



Mount Pleasant Soccer Club

Academy Handbook



Academy Handbook

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Message from the Director of Coaching



Jeremy Aven: Director of Coaching,

Jeremy has been the Director of Coaching for MPSC since the Fall of 2005. Prior to taking the position as the DOC, Jeremy was the U10 Academy Director and assistant coach for the College of Charleston Men's soccer team. Jeremy holds the USSF "A" license, NSCAA Advanced National and the NSCAA GK level II diploma. Jeremy can be reached at javen@townofmountpleasant.com or 843-884-2528 or 843-860-8788

We would like to thank you for your interest in our Academy Program. The Mount Pleasant Soccer Club Academy Program is the most extensive program of its kind in the Charleston area. Our Academy Program is run by a full time Academy Director that allows us to accomplish more for our academy players. The program will afford your child many opportunities to grow as a player and as a person. Our Academy staff has an extensive playing and coaching background that includes participation and coaching at every level.

This handbook should help to answer any questions you may have about this program. If you still have any questions after reading through the handbook please feel free to contact one of our staff members and they will be happy to help you.

Jeremy Aven
Director of Coaching

Message from the Academy Director



Matt Parmer: Academy Director

Matt Parmer joined the MPSC staff in the fall of 2007 as the Academy Director. Prior to joining the staff he served the club as the 93 Boys Elite head coach and 95-player pool director. Parmer holds the USSF "A", USSF "Y" USSF "GK", NSCAA Advanced National, NSCAA National "GK" and NSCAA National "Y". Matt can be reached at parmer_matthew@hotmail.com or 843-408-5504

Parents,

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

At Mount Pleasant Soccer Club our motto is developing players both on and off the field. The game of soccer affords many opportunities for young players to develop strong characters traits.

In writing this handbook it is my goal 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
Academy Director

Mission of Academy Soccer

The ages of 8-12 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 education of the players is truly our top priority.

Introduction to Academy Soccer

In the fall of 2008, Mount Pleasant Soccer Club’s Academy Program is entering its third season of offering a complete U10-U12 Boys and Girls Academy Program. The Academy Program offers players age 9 thru 12 a program that focuses on their individual development.

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

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The Practices

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

- The program is comprised of players age 9-12 who desire becoming MPSC select players.
- There are three age groups within the Academy program 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 LYSL league.

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- There is a fall and spring season commitment expected. The fall season runs approximately from the middle of August until the middle of November. The spring season runs approximately from early February until the middle of May.

Club Structure

AGE	Program Options-Recreation Track*	Program Options Intermediate Track*	Program Options Select Track*
AGE 6	FUNDamental Soccer	FUNDamental Soccer	FUNDamental Soccer
AGE 7-8	FUNDamental Soccer	FUNDamental Soccer	Development Program
AGE 9-12	SCAP Recreational Soccer	Development Program/ Academy Soccer	Academy Soccer
AGE 12-18	SCAP Recreational Soccer	Select Soccer	Select Soccer

*Players may move from one program track to the next during their time playing with Mount Pleasant Soccer Club.

Academy Evaluations

Players interested in joining an Academy team for the 2008/2009 season need to attend the Academy evaluations held in May. Players who move into Mount Pleasant during the season are eligible to be evaluated for placement by contacting the Academy Director.

Academy Structure for 2008/2009

U10 Academy Structure

98 Boys & Girls for 2008/2009.

League Heroes: Major League Soccer (USA). Teams will be named after teams that compete in the MLS.

Organization:

The players will be split into two pools. Pool 1 & Pool 2.

Pool 1:

Team names Galaxy and Dynamo. Team made up of top 19-20 players. The players in Pool 1 will be split in the A (Galaxy)/B (Dynamo) format. Teams in Pool 1 will play an academy schedule (Friendly + Tournaments). Galaxy will play 8v8 in the U11 setting and Dynamo will play 6v6 in the U10 setting.

