



U10 Challenge

U11-12 travel

U9 - August 1 2017 - July 31 2018

U10 - August 1 2016 - July 31 2017

U11- August 1 2015 - July 31 2016

U12 - August 1 2014 - July 31 2015

 VIRGINIA SOCCER ALLIANCE



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SVU Pathway

U13-U19

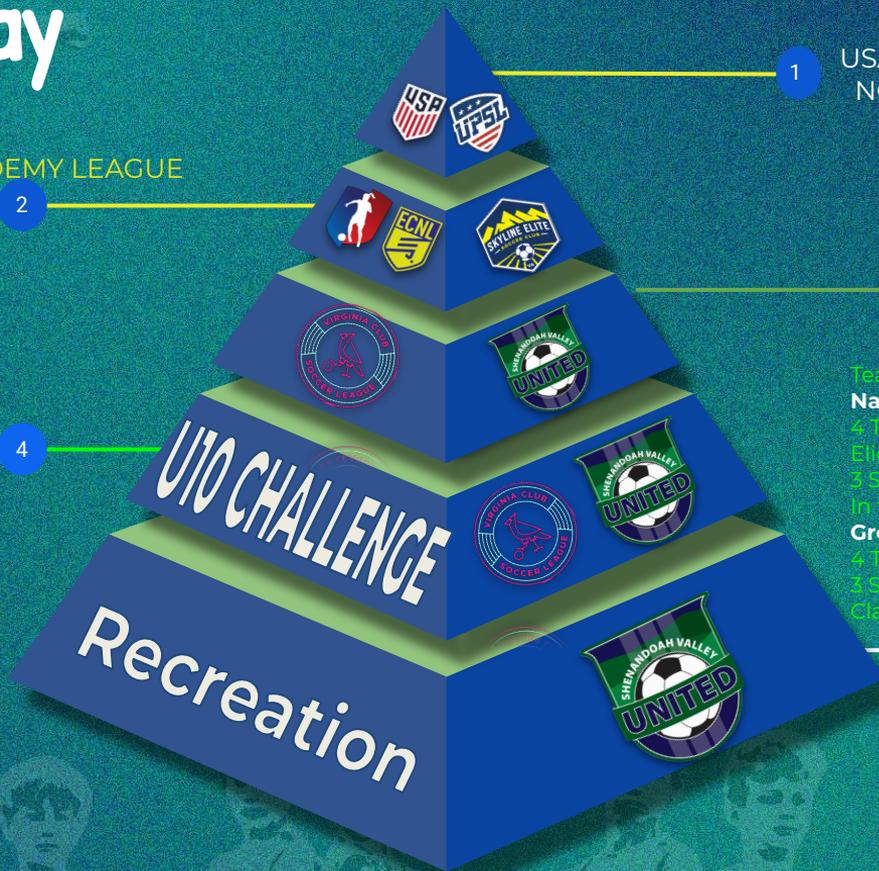
SKYLINE ELITE - ECNL BOYS
SKYLINE ELITE - GIRLS ACADEMY LEAGUE

U10 CHALLENGE PROGRAM

BOYS AND GIRLS PROGRAMS
VALLEY CHALLENGE LEAGUE
SOCA, SVU, AUGUSTA UNITED,
ROCKBRIDGE

PRE - TRAVEL

2 NIGHTS OF TRAINING
WEEKEND MATCHES
VALLEY CHALLENGE LEAGUE
ONE TOURNAMENT
AGE APPROPRIATE
PLAYER DEVELOPMENT METHODOLOGY



1 USA National Team Programs
NCAA, NAIA, Junior College

COMPETITIVE PROGRAM

U11-U19 Boys and Girls
VCSL - Virginia Club Soccer League
Fall - 12 weeks, Spring 14 week

Teams are Tiered if more than one in an age group
Navy Teams
4 Tournaments
Eligible for Presidents Cup Competition
3 Sessions a week
In the Premier Division of VCSL
Green Teams-
4 Tournaments a year
3 Sessions a Week
Classic Division in VCSL

5 Mini Kickers Program - U4
Hotshots - u6
Rec Program U8- U19



Develop the Individual | Develop the Club

WE C.A.R.E

COMPETE: ALWAYS WORKING TO GET BETTER EVERY DAY.

ALL IN - Committed to getting better every single day.

RESPECT: FOR TEAMMATES, COACHES, FAMILY, OPPONENTS AND REFS.

EFFORT: GIVES MAXIMUM EFFORT IN GAMES AND TRAINING SESSIONS

FOR CLUB - FOR COMMUNITY



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U10 Challenge Program - The base of our competitive program.

