



# St. Charles Force Premier Program Information Handbook



# PREMIER LEAGUE

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## PREMIER LEAGUE

### The St. Charles Force (SC Force) Premier Program

The Premier program encompasses the highest level of Club Soccer available to youth players in Manitoba. The program generally includes two levels of play at each age, referred to as Premier 1 and Premier 2.

The focus of the Premier program expands to emphasize team playing attacking and defending formations, aimed at exploiting the ball control skills developed at earlier ages. As game play now forms a more significant component of coach and player evaluation, a greater emphasis is placed on contributions to the team result.

Teams at the Premier level may be required to travel out of town for league play during the season (e.g. Portage La Prairie, Brandon and/or Thunder Bay) if those cities place teams in the WYSA Premier 1 and Premier 2 leagues.

#### Premier 1

intended for the top soccer athletes in the Province. The commitment for a Premier 1 player is 80% attendance, attending tournaments and training 2-3 times per week with 1 league match.

##### **MSA Cup Team**

The Provincial Tournament happens for ages U15 and U17, players from the U14 all the way through to U17 are eligible to make this team. This commitment can be up to 3-4 times per week plus league games and friendly matches. A player that is rostered on the MSA Cup team is not guaranteed playing time in any of the matches, nor is a Premier 1 league player automatically on the MSA Cup Team. The Manitoba Soccer Association Provincial Club Champions in each age category will progress to the Canadian Club Nationals held annually each fall. Additionally, players in the Premier program are invited to participate in the selection process for Provincial and National Training programs



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### Premier 2

is intended to provide players who are committed to further improvement of their skills with an opportunity for participation in a competitive training program. Player on the premier 2 teams are expected to attend 80% attendance but have 1-2 trainings per week and 1 league match. At the premier 2 level we expect players to work hard at trainings and games. Players will be assessed throughout the season as well have access to guesting with premier 1 teams as well as the MSA Cup team.

## Structure of the St. Charles Force Programs

### Outdoor

#### Pre-Season (April)

- Assessment/Try-Out Process (January – March)
- Team Meetings/trainings (April – May)
- Two-three team practices per week (April – May)

#### In Season (May – September)

- Minimum 2 team training sessions per week (May – September)
- Group Training Sessions throughout the season
- Friendly Matches (organized by the Technical Staff and/or Team Coaches)
- Once per week game as administered through the Winnipeg Youth Soccer Association
- Teams are encouraged to participate in 1 to 2 tournaments per season. These may be local or out of province/country depending on the team's desire and tournament availability. Tournament participation is organized on a team by team basis and in discussion with the St. Charles Force Technical Director.

80% attendance at training sessions and games is an expected part of a player's involvement in the program, and an important component for evaluating a player's commitment to improvement. If the desired attendance is not achieved this could result in loss of playing time in games.



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### Indoor

#### Pre-Season (September – mid-October)

- Assessment/Try-Out Process (July – August)
- Two-three-week break before season kicks off
- Team Meetings
- 1 – 2 team practices per week

#### In Season (May – September)

- 2 team training sessions per week in a gym
- Potential for friendly matches (organized by the Technical Staff and/or Team Coaches)
- In-service sessions with Technical Staff
- Once per week game as administered through the Winnipeg Youth Soccer Association
  - Saturday – Girls
  - Sunday - Boys

As soccer is a summer sport and the indoor season runs parallel with school sports, we are more flexible with players missing due to alternate sports. Players should not fall below 75% attendance at training sessions and games is an expected part of a player's involvement in the program, and an important component for evaluating a player's commitment to improvement. If players fall below the 75% attendance this can affect their playing time in games.

Teams are encouraged to participate in 1 to 2 tournaments per season. These may be local or out of province/country depending on the team's desire and tournament availability. Tournament participation is organized on a team by team basis and in discussion with the St. Charles Force Technical Director.



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### SC Force Fees

#### SC Force Team Fees

Program fees are designed to cover the costs associated with district operations, including the need for quality technical staff and facilities required to facilitate practices and league play for all teams.

##### **Outdoor Fees:**

*include:*

- WYSA Fees (referees, league fees, MSA Fees)
- SCSA Fees (equipment, staffing, administration, office)
- Facility Fees (lining, permits, netting, City of Winnipeg field maintenance)
- Uniform Fees (split over 2 outdoor & 2 Indoor seasons)

##### **Indoor Fees:**

*include:*

- WYSA Fees (referees, league fees, MSA Fees)
  - U9/10 – 6v6 on a ¼ field
  - U11-U17 – 9v9 on ½ field
- SCSA Fees (equipment, staffing, administration, office)
- Facility Fees (gym permits, alternate facilities)
- Uniform Fees (split over 2 outdoor & 2 Indoor seasons)

#### Financial Assistance

Families requiring financial assistance may apply for Kidsport subsidy. Jumpstart also provides funding to be used for registration into organized sports up to a maximum of \$300.00 per annum.