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Pool 2:

Remaining players are put onto equal teams that play in a local league, tournaments and home Academy events. The 1-2 teams will play in the 6v6 U10 setting.

Team Names: Revolution & Fire.

Player Movement:

Players may be moved up from Pool 2 to Pool 1 to fill a vacancy or for developmental reasons only. Players may also be moved up within their assigned pool, for instance a player on Dynamo may be moved up to Galaxy. This can occur at the mid season or during the fall or spring season. At U10 no players will be moved down from Pool 1 to Pool 2 or moved down within their assigned pool.

Training:

Players in Pool 1 will practice twice a week. Players in pool have the option to participate in the Elite training sessions once a week for a total of two mandatory sessions and one optional session. Pool 2 will practice twice a week as a pool. Players from Pool 2 may be asked to practice with Pool 1 for developmental reasons. The pools will practice separately.

Coaching:

David Jordan will oversee the U10 Academy program under the supervision of the Academy Director. All U10 teams will have a professional coach.

U11 Academy Structure

League Heroes: English Premier League (England) Teams will be named after teams that compete in the EPL.

Organization:

The players will form one pool.

Pool 1:

Will be made up of the top 20-22 players. Players will make up top two teams. The team names will be United and Liverpool. The players in Pool 1 will be split in the A (United)/B (Liverpool) format. Pool 1 teams play an Academy schedule (Friendly + Tournaments).

Player Movement:

Players may also be moved up within their assigned pool, for instance a player on Liverpool may be moved up to United. This can occur at the mid season or during the fall or spring season. At U11 no players will be moved down from within their assigned pool

Training:

Players selected for Pool 1 (United & Liverpool) practice twice a week plus one elite training session for a total of three mandatory sessions a week.

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Coaching:

Matt Parmer will oversee the U11 Academy program. All U11 teams will have a professional coach.

U12 Academy Structure

League Heroes: La Liga (Spain) Pool 1 teams will be named after teams that compete in the La Liga.

Organization:

Elite team & Pool 1

Elite Team:

Top 13-15 players make up the top team (Elite). The Elite team plays in the SCYSA state league 11v11 plus tournaments. They are given the name Elite as all MPSC teams that play in the SCYSA state league fall into the Elite, White, and Maroon titles.

Pool 1:

Will be made up of the next 12-24 players. The team names will be Barcelona and Real. The players in Pool 1 will be split in the B (Barcelona) & C (Real) format. The teams in Pool 1 play an Academy schedule (Friendly + Tournaments).

Player Movement:

Players may be moved up from Pool 1 to the top team to fill a vacancy or for developmental reasons only. This can occur at the mid season or during the fall or spring season. At U12 no players will be moved down from one level or within their pool during the year.

Training:

Players selected for the Elite team practice twice a week plus one elite training session for a total of three mandatory sessions a week. Players in Pool 1 (Barcelona & Real) practice twice a week with the option of training three times a week. Players from Pool 1 may be asked to practice with the Elite team for developmental reasons. The Elite team and Pool 1 will practice separately.

Coaching:

The Academy Director will oversee the U12 Academy program. All U12 teams will have a professional coach.

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.

Academy Staff Coaches

2008-2009 COACHING STAFF

David Jordan	Boys/ Girls Staff
TJ Rostin	Boys Staff
Nick Shaw	Boys Staff
Paul Conway	Girls Staff
Sydney Strong	Girls Staff
Jarrold McCord	Boys Staff
Courtney O Bryan	Girls Staff
Heather Orman	Girls Staff
Amanda Andrews	Girls Staff

Complete staff for 2008-2009 will be listed online at www.mpsoccer.com.

Support Staff

MPRD Soccer Coordinator: Crystal Reed

Crystal Reed is entering her first year as the Soccer Coordinator for Mount Pleasant Recreation Department. She oversees all aspects of the soccer program including FUNdamental, In-House, Developmental, Academy and Select soccer. Crystal's office is at the Jones Center MPRD facility. She can be reached at creed@townofmountpleasant.com or 843-884-2528.