- 2 Sessions a week
- Compete in the Valley Challenge League
 - SOCA, Rockbridge, Augusta United, SVU, and expanding
- Merit based - Player must have an evaluation to be placed
- Number of teams based on number of qualified players
- Teams are not tiered, spread top players across all teams
 - Enhances the development more players in important roles
- Starting a juniors program
 - We identify the top 10-12 players and compete in extra VCSL play dates
- Follows SVU Player Development Model
 - Age specific priorities and curriculum



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Navy and Green Teams

- U11- Start of the Travel Program - Teams are Tiered
- Merit based, team placements based on their evaluation relative to the pool of players
- Build teams based on the number of qualified players
- Navy is our top team, Green is the second, White would be the third
- Players develop at different rates
- Rosters increase from u10 (7v7) to U11 (9v9) and again at U13 (11v11).
- Opportunities for advancement each year
- U11- 12 - pool training- 8 weeks focusing on individual player actions and free play.
- Gk Specific training for u11/12s
- Both compete in the VCSL
- Navy in Premier Division / Green in Classic Division - top performing Green teams may have opportunities to compete in the Premier Division. Team by Team basis.
- Navy - may compete in the Presidents Cup - Merit based



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Programs that have been added – the past two years

- Advanced Technical Program (ATP) Fridays
 - Targets Rec and Challenge players who are looking for more/ have aspirations of travel soccer
 - 6 week program, includes GK specific programming
- Pool Training
 - Combine u11/12 players together
 - One hour of individual training/ 30 min of free play 5v5 games
 - 8 week program, voluntary but HIGHLY recommended. – We see a difference
- U13+ teams get three sessions a week
 - Combined sessions with other age groups, other team in age group
- Added a U10 Challenge Program
- Four seasons of programming
 - Futsal, winter academies, summer camps, fall / spring seasons
- Competing in the Presidents Cup – winning State Championships, Competing in Regional and National Championships
- 4 tournaments a year
- College Recruiting Seminar
- 3 Full Time staff, our own office space
- Expanding facility use



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Stages of Development

<i>Phase</i>	<i>Age</i>	<i>Focus</i>
Introduction Phase	U4 – U8	Play, Fun with a ball, learn basics
Foundation Phase (Zone 1)	U9 – U12	Technical Proficiency, Small Group Tactics, Coordination, Play U10 Challenge Program – Mixed teams U11+ Teams are tiered if more than one team in an age group
Development Phase (Zone 2)	U13 – U15	Deepen Technical Ability, Develop Tactical Understanding in Team Context, Begin Physical Conditioning
Performance Phase (Zone 3)	U16+	High-level performance and performance under pressure



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U10 Challenge Competition Schedule

BLOCKS	TIME FRAME	FREQUENCY MICRO	FREQUENCY ^{MESO}	FREQUENCY GAMES
Fall I	Aug - Nov	2 x per week	12 weeks	10 Games
Winter	Jan- Feb	Supplemental Programs Voluntary Futsal / Academies	6 weeks	0 games
Spring I	Feb - May	2 x per week	13 weeks	10-14 Includes tournament
Summer	June - July	Supplemental Programs Summer Camps	10 weeks	0 games

- Development of JUNIORS Program
 - Extra session a week
 - Participation in VCSL Juniors events
- Access to ATP Supplemental program



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Competition Schedule

BLOCKS	TIME FRAME	FREQUENCY MICRO	FREQUENCY MESO	FREQUENCY GAMES
Fall I	Aug - Nov	2 x per week + 8 weeks Pool Training	12 weeks	14-17 Games
Winter	Jan- Feb	Supplemental Programs Voluntary Futsal / Academies	6 weeks	0 games
Spring I	Feb - May	2 x per week + 8 weeks Pool Training	14 weeks	10-14 Includes tournament
Summer	June - July	Supplemental Programs Summer Camps	10 weeks	0 games

- GK Specific training sessions - Fall / Spring
- Pool training - combine all u11 and 12 teams Fall / Spring
- JMU MSOC players volunteer in spring season
- Player Assessment forms - November, April, June.
- 50% playing time over the course of the season
 - Impacted by attendance, effort and attitude
- Each player starts at least 25% of games - includes league and tournament matches
 - These can change for Cup Competitions



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SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

ATTACKING

WHEN WE HAVE THE BALL, WE WANT TO PLAY FORWARD THROUGH INDIVIDUAL ACTIONS AND SHORT COMBINATIONS, TO PLAY IN THE ATTACKING HALF IN ORDER TO CREATE CHANCES AND SCORE GOALS