- **Kidsport** Program information and Application:  
<http://www.kidsportcanada.ca/manitoba/apply-for-assistance>
- **Jumpstart** Program Information:  
<http://jumpstart.canadiantire.ca/en/what-we-do/how-to-apply>



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### SC Force Assessments/Team Formation Process

In order to be placed on Premier team potential players must attend two (2) assessments.

Players must pre-register for the assessment during registration. A \$20.00 fee is charged to cover the cost of assessors and other administrative components. Please wear shin pads and bring a labelled water bottle.

General Assessment Policies:

- All sessions are 1 hour in duration and will start at the indicated time.
- Players are required to attend all sessions for their age/division.
- Players can check-in up to 30 minutes prior to the start of their session, please arrive early.
- Be dressed in proper soccer attire (cleats/runners/indoor shoes depending on facility, shin guards, shorts) and ready 10 minutes prior to the start of the assessment. Any player without shin guards will be turned away from the session.
- Bring a labeled water bottle.
- All players must be assessed in their birth year category. No exceptions. If requesting an age advance this must be indicated on the assessment registration form (which is completed at time of registration).



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### SCSA / SC Force Academy Programming

St. Charles Soccer Association runs pay-for-service Academy Programming. These academy programs are optional programs that players from Recreational, SC Force and players not currently playing on a registered team are able to register and participate in. The sessions are organized, planned and executed by the Technical Staff.

SC Force Players registered in Academy are eligible for recommendation into the MSA Pre-Prospects, MSA Whitecaps Prospects (Male) and MSA REX (female) Programs.

[SCSA Private Academy Policy](#)

### District Prospect Centre - Selects (U12 – U17)

DPC Selects is a program for players who are registered in Academy Programming and/or registered with the MSA Pre-prospects training. These sessions are designed to place players in an environment with like-minded players who have shown the desire and passion to push themselves to the next level. Players selected into the Select's program are not guaranteed a spot season to season, as well during the training sessions – they continually work to keep their spot throughout the duration of the program.

This program will be a platform for selection into the Winnipeg Waverly Mitsubishi Selects – Pre-University Travel program.





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### District Prospect Centre (U12 – U17)

The DPC is a once-per-week, optional supplementary training program. This program is designed for players that are looking to enhance and refine their technical abilities. These sessions will be challenging and demanding on the players involved, the focus of these sessions is to prepare players for the technical pressures that are associated with game play. (Example: Receiving under pressure, one touch vs. two touch, playing through lines of defenders)

The sessions will be grouped by ability (first two sessions may be used as assessment sessions) Placements in groups are not guaranteed nor are requests for placements.

### District Skill Centre (U9 – U11)

The DSC is a once-per-week optional supplementary training program. This program is designed for players that are looking to build and enhance their technical abilities. Sessions will be challenging and developed to push players outside of their comfort zones. Players will be continually encouraged to try new skills under varying degrees of pressure.

The sessions are designed around the Canada Soccer Associations, Long Term Development program. The players are grouped by ability rather than by age. They will be working in either a Preferred Training Model (station work) or progressive training sessions with qualified coaches. This curriculum for this program is created by the St. Charles Soccer Associations Technical Director and executed by TD and the DSC Staff and is developed based on the skill level and age of the athletes that are participating.

### Goal Keeping Academy (U12 – U17)

We are happy to have Patrick Di Stefani coaching our keeper academy for the indoor season. Our program will focus on specific technical and tactical skills that goalies must learn in order to compete at any level. This program is available to all of our U12-17 Rec and SC Force Players.



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### Intro to Goal Keeping Academy (U9-U11)

This academy is geared towards developmental players who are interested in playing goalie, players who want to know more and players who just want to learn a little something extra.

These sessions will be lead by C-Licensed Trained Goalie Coach - Hailey Green

If your Child is registered for DSC, they will break off for these 4 sessions and the cost is included in the DSC fee.

### Recreational Academy

The SCSA Recreational Academy is a once-per-week optional supplementary training program for players U9 - U15. This program is designed for recreational players that are looking to build their technique on the ball for personal development and/or because they want to take their skill to the next level. Sessions will be challenging and will be developed to ensure that players are executing the basic skills consistently before pushing on to the next level.

The sessions are designed around the Canada Soccer Associations, Long Term Development program. The players are grouped by ability rather than by age. They will be working in either a Preferred Training Model (station work) or progressive training sessions with the academy coaches. This curriculum for this program is created by the St. Charles Soccer Associations Technical Director.

### Mini Academy

The mini academy is a once-per-week program that is designed to introduce soccer to young players in a fun and engaging environment. The sessions are designed around the Canada Soccer Associations, Long Term Development program. This program at the Active Start Stage focuses on individual skills like dribbling, turning and shooting. Each session is designed to be fun and keep your child entertained!



