9U (2010s) & 10U (2009s) Academy Program Flyer – SPRING 2019

The following serves as a guide for the 9U and 10U Academy program for the spring 2019 season.

** Please note that schedules and events are subject to change. **

<table>
<thead>
<tr>
<th>VSA Academy Program Leadership</th>
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<tbody>
<tr>
<td>Technical Director</td>
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<tr>
<td>Youth Development Director</td>
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<tr>
<td>Academy Director</td>
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<table>
<thead>
<tr>
<th>VSA Head Staff Coaching Assignments / Contact Information</th>
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<tbody>
<tr>
<td>9U Boys</td>
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<tr>
<td>9U Girls</td>
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<tr>
<td>10U Boys</td>
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<tr>
<td>10U Girls</td>
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Academy Philosophy and Team Formation

- An age group player development philosophy that places the emphasis on individual technical and tactical development. Program focuses on establishing an appropriate training environment to allow players to develop to their full potential and prepare them for the next level of soccer experience. (Learn to train)
- Training is conducted by licensed professionals and assisted by parent-volunteer coaches (minimum of an E license or 7v7 Grassroots Course) who follow a structured training curriculum. The program is geared towards further developing the individual player rather than developing / creating all-star teams.
- Per Academy rules, balanced teams are formed to play in the ISL Academy league and festivals (We will not form ‘A’ or ‘B’ teams), rosters will change at least 50% season to season, and coaches will do their best to provide players 50% playing time in matches, rotate positions, and rotate starters.

Training begins: the week of March 25th

The first week of training will be held at Waukee South Middle School (SMS) (2350 SE LA Grant Pkwy, Waukee, IA 50263). Training schedule for the week of March 25th below:

<table>
<thead>
<tr>
<th>Week of March 25th at Waukee South Middle School Gym</th>
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<tbody>
<tr>
<td>Group</td>
</tr>
<tr>
<td>--------</td>
</tr>
<tr>
<td>9U Boys</td>
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<tr>
<td>10U Boys</td>
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<tr>
<td>9U Girls</td>
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<tr>
<td>10U Girls</td>
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Spring Parent Meetings: Will be held at the first training session for each group. Meet in the hallway outside the gym at Waukee South Middle School. Meeting will begin shortly after the start of the training session.

Team / Player Bonding Events:

- March 30th - Team Bonding Activities - Waukee South Middle School Gym
  - Roster and Schedules Announced
  - 9U Boys: 9:00AM – 10:00AM
  - 10U Boys: 10:00AM – 11:00AM
  - 9U Girls: 11:00AM – 12:00PM
  - 10U Girls: 12:00PM – 1:00PM

Training sessions after the first week will be held at the VSA Timberline Soccer Complex 2655 SE LA Grant Pkwy, Waukee, IA 50263 unless communicated otherwise.
Academy’s primary alternate location is Fox Creek Park (located south of Grant Ragan Elementary School 645 NE Dartmoor Dr, Waukee, IA 50263)

<table>
<thead>
<tr>
<th>TUESDAYS</th>
<th>FRIDAYS</th>
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<tbody>
<tr>
<td>9U Boys</td>
<td>9U Boys</td>
</tr>
<tr>
<td>5:30PM – 6:45PM</td>
<td>5:30PM – 6:45PM</td>
</tr>
<tr>
<td>6B, 6C, 6E North</td>
<td>6D, 6E South</td>
</tr>
<tr>
<td>9U Girls</td>
<td>9U Girls</td>
</tr>
<tr>
<td>5:30PM – 6:45PM</td>
<td>5:30PM – 6:45PM</td>
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<tr>
<td>6D, 6E South</td>
<td>6D, 6E South</td>
</tr>
<tr>
<td>10U Boys</td>
<td>10U Boys</td>
</tr>
<tr>
<td>6:45PM – 8:00PM</td>
<td>5:30PM – 6:45PM</td>
</tr>
<tr>
<td>6B, 6C, 6E North</td>
<td>6B, 6C, 6A North</td>
</tr>
<tr>
<td>10U Girls</td>
<td>10U Girls</td>
</tr>
<tr>
<td>6:45PM – 8:00PM</td>
<td>5:30PM – 6:45PM</td>
</tr>
<tr>
<td>6D, 6E South</td>
<td>5A West &amp; North/East</td>
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**Goal Keeper Training Sessions**
Players with a strong interest in the goalkeeper position should attend the small-group GK sessions

- Led by Academy GK Coach – Austin Boyke
- 4 sessions per group – Tuesdays
  - Boys: 4/16, 4/30, 5/14, 5/28
  - Girls: 4/23, 5/7, 5/21, 6/4
- No goalkeeper training if field training is held at an alternate training location.