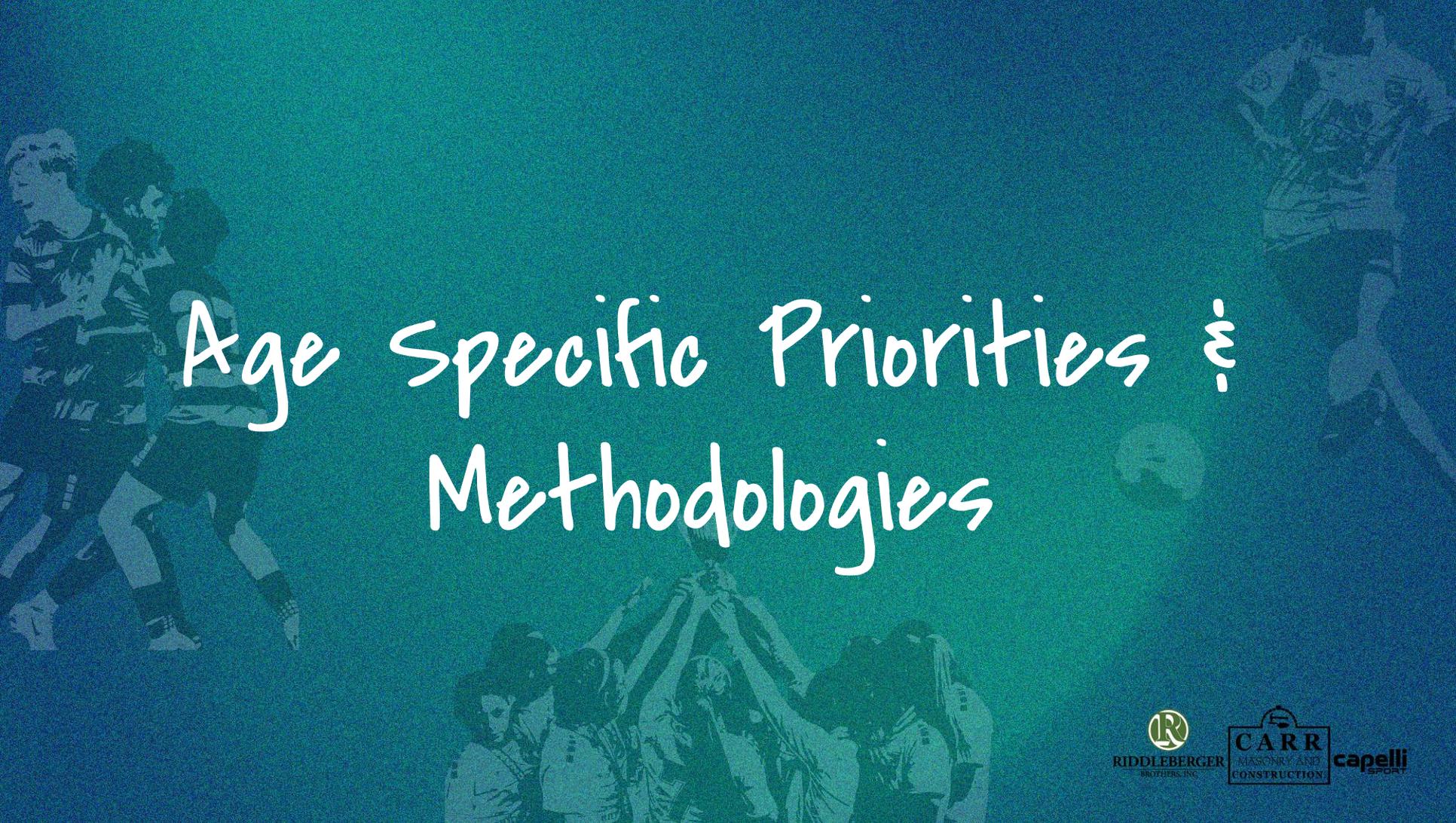
FIELD	PHASE	OBJECTIVE	TEAM TACTICAL PRINCIPLES		PLAYER ACTIONS WITH BALL		
			MAIN PRINCIPLES	SUB PRINCIPLES			
		ADVANCE THE BALL	CREATE ATTACKING SHAPE	<ul style="list-style-type: none"> • CREATE APPROPRIATE HEIGHT, WIDTH, DEPTH • CREATE OPTIMAL ATTACKING DISTANCES BETWEEN PLAYERS 	CONTROLLING		
					KEEP THE BALL	PROVIDE OPTIONS TO PLAY FORWARD	SHIELDING
		DRIBBLING					
		PASSING					
		SHOOTING					
					SCORE GOALS	BREAK LINES TO ADVANCE	<ul style="list-style-type: none"> • DRIVE WITH THE BALL TO EXPLOIT SPACE • ENGAGE OPPONENT, CREATE 1V1 / 2V1 • FIND A FREE PLAYER • SWITCH PLAY
CREATE CHANCES	TAKE COUNTERMEASURES: ANTICIPATE OPPONENT COUNTER			SCANNING			
				SUPPORTING			
				ADVANCE THE BALL	FINISH THE ATTACK	ADAPTING BODY SHAPE	
						COUNTER MOVEMENTS	
KEEP THE BALL							

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

DEFENDING

WHEN WE DO NOT HAVE THE BALL, WE WANT TO PREVENT THE OPPONENTS FROM PLAYING FORWARD AND REGAIN THE BALL AS HIGH UP THE FIELD AS POSSIBLE THROUGH COMPACTNESS AND PRESSING.

