

Junior Academy Handbook

One Coast.

One Club.

One Passion.



All Youth.

All Levels.

All Soccer.



Billy Swails

Junior Academy Handbook

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Message from the Director of Coaching- Junior Academy



Matt Parmer: Director of Coaching – Junior Academy

Parmer holds the USSF “A”, USSF “Y” USSF “GK”, NSCAA Advanced National, NSCAA National “GK” and NSCAA National “Y”. Matt can be reached at matt.parmer@scunitedmountpleasant.com or 843-408-5504

Parents,

I would to thank each and every one of you for choosing to play soccer with South Carolina United FC Mount Pleasant. I consider it a privilege to work with your child in fostering a lifetime love of the game.

The goal of this handbook is to offer insight into the soccer program you have selected for your child. At any point should you have further questions please do not hesitate to contact me.

Respectfully,

Matt Parmer
Director of Coaching- Junior Academy

Club Mission & Vision

The mission of South Carolina United FC Junior Academy is to help foster young players' physical, mental and social growth so they can reach their potential in life through their participation in soccer. The club will provide quality staff, facilities, environment and curriculum to give players the tools to succeed.

The Club's vision is to develop a reputation for producing well-trained athletes and gain respect of the nation soccer community as a true soccer academy. College coaches, national coaches and professional coaches will recognize the standards of excellence embodied by the club and expect those who graduate from the club to be quality players with a solid soccer foundation and good citizens.

Mission of the Junior Academy

The ages of 7-12 are often referred to as the "Golden years of Development". That is why it so important for us to place each child in the appropriate environment for their individual success. The U.S. Soccer Federation quite clearly states, "The most fundamental skill in soccer is individual mastery of the ball and the creativity that comes with it. This should be a priority in training and games, especially in the early years. As this skill is mastered, the rest of the game becomes easier — both to teach and learn. Practices should be built around facilitating the development of the skills necessary to move and control the ball well." The education of the players is truly our top priority.

Program Goals

- **Enjoy the Game:** Most importantly it is our goal for the players to have fun and enjoy playing the game of soccer. We strive to make every aspect of our program enjoyable for all players.
- **Live the Game:** We want our players to have the desire to play on their own, watch soccer on TV, attend live soccer games and to read about the game.
- **Emphasize Individual Development:** We want players to take responsibility for their own development. We believe this to be the key to success.
- **Motivate Players to Play:** Our Academy players graduate with the desire, attitude and tools needed to become a successful player in our select program.

Parent Goals

The Practices

- I will ensure that my child is punctual, properly equipped with shin guards, inflated ball, water bottle and correct training attire (SC United Mount Pleasant training shirt, shorts and socks).
- I will inform the coach if my child is going to be absent from training.

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- I will let my child's coach know about any concerns or problems that might affect his/ her behavior or performance (i.e. injury, illness, behavior).

The Games

- I will ensure that my child is punctual, properly equipped with shin guards, ball, water bottle and proper uniform.
- I will not interfere with the job of the coach.
- I will not coach. I will not give instructions to the players.
- I will remember that the priority for players in the academy is individual development and this sometimes super-cedes team goals and priorities.
- I will support my child, their coach and their team regardless of the outcome of any game.

The Referee

- I will not yell at the referee.
- I will not approach the referee after a game to question his/her decisions.
- I will be a role model of sportsmanship.

The Program

- I will attend scheduled parent meetings.
- I will volunteer when needed.
- I will follow due process with concerns.
- I will pay all fees when they are due.
- I understand that my child's team is part of a larger program that may sometimes use players from different teams for development and number purposes.

Description of Junior Academy Program

- The program is comprised of players' age 7-12 who desire becoming South Carolina United FC Mount Pleasant Select players.
- There are five age groups within the Junior Academy program U8, U9, U10, U11, and U12.
- Players play within their own gender.
- The focus of the program is player development.
- Professional youth coaching staff oversees all aspects of player development.
- There is a specific curriculum for all academy age groups.
- Teams compete against region III youth soccer clubs in non-results oriented format. (Friendly weekends)
- Teams do compete in tournaments in a results oriented format.
- Teams do compete against local teams in LSYSA league.
- Teams do compete in the SCYSA state league.
- There is a fall and spring season commitment expected. The fall season runs approximately from the first of August until the middle of November. The spring season runs approximately from the middle of January until the middle of May.

Junior Academy Evaluations

Players interested in joining a Junior Academy team for the 2010/2011 seasons need to attend the Junior Academy evaluations held in May.

Additional evaluation information will be posted online at www.SCUnitedMountPleasant.com

Players who move into Charleston during the season are eligible to be evaluated for placement by contacting the Junior Academy Director of Coaching.

