

Shenandoah Valley United

Shenandoah Valley United (SVU) was created to promote and organize soccer in Harrisonburg City, Rockingham County and the surrounding area. Begun in 1995 as Harrisonburg Soccer Association, the league averages 600 players in recreational programs and 150 in travel programs each year. SVU is a member of the Virginia Youth Soccer Association (VYSA), and an affiliate of both the U.S. Youth Soccer Association and U.S. Club Soccer. The primary goal is to develop soccer skills, foster proper attitudes toward competition and sportsmanship, learn respect for rules, the value of teamwork, self-discipline, and gain self-confidence through improved soccer skills. Most importantly, SVU provides a fun and satisfying experience for all involved in the program—players, coaches, referees and parents. The program offers an excellent opportunity to make new friends and provides a wholesome and safe environment to develop skills and be active.

SVU's mission is to offer a variety of programs that will encourage players to reach the level to which they aspire by providing dedicated coaches and exceptional training in a safe, fun and positive environment. SVU's vision is to be the "Preferred Soccer Experience" of the Central Shenandoah Valley.

Coaching Staff

Nora Maguire White, Director of Coaching NSCAA National Academy Staff, 10 years. College Coaching: UNC-Chapel Hill (97-98), Illinois State University (95-97), Loyola College, MD (93-95). Academy Director (06-present). Youth Coaching Experience (93-present).

Eilidh Thomson, Technical Director NSCAA Premier Diploma. Scottish Football Association, Level 3 (02). Youth Coaching: Mt. Laurel United Professional Coach/Trainer (06-08), United Soccer Academy, Regional Director (05-06). Scottish National Team, U19, U17.

Additional Staff Coach Information is listed on our website.



Shenandoah Valley United

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Board Members

Jason Tate, President
Todd Dofflemyer, Vice President/Travel
JM Snell, Vice President/Recreational
David O'Donnell, Secretary
Jim McConnell, Treasurer
Nate Hissong
Roger Mast
Brenda McGlooin
Vinnie Paladino
Rebecca Poma

For more information on specific programs, fees or to register, visit

www.ShenValleySoccer.com

Registration for all programs online at www.ShenValleySoccer.com. If you do not have access to the internet, visit the Harrisonburg Parks and Recreation Department for a paper application. A limited number of grants are available for those who may need financial assistance. Please contact ShenValleySoccer@yahoo.com to make this request.

Shenandoah Valley United is affiliated with the Harrisonburg Parks & Recreation Department.



Soccer Programs

Fall 2009

Recreational • Academy • Travel
Futsal • Clinics & Camps

www.ShenValleySoccer.com



Recreational League

Recreational League is open to ages 4–18, regardless of ability. The goals are to develop skills, foster proper attitudes toward competition and sportsmanship, learn respect for rules, the value of team-work, self-discipline, and gain self-confidence through improved soccer skills. The program offers an excellent opportunity to make new friends and provides a wholesome and safe environment to develop skills and be active. The season consists of one practice and one game per week. Games



are scheduled Friday night or Saturday at Smithland Road Soccer Complex. Players are placed by age group, with co-ed and girls-only options. Recreational League is not a competitive league—no results are published, standings tabulated, or champions. Uniforms are provided, but the player must supply shin guards (mandatory) and cleats (optional, but recommended). Coaches are volunteers.

Visit our website (ShenValleySoccer.com) or use registration form attached for more information. Age divisions and fee schedule are listed on website and application forms.

The Fall Recreational League Season begins August 15 with games continuing through the first week of November.

Registration is now open! Early Bird discount through June 20. A late fee is imposed on any registration received after

Travel League

The Travel League provides an opportunity for athletes ages 10–18 to play in a more competitive environment and enhance skill development. Playing on an SVU travel team requires a fall and spring season commitment by the player and his or her family. Practices begin late August twice a week for 90 minutes. The Travel season involves 8–10 games (half home and half away). The Fall season runs September through November and the Spring season runs from mid-March through the first week in June. Travel teams participate in the Charlottesville-based Skyline Soccer League with travel generally limited to two hours from Harrisonburg. While games usually take place on Saturdays and some Sundays, rescheduled games could occur mid-week. Players should also expect to participate in tournaments which usually fill an entire weekend, most often on holidays such as Memorial Day, Labor Day or Columbus Day.

Travel Soccer is open to all children ages 10 to 18 and requires a tryout for player selection. Teams will be fielded for U11–U18 provided enough players tryout and are accepted. Virginia Youth Soccer Association sanctions age groups from August 1 to July 31. Players will play in designated division according to birth date. (See website for age divisions and fees.)



The Girls U12 team won the Championship Trophy at the Kroger Cup Tournament in Roanoke in October 2008.

Academy

Shenandoah Valley United has designed and developed a pathway for players to progressively take their game to the next level. It is open to all children ages 8-9 and requires a tryout for player selection. The Academy will provide coach certified, age appropriate, advanced level training for players that demonstrate a passion, ability, and

willingness to participate and compete in a safe and fun soccer environment. Academy training will focus on player development through use of ball mastery techniques, circuit training, and small-sided play. Small-sided play emphasizes developing soccer IQ by challenging players with a combination of player discipline and player creativity tactics. Academy works to

inspire and prepare young players to participate on the SVU Travel Teams.

Organization

- Academy-style training twice a week for 75 minutes by staff coaches.
- Weekly technical skills /fundamentals circuit training.
- Festivals and tournament play options.

Footskills

The footskills curriculum is built around the technical components of the games. Particular focus will be put on attacking moves, 1 vs. 1 games, passing/receiving, and finishing. **Footskills I:** Designed for the development of the younger players (U10 and below) who are being introduced to ball mastery, attacking moves, passing and receiving, and finishing. **Footskills II:** Designed for the more advanced player (U11 and up), looking to enhance ball mastery, attacking moves, passing and receiving, and finishing, through 1v1 and small-sided games.

2009-2010 Travel Team /Academy Tryouts

Academy U9, U10, Travel U11—U13

Tuesday, May 26, Wednesday, May 27

Smithland Fields

Rain Dates —May 29, 31

Travel U14—U18

Tuesday, June 2 / Wednesday, June 3

Monger Fields / Smithland Fields

Rain Dates —June 4 and 5