FIELD	PHASE	OBJECTIVE	TEAM TACTICAL PRINCIPLES		PLAYER ACTIONS AGAINST THE BALL
			MAIN PRINCIPLES	SUB PRINCIPLES	
Defending Half	Build Up	REGAIN THE BALL PREVENT OPPONENT FROM PLAYING FORWARD	CREATE DEFENDING SHAPE	<ul style="list-style-type: none"> • MAKE TEAM COMPACT: VERTICAL AND HORIZONTAL POSITION TO CREATE HIGH FRONT LINE • POSITION TO CREATE HIGH DEFENSIVE LINE • CREATE OPTIMAL DEFENDING DISTANCES 	INTERCEPTING
					PRESSING
		DENY PENETRATION FROM THE DRIBBLE REDUCING TIME & SPACE	BUILD PRESSURE ON BALL	<ul style="list-style-type: none"> • MOVE AS COLLECTIVE UNIT / MAKE PLAY PREDICTABLE • INITIATE PRESSURE ON THE OPPONENT WITH BALL • ENGAGE WHEN CHANCE OF REGAINING THE BALL • PROVIDE COVER AND BALANCE, ELIMINATE PASS OPTIONS • PREVENT THE SWITCH: KEEP OPPONENT TO ONE SIDE 	TACKLING
					DELAYING
					BLOCK THE SHOT
Attacking Half	Finishing Phase	SCORE GOALS CREATE CHANCES ADVANCE THE BALL	RECOVER WHEN PRESSURE IS BROKEN	<ul style="list-style-type: none"> • IMMEDIATELY (RE-) APPLY PRESSURE ON THE BALL • DELAY ATTACK AND REGAIN DEFENSIVE SHAPE • LOOK TO INTERCEPT PASS OR WIN 2ND BALL 	SEPARATING
					TAKE COUNTERMEASURES: ANTICIPATE OPPONENT COUNTER
		KEEP THE BALL DENY THE FINISH	<ul style="list-style-type: none"> • GET NARROW & CLOSE THE CENTER, DENY THROUGH BALL • MARKING AND TRACKING OPPONENT • DENY THE CROSS • DEFENDING THE CROSS • CHALLENGE TO PROTECT AGAINST ANY GOAL ATTEMPT 	SCANNING	
				COVERING	
MARKING					



Age Specific Priorities & Methodologies



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ATTACKING TACTICAL

Principles Age Group Priorities

DEFENDING TACTICAL

Principles Age Group Priorities



ATTACKING PRINCIPLES	U18/19	u16/17	u15	u14	U13	u11/12	u9/10
CREATE ATTACKING SHAPE	Master	Master	Master	Master	Focus	Introduce	Introduce
PROVIDE OPTIONS TO PLAY FORWARD	Master	Master	Master	Focus	Focus	Introduce	Introduce
BREAK LINES TO ADVANCE	Master	Master	Focus	Focus	Focus	Introduce	Introduce
TAKE COUNTERMEASURES: ANTICIPATE OPPONENT COUNTER	Master	Master	Focus	Focus	Focus	Introduce	-
FINISH THE ATTACK	Master	Master	Focus	Focus	Focus	Introduce	Introduce

PRINCIPLE DEFENDING	U18/19	u16/17	u15	u14	U13	u11/12	u9/10
CREATE DEFENDING SHAPE	MASTER	MASTER	MASTER	FOCUS	FOCUS	FOCUS	INTRODUCE
BUILD PRESSURE ON THE BALL	MASTER	MASTER	MASTER	FOCUS	FOCUS	FOCUS	INTRODUCE
RECOVER WHEN PRESSURE IS BROKEN	MASTER	MASTER	MASTER	FOCUS	FOCUS	FOCUS	INTRODUCE
TAKE COUNTERMEASURES: ANTICIPATE OPPONENT COUNTER ATTACK	MASTER	MASTER	MASTER	FOCUS	INTRODUCE	INTRODUCE	-
DENY THE FINISH	MASTER	MASTER	MASTER	FOCUS	FOCUS	FOCUS	INTRODUCE

