



Legacy Premier Soccer

2019-2020 Program Outline & Commitment Policy

Legacy Communication

Good communication between club, coach, player and parent is critical to the success of any soccer program, and we are re-affirming our commitment to clear communication, but expect that it is a two-way street.

As a player/parent, you can expect from Legacy:

- A clearly communicated schedule, for practices, events and games for the year using TeamSnap, marked well in advance of time.
- Clear communication from your Legacy Coach regarding training aims and goals for the season, meaning:
 - o A seasonal training curriculum, with areas of development aims for the season.
 - o An informal team meeting early in the season to discuss plans for the season
 - o Regular, informal debriefs (~1 per month) at certain games to discuss how the development is progressing
 - o Regular team e-mails (every 1-2 weeks) to discuss team performance
- For U9 to U15 players a formal, written player evaluation at the end of the fall season, coupled with a sit down meeting during winter to discuss player development progress and set individual development targets.
- For U16 and older players a series of regular, informal player meetings (initiated by the player) to set individual development targets.

As a parent/player, Legacy expects from you:

- Regular, clear communication regarding practice and game availability
 - o Marking TeamSnap as “unavailable” is not acceptable alone. Communication as to why is also required between parent/player and coach. Please add availability notes for practice absences, or contact the coach via phone/e-mail for game absences.
- Clear communication if anything is unclear, from the coach or the club
 - o A clear dialogue between coach and player/parent is needed to prevent any communication issues.

Social Media Communication

- Legacy has launched a Facebook page and an Instagram page
- Please ensure you like and share the pages to spread the word on Social Media, our best promotion is through happy, successful players and families!
- Please send any photos you would like to share to your Legacy team coach, and they can send on to the club.

Legacy Additional Programs

We believe that players will thrive further the more they do outside of regular training sessions, so we work hard to provide players with additional programs and tools to further develop their game; all the below programs are included in your Legacy tuition fees.

1. Goalkeeping Training
Once per week in the fall and spring seasons, Paul Blodgett GK Training School offers specialist training to our goalkeepers. Two days will be offered to add flexibility for our goalies
2. 3DAD Athletic Development Training
Once per week in the fall and spring seasons, incorporated into regular practice sessions,
3. Video Analysis
Each U13-U19 team will have 2-3 games filmed over the course of the year, using HD camera and from a 20-30 foot high vantage point. The game is then broken down and edited into a presentation, which is then accessible to all players with their own login, to watch in their own time. Truly a unique and valuable learning tool.
4. College Fit Finder
Each 2005 and older team will have access to this great piece of college recruiting software to create profiles, upload info and videos, search for colleges and much more. Full information to follow, but visit www.collegefitfinder.com for a preview!

Winter Futsal Programs

Legacy will continue to offer additional, supplemental training programs and competitions during the winter. These will be available for an additional fee and open to players that want to sign up. Typically, not all rostered players will be needed in order to make a winter team viable. There will again be 2 options of futsal programs in 2019-20.

- Legacy Futsal Program (Local), teams of 8-9 players
 - o Recommended for 2010-2005 Players
 - o Typically runs from early January to late February
 - o Futsal training once per week for 7-8 weeks
 - o 3 x Local futsal tournaments, at Gill St. Bernard or Far Hills Day School

- Legacy Futsal Program (EDP), teams of 8-9 players
 - o Recommended for 2004 and older teams
 - o Typically runs from early January to late February
 - o Futsal training once per week for 7-8 weeks
 - o Entry into EDP Futsal League (1 game per week)

We recognize that Legacy has both soccer-dedicated and some multi-sport athletes, so in winter we allow for flexibility in soccer commitments. We will also offer, in addition to these programs, occasional indoor tournaments or leagues, which players can sign up for on an individual basis.

JAG and 3DAD Partnerships: Developing the All Round Athlete

Legacy will be continuing our partnership with JAG Physical Therapy and 3DAD Training, to offer continued all-round athletic development.

JAG Physical Therapy will be supporting Legacy through the dissemination of information regarding injury prevention, nutrition and other important topics relevant to youth sports. We will also be scheduling an athlete clinic with JAG at the end of the Fall Season, details TBD.

JAG will also be providing every Legacy athlete with a training t-shirt and will provide post-injury support / concussion testing for any Legacy athlete that needs it, although we hopefully do not need them in this capacity!

3DAD will again provide specialist strengthening, coordination and speed training as part of weekly training sessions, in the fall and spring seasons – it will again be combined with team practice sessions, rather than a 3rd separate session. All players are encouraged to attend these sessions.

3DAD will also again provide informational newsletters and videos to supplement the training, as an important, additional way to continue our Legacy athletes' all-round development.

Legacy Uniform Standards

To clear up any ambiguity, all Legacy teams will adhere to the same game and practice uniform standard. This will also be copied and pasted on the front page of each Team Snap account.

