



OKOTOKS MINOR SOCCER ASSOCIATION

Academy Philosophy

The training philosophy of OMSA is predicated on the belief that soccer must always be fun for our youth players and focus placed on individual player development. The duration and number of training sessions will vary specific to each level of play.

Mandatory training sessions for Tiers I-IV (U12-U14) & U10 A/B teams will be delivered on a team basis. Optional training programs for Tiers IV-VI (U16-U18), Tiers 5-6 & U10 C teams will be delivered in age group sessions. U4 - U8 players are introduced to ball touch and skill games in which direction, speed and precision are introduced.

SAQ – Strength, Agility and Quickness training provided by certified Fitness Instructors.

One cheque per player post dated to May 29, 2012 is required at registration. Academy fees will be adjusted once players are placed on teams as required.

Outdoor 2012

| Age Group | Level of Play | Status | Sessions | Cost |
|---------------|---------------------------------|-----------|-----------------------------|----------|
| U4 Community | Rec | Included | 1 Clinic & approx. 90 min. | ** |
| U6 Community | Rec | Included | 1 Clinic & approx. 180 min. | ** |
| U8 Community | Rec | Included | 1 Clinic & approx. 180 min. | ** |
| U10 Community | Rec | Included | 4 hrs/season | ** |
| U12 Community | Rec | Included | 4 hrs/season | ** |
| U10 | Tier A | Mandatory | 10-12 hrs/season | \$125.00 |
| | Tier B | Mandatory | 8 hrs/season | \$100.00 |
| | Tier A-C | Optional | 12 hrs/season SAQ | \$ 60.00 |
| U12 | Tier 1-3 | Mandatory | 10-12 hrs/season | \$125.00 |
| | Tier 4 | Optional | 8 hrs/season | \$100.00 |
| | Tier I-VI | Optional | 12 hrs/season SAQ | \$ 60.00 |
| U14 | Tier 1-3 | Mandatory | 10-12 hrs/season | \$125.00 |
| | Tier 4 | Optional | 8 hrs/season | \$100.00 |
| | Tier I-VI | Optional | 12 hrs/season SAQ | \$ 60.00 |
| U16 | Tier 1-3 | Mandatory | 10-12 hrs/season | \$125.00 |
| | Tier 4 | Optional | 8 hrs/season | \$100.00 |
| | Tier I-VI | Optional | 12 hrs/season SAQ | \$ 60.00 |
| U18 | Tier 1-3 | Mandatory | 10-12 hrs/season | \$125.00 |
| | Tier 4 | Optional | 8 hrs/season | \$100.00 |
| | Tier I-VI | Optional | 12hrs/season SAQ | \$ 60.00 |
| ** | Included in player registration | | | |

In short, our **training philosophy** is to provide all players with the opportunity of growth in the technical, tactical, physical and psychological components of soccer in a team or group environment.