ATTACKING - SUB PRINCIPLES.	U18/19	u16/17	u15	u14	U13	u11/12	u9/10
CREATE OPTIMAL ATTACKING DISTANCES BETWEEN PLAYERS	MASTER	MASTER	MASTER	FOCUS	FOCUS	INTRODUCE	INTRODUCE
CREATE APPROPRIATE HEIGHT, WIDTH, DEPTH	MASTER	MASTER	MASTER	FOCUS	FOCUS	INTRODUCE	INTRODUCE
PROVIDE VERTICAL / DIAGONAL PASSING OPTIONS	MASTER	MASTER	MASTER	FOCUS	FOCUS	INTRODUCE	INTRODUCE
CREATE OVERLOADS	MASTER	MASTER	MASTER	FOCUS	INTRODUCE	-	-
MOVE OR LOSE OPPONENT WHEN MARKED	MASTER	MASTER	MASTER	FOCUS	FOCUS	INTRODUCE	INTRODUCE
MAKE RUNS BEHIND THE DEFENSIVE LINE	MASTER	MASTER	FOCUS	FOCUS	INTRODUCE	INTRODUCE	INTRODUCE
GIVE IMMEDIATE SUPPORT TO TEAMMATE UNDER PRESSURE	MASTER	MASTER	FOCUS	FOCUS	INTRODUCE	INTRODUCE	INTRODUCE
DRIVE WITH THE BALL TO EXPLOIT SPACE	MASTER	MASTER	MASTER	FOCUS	FOCUS	INTRODUCE	INTRODUCE
ENGAGE OPPONENT, CREATE 1V1 / 2V1	MASTER	MASTER	MASTER	FOCUS	FOCUS	INTRODUCE	INTRODUCE
FIND A FREE PLAYER	MASTER	MASTER	MASTER	FOCUS	FOCUS	INTRODUCE	INTRODUCE
SWITCH PLAY	MASTER	MASTER	FOCUS	FOCUS	FOCUS	INTRODUCE	-
PUSH UP THE DEFENSIVE LINE WITH SPEED, STAY CONNECTED /COMPACT	MASTER	MASTER	FOCUS	FOCUS	INTRODUCE	INTRODUCE	INTRODUCE
CREATE HIGH DEFENSIVE SHAPE BEHIND THE BALL	MASTER	MASTER	FOCUS	FOCUS	INTRODUCE	-	-
SEPARATE: TIME RUN OR QUICK MOVEMENT TO UNMARK	MASTER	MASTER	FOCUS	FOCUS	INTRODUCE	-	-
FINAL PASS: THROUGH BALL OR COMBO PLAY	MASTER	MASTER	FOCUS	FOCUS	INTRODUCE	-	-
NUMBERS IN THE BOX: FILL ZONES IN FRONT OF GOAL	MASTER	MASTER	MASTER	FOCUS	FOCUS	INTRODUCE	-
CROSS INTO SPACE / PLAYER	MASTER	MASTER	FOCUS	FOCUS	INTRODUCE	-	-
Take on 1v1 to create chances or score	MASTER	MASTER	MASTER	FOCUS	FOCUS	INTRODUCE	INTRODUCE
FINISH - USE LIMITED TOUCHES	MASTER	MASTER	FOCUS	FOCUS	FOCUS	-	-
OCCUPY OPTIMAL SCORING POSITIONS - POMO	MASTER	MASTER	FOCUS	FOCUS	INTRODUCE	INTRODUCE	-

DEFENDING - SUB PRINCIPLES	U18/19	u16/17	u15	u14	U13	u11/12	u9/10
MAKE TEAM COMPACT: VERTICAL AND HORIZONTAL	MASTER	MASTER	MASTER	FOCUS	FOCUS	FOCUS	INTRODUCE
POSITION TO CREATE HIGH FRONT LINE	MASTER	MASTER	MASTER	FOCUS	FOCUS	-	-
POSITION TO CREATE HIGH DEFENSIVE LINE	MASTER	MASTER	MASTER	FOCUS	FOCUS	INTRODUCE	-
CREATE OPTIMAL DEFENDING DISTANCES	MASTER	MASTER	MASTER	FOCUS	INTRODUCE	INTRODUCE	INTRODUCE
MOVE AS COLLECTIVE UNIT / MAKE PLAY PREDICTABLE	MASTER	MASTER	MASTER	FOCUS	FOCUS	INTRODUCE	INTRODUCE
INITIATE PRESSURE ON THE OPPONENT WITH BALL	MASTER	MASTER	FOCUS	FOCUS	FOCUS	FOCUS	INTRODUCE
ENGAGE WHEN CHANCE OF REGAINING THE BALL	MASTER	MASTER	FOCUS	FOCUS	FOCUS	FOCUS	INTRODUCE
PROVIDE COVER AND BALANCE, ELIMINATE PASS OPTIONS	MASTER	MASTER	MASTER	FOCUS	FOCUS	INTRODUCE	INTRODUCE
PREVENT THE SWITCH: KEEP OPPONENT TO ONE SIDE	MASTER	MASTER	MASTER	FOCUS	FOCUS	INTRODUCE	-
IMMEDIATELY (RE-) APPLY PRESSURE ON THE BALL	MASTER	MASTER	MASTER	FOCUS	FOCUS	INTRODUCE	INTRODUCE
DELAY ATTACK AND REGAIN DEFENSIVE SHAPE	MASTER	MASTER	FOCUS	FOCUS	FOCUS	INTRODUCE	-
LOOK TO INTERCEPT PASS OR WIN 2ND BALL	MASTER	MASTER	FOCUS	FOCUS	INTRODUCE	INTRODUCE	INTRODUCE
CREATE PASSING OPTION(S) BETWEEN LINES	MASTER	MASTER	FOCUS	FOCUS	INTRODUCE	INTRODUCE	INTRODUCE
GET NARROW & CLOSE THE CENTER, DENY THROUGH BALL	MASTER	MASTER	FOCUS	FOCUS	FOCUS	INTRODUCE	-
MARKING AND TRACKING OPPONENT	MASTER	MASTER	FOCUS	FOCUS	FOCUS	INTRODUCE	INTRODUCE
DENY THE CROSS	MASTER	MASTER	MASTER	FOCUS	FOCUS	INTRODUCE	-
DEFENDING THE CROSS	MASTER	MASTER	FOCUS	FOCUS	FOCUS	INTRODUCE	-
CHALLENGE TO PROTECT AGAINST ANY GOAL ATTEMPT	MASTER	MASTER	MASTER	FOCUS	FOCUS	FOCUS	INTRODUCE

