, we aim for 80% of each team to be able to play at a collegiate level in Canada or the United States by the time they finish their career here with us at Paris FC. Post-secondary athletic scouts will begin to examine potential players at the U15/16 season.

We will be aiming to build our ranking within GotSoccer (by playing in ranked tournaments) in order to increase our teams profiles 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 can also assist 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 interested athlete, including photography, video highlights, and resumes.

### 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 begin mid-September. Complete details will be posted on our website [www.parisfc.ca](http://www.parisfc.ca)

### 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 preceding guidelines:

- It is the 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.
- 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.
- We will always put the players on the field who we think will have the best chance to win.
- Don't assume you know why you are not getting playing time. Many factors such as limited number of substitutions, commitment to training time, 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.
4. All team members will be expected to put in their 110% effort, because your work ethic will impact your own success, your teammates' success, and the entire team's success.

#### Costs:

These costs/fees below are approximate.

Costs will range from \$1000 - \$1500 per player for the season (including winter training and base registration). Teams are encouraged to solicit sponsorship (including corporate sponsorships) and run fundraising events in order to help offset costs and additional expenses (such as travel and tournaments).

Fundraising and sponsorship shall be structured so that there is a base minimum per player – we expect that all team members will be making a contribution to the overall fundraising goals.

Budgets will be prepared and distributed by each team at the beginning of each season, and will be accessible to all families on a team throughout the season.

### Further Information

For any further information, questions, or clarifications, please feel free to email us at [info@parisfc.ca](mailto:info@parisfc.ca).

See you in September!