



FC DURHAM U16 OPDL

2008 GIRLS

WHY FC DURHAM OPDL?

**Canada Soccer National Youth Club
Standards Based Program
Provincial and National ID
Proven College Bound Program
Holistic 4-Corner Development
Professional Environment
Professional and Certified Coaches
Training and Games on Elite Fields
Culture**



**CONTACT – TOM CROFT –
TCROFT@FCDURHAMACADEMY.COM**

INDOOR HIGHLIGHTS

**Pre-Program Meeting
3 Training/Week
Strength & Conditioning
Program
Goalkeeper Training
Education Sessions**

OUTDOOR HIGHLIGHTS

**Pre-Season Meeting
OPDL League Play
3 Training/Week
Goalkeeper Training
Games Videotaped
2 Fitness Testing
2 Player Assessments
Scouting for NDC**

TOURNEYS AND EVENTS

**FCD Girl's College
Showcase**

**2 Sahlen's Sports Park in
Buffalo**

FTF Spring Showcase

Umbro Showcase

**Las Vegas Mayor's Cup
Or
Jefferson's Cup in
Virginia**