ATTACKING TECHNICAL Player Actions

ATTACKING PLAYER ACTIONS	U18/19	u16/17	u15	u14	U13	u11/12	u9/10
CONTROLLING	MASTER	MASTER	MASTER	MASTER	FOCUS	FOCUS	FOCUS
SHIELDING	MASTER	MASTER	MASTER	FOCUS	FOCUS	INTRODUCE	INTRODUCE
DRIBBLING	MASTER	MASTER	FOCUS	FOCUS	FOCUS	INTRODUCE	INTRODUCE
PASSING	MASTER	MASTER	FOCUS	FOCUS	FOCUS	INTRODUCE	INTRODUCE
SHOOTING	MASTER	MASTER	FOCUS	FOCUS	FOCUS	FOCUS	FOCUS
SCANNING	MASTER	MASTER	FOCUS	FOCUS	FOCUS	FOCUS	FOCUS
SUPPORTING	MASTER	MASTER	FOCUS	FOCUS	FOCUS	FOCUS	INTRODUCE
ADAPATING BODY SHAPE	MASTER	MASTER	FOCUS	FOCUS	FOCUS	INTRODUCE	INTRODUCE
COUNTER MOVEMENTS	MASTER	MASTER	FOCUS	FOCUS	INTRODUCE	INTRODUCE	-

DEFENDING TECHNICAL Principles Age Group Priorities

DEFENDING PLAYER ACTIONS	U18/19	u16/17	u15	u14	U13	u11/12	u9/10
INTERCEPTING	MASTER	MASTER	MASTER	FOCUS	FOCUS	INTRODUCE	INTRODUCE
PRESSING	MASTER	MASTER	MASTER	FOCUS	INTRODUCE	-	-
CHALLENGING	MASTER	MASTER	MASTER	FOCUS	FOCUS	FOCUS	INTRODUCE
DELAYING	MASTER	MASTER	MASTER	FOCUS	FOCUS	INTRODUCE	-
BLOCK THE SHOT	MASTER	MASTER	MASTER	FOCUS	FOCUS	INTRODUCE	-
SCANNING	MASTER	MASTER	MASTER	FOCUS	FOCUS	INTRODUCE	INTRODUCE
COVERING	MASTER	MASTER	MASTER	FOCUS	FOCUS	INTRODUCE	INTRODUCE
ADAPATING BODY SHAPE	MASTER	MASTER	MASTER	FOCUS	FOCUS	INTRODUCE	-
MARKING	MASTER	MASTER	MASTER	FOCUS	FOCUS	INTRODUCE	INTRODUCE



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Age Group Learning Objectives

- **To develop more complex movement skills with an emphasis on multilateral development: maintain & enhance flexibility, strength, agility, & mobility (physical)**
- **To develop reaction speed & acceleration speed: focus on acceleration & deceleration (physical)**
- **To develop a systematic approach to solving game situations (tactical)**
- **To develop coordinated movements with teammates: increased spatial awareness (tactical)**
- **To develop more complex player actions with a high focus on combination play (technical/tactical)**
- **To develop the understanding & execution of 2v1 situations in attacking & defending (technical/tactical)**
- **To apply team principles in attacking, defending, and transition moments: utilizing a Style of Play to assist with decision making – having roles & responsibilities (tactical)**
- **To develop a deeper understanding of responsibilities of players off the ball (tactical)**
- **To develop player ownership: communication with teammates & coaches (character)**
- **To introduce the concept of a warm-up routine with responsibilities for the players (character/physical)**
- **To develop self-reflection & self-regulation skills (character)**
- **To develop teamwork: group reflection skills (character)**



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Age Group Playing Time Standards

Playing time expectations

- 50% playing time over the course of the season
 - Impacted by attendance, effort and attitude
- Each player starts at least 25% of games - includes league and tournament matches
 - These can change for Cup Competitions
- Must play in different positions over the course of the season
 - Goalkeeper may be an exception to the rule



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Formations of Play

- We do not have a set formation or system of play, as each team is unique and consists of players with different skill sets that may favor one formation over another.
- We know some coaches are more comfortable with coaching certain formations than others.
- We recommend these formations for younger ages, as they are easier to understand for players learning new roles:
 - 7v7 : 1-2-3-1
 - 9v9 : Fall of u11 – 1-3-4-1. For u12 explore 1-3-2-3 or 1-2-4-2
 - 11v11 : 1-4-3-3 and its variations or 1-4-4-2 (1-4-Diamond-2)
- We encourage all teams to be familiar with at least 2 formations, especially at older ages.