Goal Keeper Development: Dusty Hudock

MPRD and the MPSC Booster Club provides free goalkeeper training to all the MPSC soccer participants. Dusty Hudock, of the Charleston Battery oversees the Goal Keeper Development Program. Assisting Dusty with the goalkeeper training is Keith Wiggins. For goalkeeper questions please contact Christi Rostin (see above).

In addition to the staff listed, MPSC Booster Club also employs a Club Manager, Tournament Director, Technical Director and a Web Master.

Booster Club

The primary role of the Mt. Pleasant Soccer Booster Club is to raise funds needed to support various programs and staff necessary to the operation and growth of the club. The Booster Club, managed by the elected volunteer board, works in partnership with the Town of Mount Pleasant's Recreation Department to operate a successful soccer program that offers a variety of opportunities for youth soccer players interested in a more extensive level of training and competition. For more information please contact Booster Club President Kevin Carter at Kevin.Carter@Caremart.com

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Team Managers

Each academy team will have a parent volunteer that serves as a team manager. The team manager works closely with the teams' coach, the Academy Director and the MPRD designee. The team manager meets with the Soccer Coordinator once a month during the season. The team manager registers the team for tournaments, books hotel rooms, prepares the team budget and collects team fees.

Academy Training Goals

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

- Ball Control (Fast Footwork)
- 1v1 Attacking
- Passing
- Receiving and Turning
- Shooting
- Heading
- Juggling

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.

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Extra Training

Mount Pleasant Soccer offers numerous additional training opportunities for our Academy players. There is a U11/U12 third night of technical training, goalkeeper training, Winter/ Summer academy and technical training camps through out the year. Information on these training opportunities is listed below.

- U10-U12 Elite Training (Third training session): Started in the fall of 2006 to further challenge our players and increase their technical proficiency. The training is mandatory for all U11 Pool 1 players & U12 Elite players at cost of \$100.00 per season. The session is optional for U10 Pool 1 players, U11 Pool 2 players & U12 Pool 1 players. The Academy Director oversees the Elite training sessions.
- Goalkeeper Training: Goalkeeper training is provided free of charge under the direction of Dusty Hudock and Keith Wiggins. Both are professional soccer players for the Charleston Battery. The training schedule can be found online at www.mpsoccer.com
- Technical Training Camps: Vary in cost based on the number of days and half day or full day options. Camp sessions are winter camp, spring break camp, and two summer sessions. MPSC directors, staff, and college coaches staff the camps. Information for the training can be found online at www.mpsoccer.com
- Winter/ Summer Academy: The winter and summer academies are staffed by MPSC directors and staff. The academy sessions run for various time periods and vary in cost reflecting those time periods. Information for the training can be found online at www.mpsoccer.com

Player Evaluations

Each player in the Academy program will receive a player evaluation form at the conclusion of the fall and spring season. New for the spring 2008 season, the evaluations will be based on the level at which the player plays not the entire age group. For instance, players on the second U11 team will be evaluated in relationship to the level of opponents they face playing during the season.

Each player evaluation will include rating in the following areas dribbling, passing, receiving, ball striking, heading, speed, agility, strength, coordination, attitude, work ethic and ability to deal with stress.

Academy Games

What is the GAME FORMAT?

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- U10 Pool 1 Dynamo & Pool 2 6v6 Field Size: 60L x 40W
Pool 1 Galaxy 8v8 Field Size: 75L x 50W
- U11 & U12 8v8 Field Size: 75L x 50W
Elite U12 Team 11v11 Field Size: 120Lx 75W
- Game Length: 2/30 minute halves, 10 min halftime.

What LEAGUE does the Academy play in?

Our club creates a competitive game schedule against a wide variety of academy teams throughout region III (Georgia, South Carolina, and North Carolina). All 3rd tier academy teams play in a local league. See sample schedule on page 15. Their games include:

- Local games
- Local & away friendly weekends
- Local & away tournaments

How many GAMES will my child play?