Junior Academy Structure for Fall 2011/ Spring 2012

U8 Academy Structure

Organization:

Teams will have a professional coach and a proven player development curriculum with oversight from the Junior Academy Director of Coaching. At the May evaluations, players will be selected for the U8 program. However, players will not be placed on teams until further evaluation.

Game Format:

Teams will play 6v6 in the LSYSA league; participate in home Academy festivals, and local tournaments. Academy festivals are games between clubs. When the festivals are held locally then our U8 teams may participate. Depending on the numbers at evaluations, we may consider forming an in-house league for our U8 players to play in. Details will be communicated following evaluations. There is very limited travel for our U8 program.

Training:

Players will practice twice a week with their professional coach. Players have the option to attend the optional Friday session (no additional cost) for a total of two team sessions and one optional session.

U9 Academy Structure

Organization:

Teams will have a professional coach and a proven player development curriculum with oversight from the Junior Academy Director of Coaching. At the May evaluations, players will be selected for the U9 program. However, players will not be placed on teams until further evaluation.

Game Format:

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Teams will play 6v6 in the LSYSA league; participate in home Academy festivals, and local tournaments. Academy festivals are games between clubs. When the festivals are held locally then our U9 teams may participate. There is very limited travel for our U9 program.

Training:

Players will practice twice a week with their professional coach. Players have the option to attend the optional Friday session (no additional cost) for a total of two team sessions and one optional session.

U10 Academy Structure

Organization:

Teams will have a professional coach and a proven player development curriculum with oversight from the Junior Academy Director of Coaching. At the May evaluations, players will be selected for the U10 program. However, players will not be placed on teams until further evaluation.

Game Format:

Teams will play 6v6 or 8v8 in the LSYSA league; participate in home Academy Festivals, local tournaments and 1-2 out of town events a season. There is limited travel for our U10 program.

Training:

Players will practice three times a week with their professional coach. Players have the optional Friday session (no additional cost) and/or the optional Passport program (no additional cost for those selected) for a total of three team sessions and one-two optional sessions weekly.

U11 Academy Structure

Organization:

Teams will have a professional coach and a proven player development curriculum with oversight from the Junior Academy Director of Coaching. At the May evaluations, players will be selected for the U11 program. However, players will not be placed on teams until further evaluation.

Game Format:

Teams will play 8v8. Teams will participate in Academy Festivals both home and away with other clubs, tournaments and local games vs. LSYSA teams. There is moderate travel for our U11 program.

Training:

Players will practice three times a week with their professional coach. Players have the option to attend the optional Friday session (no additional cost) and/or the optional

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Passport program (no additional cost for those selected) for a total of three team sessions and one-two optional sessions weekly.

U12 Academy Structure

Organization:

Teams will have a professional coach and a proven player development curriculum with oversight from the Junior Academy Director of Coaching. At the May evaluations, players will be selected for the U12 program. We will use an A, B, C format when forming teams.

Game Format:

Teams will play 8v8 or 11v11 and will participate in Academy Festivals both home and away with other clubs, tournaments and local games vs. LSUSA teams. There is moderate travel for our U12 program.

Training:

Players will practice three times a week with their professional coach. Players have the option to attend the optional Friday session (no additional cost) and/or the optional Passport program (no additional cost for those selected) for a total of three team sessions and one-two optional sessions weekly.

Junior Academy Coaching

The needs of our players are met by an outstanding professional youth coaching staff and a dynamic player development curriculum. We have individuals with experience coaching in youth clubs, high school and college teams. We also have individuals who played at every level of the game and who bring their experience and passion for the game to our players.

Junior Academy Staff Coaches

Complete staff for 2011-2012 will be listed online at www.scunitedmountpleasant.com

Team Managers

Each Junior Academy team will have a parent volunteer that serves as a team manager. The team manager works closely with the teams' coach, the Junior Academy DOC and the club Business Manager. The team manager attends monthly meetings during the season. The team manager registers the team for tournaments, books hotel rooms, prepares the team budget and collects team fees.

Junior Academy Training Goals

TECHNIQUE: Ball mastery with all parts of the body. We will work to develop basic technique in:

- Ball Control
- 1v1 Attacking
- Passing
- Receiving and Turning
- Shooting
- Heading

TACTICAL: Ability to read the game, think ahead and create solutions. We will work to develop game sense in the following:

- 1v1, 2v2, 3v3 and 4v4 situations
- Principles of attacking and defending
- Runs and role of all positions played in the 6v6, 8v8, 11v11 format.