Uniforms

ALL HOME GAMES and 1st DAY OF TOURNAMENTS (and 3rd Day if applicable)

WHITE JERSEY, BLACK SHORTS, WHITE SOCKS

ALL AWAY GAMES and 2nd DAY OF TOURNAMENTS

BLACK JERSEY, BLACK SHORTS, BLACK SOCKS

All players should nevertheless bring both color jerseys to games, in case of a need to switch due to a color clash.

Practice Jerseys

ALL PRACTICE SESSION DURING WEEK

ADIDAS WHITE TRAINING JERSEY (purchased as part of uniform package)

There is no set shorts and sock color for practice, but we advocate dark/black for all practices.

Game Day Expectations

Playing Time

We understand that we are a youth soccer development club, with the aim of maximizing player enjoyment and ability in soccer. Without playing time during games, a player cannot develop and fulfill potential.

That being said, playing time for Legacy is also rarely equal for all players, and is determined in general based on 3 factors:

1/ Players performance/ability demonstrated in games and practices

2/ Players "C.A.R.E." in practices and games. C.A.R.E. stands for:

- Concentration
- Attitude
- Response, to coaching and guidance
- Effort

3/ Players attendances at practices and games

Most players in scrimmages, league games and non-elimination play should expect to see a reasonable amount of playing time, roughly half a game. However this should not be expected in all scenarios, as playing time is at the discretion of the individual coach in all circumstances.

All players should be at the field 45 minutes before game time, with warm ups starting roughly 35 minutes before game time. This may vary depending on available space, for example at tournaments, and will be communicated by the Legacy Coach. In instances when the Legacy Coach may be coming from another game and/or running late, players should understand how to effectively warm up without the coach being present.

Sideline/Parent Behavior / Coaching Philosophy

During games, it is Legacy philosophy to allow our players to be fully in control of their decisions on the field; our coaches will very rarely coach the player in possession. This will sometimes result in mistakes, but with a long term vision in mind will help the players learn from mistakes, improve decision making and in game "soccer IQ".

To that end, parents should please understand and follow the same philosophy, knowing that it has the players' best interests at heart. During games, ***please do NOT coach or instruct in any way***. We understand you only have good intentions, but please stick to encouraging / cheering only, rather than providing feedback/instruction during the game. Hearing voices/shouting whilst in possession can be confusing and can make the game more difficult for the player.

College Recruitment Support

The goal of Legacy has always been to develop and facilitate players to continue playing at the highest level that their motivation and ability will take them. For our strongest athletes, that is playing at the collegiate level, and Legacy has several programs/events/mechanisms in place to enable and encourage this for our teams/players.

- Dedicated College Soccer Recruitment Coordinator
Tom Worthington appointed as of August 2019
Point of Contact for every Legacy player interested in College Soccer, help with communication, recruitment, college choices, recommendations, etc.
Contactable via Tom@legacypremiersoccer.com

- College Soccer Info Night
Scheduled for late October, open to 2005 players and older. Exact time and location TBD and will be confirmed soon.
Information provided to guide players on the application and recruitment process
Q & A with current and former College coaches
Both D1 and D3 coaches represented

- College Fit Finder Software
Extensive software aimed at helping players narrow down college choices and choose the right college for them.
Info brochure at <https://www.joomag.com/magazine/cffv1/M0089833001485046358>
Full software demo and instructions to follow!

- College Showcase Tournaments
Legacy teams will participate in high level showcase tournaments, relevant to the level of the teams, in order to showcase in-front of college coaches
Advice and tips to maximize your showcase will be given by Legacy

- Guide to College Soccer
Written information document available to all Legacy players aged U15 and older

- Club Guidance
In addition to the tools and events above, your Legacy Coach, as well as Directors Jim Buchanan or Sean Sweeny, is on hand to provide advice and act as a conduit between college coaches and players. This is especially important for D1 prospects, who cannot be contacted by D1 coaches before their Junior year.

Legacy “Positive Player Pledge”

At FC Berna – Legacy, we have always advocated our players as positive role models and citizens, we continue with a formal policy with a simple guideline that we expect all players to appreciate and adhere to.

As a Legacy player, we expect you to:

- ✓ Work Hard and Put in The Effort (strive to improve during all training sessions and games)
- ✓ Be Grateful (appreciate and understand the work that your coaches, parents, teammates and officials are doing)
- ✓ Be Open-Minded (be coachable, and receptive to new ideas, constructive criticism and suggestions)
- ✓ Be Respectful and Humble (respect your coach, teammates, opponents and officials)
- ✓ Be Accountable (recognize your mistakes and own them, ensure any criticism given is constructive)

By emphasizing these simple principles, we believe that we can continue to have Legacy players represent the club in an exemplary manner and push each other to be better young men and women, both on and off the field.

Legacy Player & Parent Commitment Agreement

Referencing the “Legacy Program Overview” document, the player and parent acknowledge agree to abide by the guidelines and policies contained herein.

Please review and section above and sign off on the waiver to denote you have read and accepted these Player & Parent Commitment Agreement.

If you have any additional questions, please contact directly Jim Buchanan via jim@legacypremiersoccer.com.