Each player will be scheduled to play a minimum of 8 regular season games plus 2* tournaments (minimum of 3 games per tournament). * This may include 1 friendly weekend (minimum of 3 games) and 1 Tournament.

When do we play GAMES?

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

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

Coaches will be assigned to work with a specific pool of players throughout the season to provide consistency. However, all coaches will work with all the players within their age group throughout the course of each season.

How many TOURNAMENTS will my child play?

The Director of Coaching and the Academy Director will decide tournaments. It will be discussed ahead of time with the parents.

- U10: 1-3 Fall & Spring
- U11: 1-3 Fall & Spring
- U12: 1-3 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 9-12, we believe that winning is:

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- 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 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 on FORMATION OF TEAMS

- We will use an A, B, C format when forming teams.

Philosophy of PLAYING TIME

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

Philosophy of EQUAL PLAYING TIME

The 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.

Philosophy on PLAYING UP

No players will be allowed to play up with out the approval of the Academy Director and Director of Coaching.

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:

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- 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.

Nutrition:

From the US Youth Soccer Coaches Connection eNewsletter - June 29th, 2004

FOODS FOR COMPETING DURING MULTIPLE GAMES

- 2-4 Hours Before A Tournament: high carbohydrate with protein and fat meal and plenty of fluids. Example-peanut butter and jelly sandwich and milk, spaghetti and meatballs and beverage, snacks--crackers and cheese, candy bars with nuts, energy bars.
- Immediately Before Competition: high carbohydrate snack and fluids. Example-fruits, sports beverages, crackers, bagels, etc.
- During Game: sports drink or water depending upon the heat and humidity.
- In Between Games (1 hour before game): high carbohydrate with protein and fat snack with plenty of fluids. Example-peanut butter and jelly sandwich or crackers, crackers and cheese, candy bar with nuts, energy bars.
- Immediately After Games: high carbohydrate and protein with fat meal. Tolerated foods before and during competition vary by individual.

Hydration:

- 1) Drink minimal fluids with a dehydration potential such as soda and coffee.
- 2) Remember that thirst is unreliable to determine fluid needs. Therefore the players need to drink before feeling thirsty.

Financial Commitment

- Uniform: Approximately \$175.00
 - Adidas uniform changes every three years. Fall of 2007 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: \$240.00 per season for teams training twice a week. \$340.00 per season for players training three times a week.
- Registration fee: \$151.00 per year
- Team fee: Based on number of tournaments and out of town events. Cost varies from team to team. Approximately \$150.00-\$250.00 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 Academy Director, Matt Parmer by phone or email.
If a satisfactory solution is not found then;
- Contact the Director of Coaching, Jeremy Aven by phone or email.
If a satisfactory solution is not found then;
- Contact the Program Coordinator, Crystal Reed by phone or email.

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Sample Schedule

Below is a sample schedule. The schedule is the U10 Boys 2nd level team from the Spring 2008 season.

February 4th	Training Starts for U10 Pool	Mount Pleasant, SC
February 9-8	League Games	Charleston, SC
February 16-17	N Meck Friendly Weekend	North Meck, NC
February 23-24	OFF	OFF
March 1-2	CESA Friendly Weekend	Greenville, SC
March 8-9	League Games	Charleston, SC
March 15-16	Columbia United Tournament	Columbia, SC
March 22-23	OFF (Start of Spring Break)	OFF
March 24-28	Optional Spring Break Camp	Jones Center, Mount Pleasant SC
March 29-30	Piggly Wiggly Tournament	Mount Pleasant, SC
5-Apr	CGSA Friendly	Savannah, GA
April 12-13	LOCAL Tournament	Summerville/ James Island, SC
April 19-20	4V4 Street Soccer	Park West
April 26-27	League Games	Charleston, SC
May 3-4	GSA/ CGSA Friendly	Mount Pleasant, SC
May 10-11	Adidas Festival	Greensboro, NC