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Goal Keepers

U13-U4

Stage: Development/Specialization

Players are placed on teams as a Keeper.
Field player time is no longer expected.

U17-19 :

Stage: Performance

Players are placed on teams as a Keeper.
Playing time is not guaranteed.
Total Specialization

U11-12

Stage: Foundation

U11 and 12 Players are placed on teams as a Keeper. Integration as field players, begin specialization

U15-16

Stage: Learn to win

Players are placed on teams as a Keeper.
Total Specialization

U9 -10

Stage: FUNdamentals/ DISCOVERY

U9-10 Players are not placed on teams as a Keeper. Should rotate as field players.



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Key Coach Behaviors

- Creates a positive player centered environment - Experiential
- Teaches Why not just What
- Promotes autonomous decision making
- Promotes and encourages player ownership and love of the game
- Balances Development and Competition
- Communicates well with Parents- Includes them in the process / willing to have difficult conversations.
- Communicates clearly and consistently
- Models Respect and Sportsmanship
- Supports and reinforces the Club Development Model.
- Always dresses professionally, in proper SVU/ Capelli apparel.
- Provides individual and team feedback throughout the season

Key Coach Qualities

- Organized
- Expertise
- Communication Skills
- Understands who they are teaching
- Leader / Self Confidence
- Always be learning / self reflection - KAIZEN
- Represents SVU / Role Model
- Always prepared

Family Expectations

- I will remain positive and encouraging at all times.
- I will Cheer for effort, teamwork, and fair play—not just results.
- I will Allow the players to play, the referees to officiate, and the coaches to coach.
- I will Refrain from giving instructions or coaching from the sideline.
- I understand that the game is for children and not for the adults.
- I will not yell at referees, coaches, players, or other parents.
- I will Accept that referees and coaches—like players—are learning and will make mistakes.
- I will Maintain respect toward all participants at all times, regardless of the outcome of the game.
- **I will not get involved in any Physical confrontations** or threats of violence toward anyone (referees, coaches, players, or spectators) and understand it will result in immediate removal and further disciplinary action.
- I will not approach a coach or the Bench area immediately before, during, or directly after a game or practice to discuss concerns.
- **I understand The 24-Hour Rule:** Wait at least 24 hours after a game or event before requesting a conversation with your child's coach. This allows time for reflection and constructive communication.
- I understand that all communication should be respectful, solution-focused, and conducted through appropriate channels.

By participating in SVU, parents agree to model the values of **respect, integrity, and sportsmanship** at all times. Our shared goal is to provide every player with the opportunity to grow as an athlete and as a person in a supportive community.

Club Accomplishments

- 2024 - FALL - 6 Teams qualify for NPL Play offs
- 2024 - FALL - 3 Teams in Fall/ 3 Spring, win their division
- Spring 2025 - 2012 Girls, President's Cup Final Four
- 2024-25 - 2011 Boys, Presidents Cup State Champion, Regional, Runners up, National Championships in Tampa
- Spring 2025 -NPL WEST - CLUB CHAMPIONS - 2nd time EVER
- FALL 2025 - 4 Teams league Champions - U15B Navy in u16 Division, u14G undefeated, u16G, u12B Navy
- FALL 2025 - U15 Boys back to back Presidents Cup State Champion
- FALL - 2025- VCSL Club Championships - runners up



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Age Group Changes



What is changing nationally?

- US Youth Soccer & US Club Soccer (both of which VSA are a part of) are moving away from Birth-Year registration to School-Year registration.
 - Birth-Year: January 1 – December 31
 - School-Year: August 1 – July 31
- This aligns with:
 - School grades
 - Many other youth sports
 - Social & academic peer groups

This is a NATIONAL decision and change, not a club-specific decision.



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What Does Not Change

Our commitment to:

- Individual development
- Creating appropriate challenges
- Positive team environments
- Competitive teams

Key operational decisions

- Teams will be organized primarily by the new registration birth range (Aug 1 - July 31)
- Rosters will be built with:
 - Player development level
 - Team competitiveness
- We will maintain flexibility where appropriate
- Our Philosophy comes first
 - We build teams around player development, shared principles and a consistent style of play across all age groups.