**Academy League & Festival(s)**

- ISL Academy League Games - Schedules plan to be communicated with roster release on 3/30
  - Anticipate the following:
    - 7 league games
    - April 6th-7th Opening weekend
    - April 20th-21st No Games scheduled - Easter Weekend
    - May 25th-26th No Games scheduled - Memorial Day Weekend (will have training May 24th)
    - June 1st-2nd Last schedule games
    - June 8th-9th Possible reschedule weekend

- Iowa Central Academy Festival
  - May 18th-19th @ Spring Creek Complex, Altoona
  - All VSA Academy teams and players will participate
  - Anticipate 3 games – format TBD
  - Schedules and details on format communicated once they are available

- **OPTIONAL END OF SEASON EVENTS**
  - **Salvo Summer Classic**, Woodbury, MN – June 14th – 16th
    - Survey will be distributed to collect commitments and determine number of teams to register
    - **REQUIRED by ALL** - Complete Survey to communicate commitment – by April 15th
    - Register on VSA site (pay event fee) (estimate $95 per player) – by May 4th
    - Complete hotel reservation (info & link will be provided) (estimate $150/night – 2 nights)
    - Complete medical waiver and turn in to Academy Director (Michael)
  - **VSA 3v3, Des Moines, IA – July 5th – 7th**
    - Academy will enter teams into this event. Parents/Players will not form their own teams
    - Register for the event on the VSA website
      - communication will be provided when registration opens, estimate $40 per player
    - Balanced teams will be formed based on the number of registrations received
    - Electronic waiver will be required for participants.
    - Plan to have 1-2 training sessions prior to event at local park.
Additional 9U / 10U Spring Free-Play Sessions

- Wednesdays (4/24, 5/1, 5/8, 5/15, 5/22, 5/29)
- 4:15PM – 5:15PM @ Timberline Complex
- Cost: FREE
- Additional details to follow

Spring 2019 Calendar Highlights

- March 25: Academy training starts this week
- March 30: Team Bonding / Roster, Schedules released
- April 6-7: ISL Academy League opens
- April 15: Complete Salvo Summer Classic Survey
- May 18-19: Academy Central Festival, Spring Creek Complex, Altoona
- May 24: 4v4 Scramble and Hotdog Cookout at Timberline Complex
- June 6-7: Last ISL Academy League games
- June 8-9: Last weekend for reschedules
- June 13th(Thursday): Last spring Academy training session
- June 14-16: Salvo Summer Classic, Woodbury, MN (Optional event)
- July 5-7: VSA 3v3, Des Moines, IA (Optional event) – plan to have 1-2 training sessions prior to 3v3 event

Communications

- Training cancellations // email from Director and notifications from Timberline Complex via Rained-Out text/email
- Game cancellations / complex closures - Iowa Soccer Facility Status web page.
- Add michael.miller@visionsocceracademy.com and academydirector@visionsocceracademy.com and TEAMNEWS@BLUESOMBRERO.COM and CLUBNEWS@BLUESOMBRERO.COM to your safe senders list
- The Head Staff Coach is the primary contact for specific questions or concerns related to your age/gender group.
  - Add your Head Staff Coach’s email to safe senders list

Other Resources/Tools:

- VSA Academy Season Detail page: VSA Academy program information, links to google maps to event sites.
- Team Central: accessed via VSA website - Group specific information, discussions, documents
- Tourney Machine: Game and Festival schedules maintained by Iowa Soccer Association
  - Tourney Machine User Help - Academy Central – Spring 2019 is current season’s league name.
- VSA Players Page – 90 Minute Challenge, Player Positional videos