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### SC Force Coach Selection

St. Charles Soccer Association appreciates and welcomes those who are willing to volunteer their time coaching. Please complete the coaching application form on our website and email your expression of interest to [technicaldirector@stcharles-soccer.com](mailto:technicaldirector@stcharles-soccer.com). The Technical Director will contact you. Coaches need to complete appropriate coach screening paperwork. (CPIC, CAR and Respect in Sport) All coach selections are processed by the St. Charles Force Technical Director, who has final responsibility for selection, training and monitoring of coaches.

Coaches are supported and encouraged to obtain and update certifications through MSA courses offered each year.

### SC Force/SCSA Policies and Procedures

Please see [www.stcharles-soccer.com](http://www.stcharles-soccer.com) for all Club Policies including dress code, equipment requirements, codes of conduct, travel, discipline and more.



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### SC Force Parent-Club Communication

#### PARENT LIAISON & INCIDENT PROTOCOL

Each team must have a parent liaison who is to be chosen by the parents, not the coaching staff. The parent liaison cannot be a part of the team staff or married to/related to the staff but rather an independent and fair person who can help maintain positive relations between parents and the coaching staff.

The purpose of a parent liaison is to act as a connection between the parents and the coaching staff when issues arise or communications fail. The parent liaison is the first venue for conflict resolution. We ask that when parents or coaching staff have an issue, they first attempt to solve the issue at the team level through the parent liaison before, bringing their issue to SCSA.

Most conflicts are born out of a lack of understanding or communication between parties and the parent liaison can facilitate communication and understanding by listening to both parties and finding common ground from which to work.

When an issue arises communicate the problem via email to the coach and/or manager and ask for a time to discuss either on the phone or a time in person.

If at any time you encounter a situation that you cannot, or do not want to handle, do not hesitate to contact the SCSA office for assistance.

**post incident** After incident occurs wait the 24hr cooling period. and then have a discussion about the incident with the coach and/or manager

**problem solving** If issue is not resolvable after the coach and/or manager discussion, contact the parent liaison and have a discussion with all parties involved and try to come to a solution.

**unresolvable issues** If a solution cannot be obtained a formal complaint can be submitted to SCSA office for review.



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### SC Force Tournament Participation

St. Charles Force encourages teams to participate in tournament play at the highest appropriate level both locally, outside of the province, and/or outside of Canada. Tournament participation is organized on a team by team basis and is primarily a voluntary endeavor undertaken by each team in discussion with the St. Charles Force Technical Director. Teams are encouraged to participate in 1 to 2 tournaments per season. These may be local or out of province/country depending on the team's desire and tournament availability. Approval for tournament play must be obtained from the St. Charles Force Technical Director prior to registering teams for tournaments to ensure appropriate levels of play.

Prior to the season, St. Charles Force will communicate to Coaches, recommendations for age and skill appropriate tournaments to assist with team decisions.

Funding for tournament travel and entry fees is the responsibility of the participating team's players and parents.

[SCSA/SC Force Travel Policy and Guidelines](#)

### Winnipeg Youth Soccer Association (WYSA)

All St. Charles Force Premier Teams participate in city-wide league play organized by the Winnipeg Youth Soccer Association (WYSA). The outdoor season generally runs from the end of April to late October with spring play ending in mid-July and fall play starting again in early August. WYSA has not yet released the 2016 outdoor season calendar. Teams will have an average of one game per week with adjustments made as required from time to time to accommodate field availability, weather-related cancellations, or other events.



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### Manitoba Soccer Association (MSA) Provincial Championships

Youth Premier Club Teams at ages 14, 16 and 18 are invited to participate in the annual Provincial Club Championships held in June, July and August. Based on the most recent communication from the Manitoba Soccer Association, it is anticipated that the format and structure of play will be similar to that adopted for the 2014 season with championship round robin games scheduled for weekends in mid/late June and early/mid-August with the Provincial Championship Finals occurring in late

August. It is expected that Premier team players at age 14, 16 and 18 will be available for additional practices through the season in preparation for MSA Provincial Championships competition.

### Canada Soccer Association (CSA) Club Nationals Tournament

Club teams that win the Manitoba Provincial Club Championships are eligible to travel to a significant venture, requiring on average \$25,000 - \$35,000 in funding. Fundraising is the responsibility of the team traveling to Nationals.



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### SC Force Volunteer Bond – Coming Soon

St. Charles Soccer Association is a volunteer based organization.

Starting with the Outdoor 2019 season we are implementing a "Volunteer Bond" which will be required from every family that registers their child/children in the soccer program. The Volunteer bond will be collected by your Team Manager once your child has been placed on a roster. This bond must be paid prior to beginning of any team activities and prior to formal approval of the player being included on the roster.

- 1) The bond requires each family to volunteer 3 hours for the organization. Volunteering includes such activities as helping hand out equipment, assisting with registration, assessments/tryouts, helping at the banquet, assisting with recreational kickoffs and jamborees.
- 2) Volunteer opportunities will be posted on the St. Charles website and additionally communicated to families by team managers. Should you not fulfill the 3 hour requirement by volunteering for available activities your bond will not be refunded.
- 3) Should you choose not to volunteer you may indicate so at the time of payment of this bond.