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We will do our best to communicate with families

- Some players may:
 - Play Up/Progress with their team with their grade
 - **The default will be to have players tryout in their appropriate age group**
 - Some may be asked to attend a different tryout in night two
 - Others may be asked to tryout in an older group.
 - Some may be placed in their age group - regardless of their grade
 - These decisions are made by the coaching staff and ultimately, the SVU Directors

These decisions are based on:

- Technical & tactical readiness
- Physical development
- Psychological confidence
- Long-term pathway (not short-term wins)



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What Will NOT Drive Decisions

- To be clear, decisions will not be based on:
 - Parent pressure
 - League standings
 - Short-term results
 - “Keeping teams together at all costs”

Our responsibility is to the player's future, not just the current season

As always, we strive to identify top players and provide appropriate challenges for their development

- Guest playing
- Guest training
- Opportunities with Skylite Elite (ECNL / Girls Academy League)



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What We Ask of Families

Partner with us by:

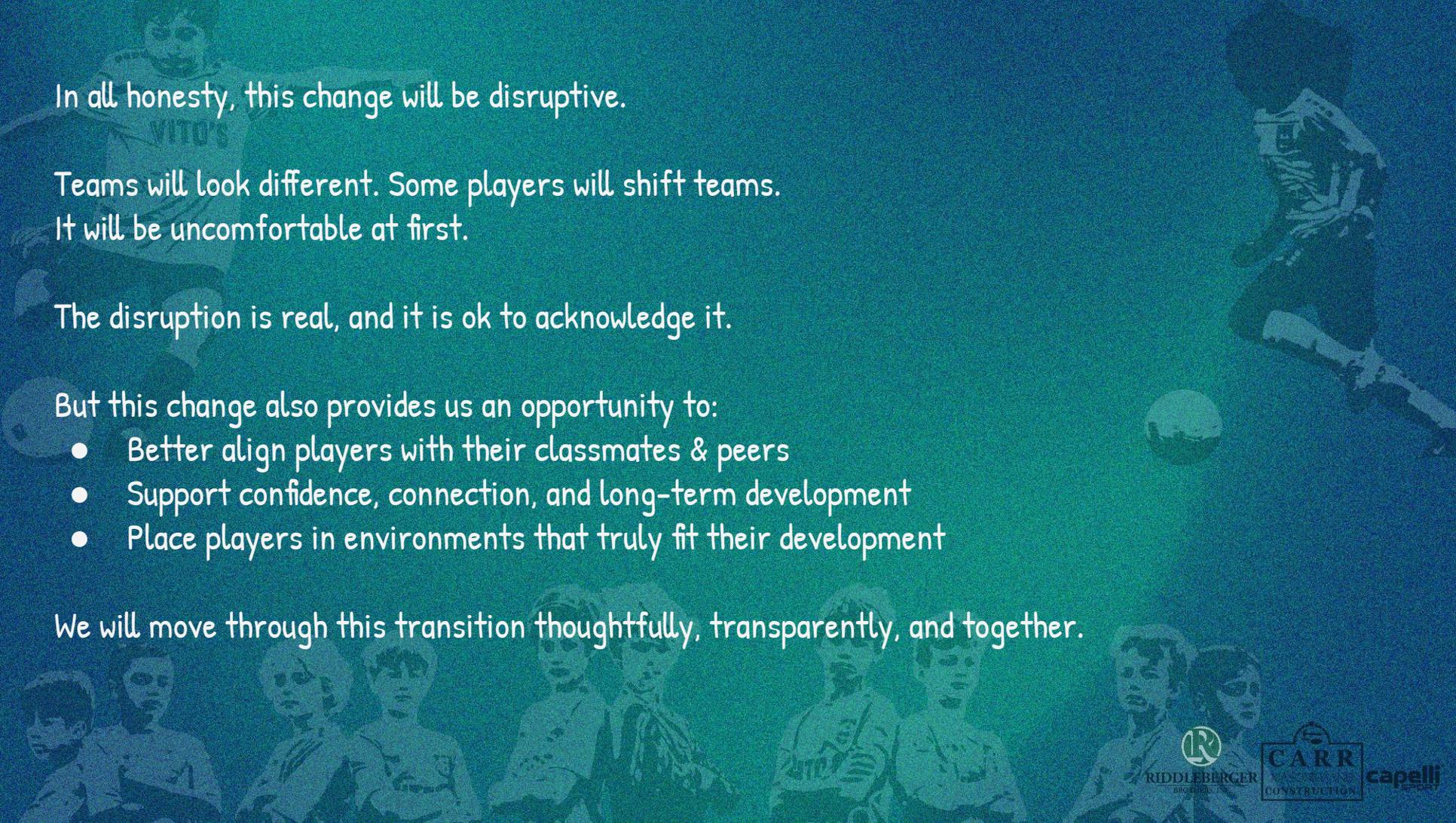
- Keeping an open mind
- Trusting the development process
- Asking questions early and constructively
- Supporting all players and teams positively
- Trusting the SVU staff, our experience and expertise
- Understand the SVU staff are human, while we do have years of experience, including the last time US soccer changed the age groups, we can make mistakes. If we look back and think we made a mistake, we'll work to remedy the situation.



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In all honesty, this change will be disruptive.

Teams will look different. Some players will shift teams.
It will be uncomfortable at first.

The disruption is real, and it is ok to acknowledge it.

But this change also provides us an opportunity to:

- Better align players with their classmates & peers
- Support confidence, connection, and long-term development
- Place players in environments that truly fit their development

We will move through this transition thoughtfully, transparently, and together.



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