PHYSICAL: Players must be able to control the ball according to the demands of the game. We will work to develop the following physical traits with and without a ball:

- Coordination
- Balance
- Agility
- Power
- Speed
- Quickness

PERSONALITY: Players must display the right attitude in order to perform at their best. We will work to develop the following personality traits:

- A positive attitude and effort to accomplish any given task or problem.
- Confidence to play your best by being prepared.
- Belief in abilities and potential as a person and player.
- Belief in teammates and team.
- Respect for teammates, coaches, referee, opponents, and parents.

Extra Training

SC United Mount Pleasant offers numerous additional training opportunities for our Junior Academy players. Information on these training opportunities is listed below.

- U8-U12 Friday Session: Started in the spring of 2009 to give Junior Academy players another chance to participate in training each week. The session is free of charge for all Junior Academy players. The session features soccer tennis, Soci, 4v4, 5v5 and 6v6 tournaments. The Junior Academy DOC oversees the Friday sessions.

- Game Length: 2/30 minute halves, 10 min halftime.

When do we play GAMES?

Saturday is the primary academy game day for league games. Sunday is scheduled occasionally always after 1pm for games. Tournaments and Friendly weekends include games on Saturday and Sunday (before 1pm).

Who will be my child's COACH for games and practices?

Coaches will be assigned to work with a specific team throughout the season to provide consistency. A complete list of our coaching staff and their team assignments will be listed online prior to our May evaluations each year.

How many TOURNAMENTS will my child play?

The Junior Academy DOC will decide tournaments. It will be discussed ahead of time with the parents.

- U9: 1-3 Fall & Spring
- U10: 2-3 Fall & Spring
- U11: 2-4 Fall & Spring
- U12: 2-4 Fall & Spring

Not all of the players/ teams will necessarily attend the same tournaments. Tournament decisions are made on the number of teams, number of available coaches and the level of each team compared to the level of the tournament.

Philosophy on....

Philosophy on WINNING

For ages 8-12, we believe that winning is:

- To give you're best!
- To have FUN playing the game!
- To play quality soccer using skill and creativity.
- To perform new individual and team skills.

Philosophy on PLAYING POSITIONS

During the Junior Academy experience, there are so many games played that each player will have the chance to experience each position. In order to maximize individual development as well as team development we will:

- Put players in a position that suits their strengths.
- Put players in position to give the team success.
- Put players in a position in order to teach the role of the position.
- Put players in a position according to the players on the team.

Philosophy of PLAYING TIME

We will work to ensure that all players get to play at least half of each half.

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Philosophy of EQUAL PLAYING TIME

The Junior Academy is a Select Development Program thus we believe that players earn “extra” playing time based on ability, effort in training, and performance in games. Therefore players do not automatically receive equal playing time.

Tournament Guidelines

Hotel Behavior:

- 1) No running in hotel lobby, halls or parking lot.
- 2) Players are to wear shoes or flip-flops at all times when out of their room or car.
- 3) No players are to enter the hotel workout room until the conclusion of their last game and even then an adult must accompany the player.
- 4) No player is to enter the swimming pool or spa (hot tub) until the last game of the day.
- 5) Cleats are not to be worn inside the hotel.
- 6) No soccer balls out in the hotel lobby, halls or parking lot.
- 7) Players are to greet other guest in the hotel respectfully.

Wake up:

- 1) Players should be out of bed 2 hours before the scheduled start of their game. For instance 8am game, 6am out of bed moving around, getting breakfast and starting to prepare to play.

Financial Commitment

- Uniform: Approximately \$150.00
 - Nike uniform changes every three years. Fall of 2010 was the first season in the three-year cycle. Uniform package includes, home jersey, shorts and socks, away jersey, shorts and socks, two training shorts and two training jerseys.
- Coaching Fee:
 - U9 Boys & Girls: \$210.00 per season.
 - U10 Boys & Girls: \$310.00 per season.
 - U11 Boys & Girls: \$310.00 per season
 - U12 Boys & Girls 8v8: \$310.00 per season
 - U12 Boys & Girls Elite 11v11: \$350.00 per season
- Registration fee: \$175.00 per year
- Team fee: Based on number of tournaments and out of town events. Cost varies from team to team. Approximately \$100.00-\$400.00 per season.

Process for Concerns by Parents

DO NOT ADDRESS THE ISSUE BEFORE, DURING OR AFTER A PRACTICE OR GAME.

- Contact the coach by phone or email.
If a satisfactory solution is not found then;
- Contact the Junior Academy Director of Coaching, Matt Parmer by phone or email.
If a satisfactory solution is not found then;
- Contact the Booster Club President, Kevin Carter by email. Contact information online at www.scunitedmountpleasant.com