



Any questions about the Developmental program can be directed to the following e-mail: psc.developmental@gmail.com

Registration Open

Registration is now open for all fall programs at PSC Iowa. Go to the website @ www.psciowa.com to sign-up.

Any questions regarding the Academy program can be directed to the following e-mail: steven.robertson@psciowa.com

Please see the back of this flier for a more full description of all the PSC Programs.

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Fall 2013 Soccer Information

Developmental Program

The PSC Developmental Program is for girls and boys ages 4-9 interested in learning and improving their soccer skills in a fun, safe, and exciting environment. The program is run by the PSC Technical Directors and the training sessions will be conducted by specially trained parent coaches. Besides running the training sessions, the staff will ensure that the players and parents receive the coaching and resources needed for player development and will help prepare players that wish to make the move to playing competitive soccer in the future. The Developmental Program consists of three sub-programs: (1) U5-U8 Developmental Program; (2) U8 Developmental Academy; and (3) U9-U10 Recreational/Developmental Program.

- U5-U8 Developmental (Pre-school to 2nd)
- U9-U10 Recreational/Developmental (3rd and 4th Grade)

Practices will take place during the weekday nights, starting on **September 2nd**. Games will be on Saturdays, starting on **September 14th**. Both will take place at PSC Soccer Complex on the far west fields (Field 4 as shown on the field map on the website). Cost is \$55 if you register by **August 23rd**. There will be a late fee of \$10 if you register after **August 23rd**. **Parent coaches will receive all the necessary training equipment and a dri-FIT shirt for practice and games.**

- U8 Developmental Academy

Practices will be twice a week and will run for 10 weeks in both the fall and the spring. One practice each week will be run by the PSC professional staff coach and the other by the designated, state-certified parent coach. All practices and games will take place at the PSC fields. The cost for this program will be \$250. If a player wants to participate in the fall or spring but cannot do both seasons, the pro-rated cost for a single season will be \$150. Players will also be required to purchase a uniform, consisting of: one jersey, one short and a pair of socks, totaling \$53. The Developmental Academy will play in the developmental league and play a minimum of six games.

Academy Program

The U9-U10 Academy is a State-initiated and State-led program that provides the training and player development necessary to prepare young players for competitive/select soccer at U11 and above. PSC's Academy program is certified by the Iowa Soccer Association (ISA) on a yearly basis and is led by PSC's Academy Director.

Players in the Academy are trained twice a week by a member of the PSC professional coaching staff who is assisted by a state licensed parent-coach. Teams play in the ISA Eastern Iowa Academy league against other eastern Iowa clubs' academy teams and travel to two local tournaments each season. The cost to join the Academy Program is \$525. The price includes training costs and games for the entire year. Players will also be required to purchase uniforms which include a jersey, a pair of shorts and two pair of game socks. All practice sessions will be held at the PSC soccer complex. League games will take place on Saturdays, with some travel for games not played at the PSC complex. The Academy teams' tournaments will all be held within eastern Iowa.

Recreational Program

The PSC Recreational Program is designed for those players that have not chosen to move into the competitive program at PSC and wish to continue playing soccer. The program will be parent coached, with the practice plans provided, each week, by the Technical Directors at PSC. The cost for this program is \$55 for the fall or \$100 for the year. There will be a late fee of \$10 if you register after the **August 23rd** deadline.

- U11-U12 (5th -6th)

Practices will take place on during the week, starting on **September 2nd**. Games will be on Saturdays, starting on **September 14th**. Both will take place at the PSC field 4 (fields map on the website).

U6-U8 Developmental Program

The U6-U8 Developmental Program is focused on introducing new players to the game of soccer while giving them a solid fundamentals foundation to build upon as their interest in soccer grows.

Program Features: age groups for U6, U7, and U8 players (coed).

- 7-week season in fall; 7-week season in spring
- 1 instructional session and 1 game day per week (held at PSC soccer complex)
- Ratio of players to coaches will be less than 12 to 1

Cost is \$55 per season, which includes training costs, uniform, and games.

Age Eligibility: the Program is open to any child 5 to 7 years old on July 31st prior to the fall season.

Schedule: instructional sessions will be held at the PSC soccer complex during the week. Teams have the option to schedule an additional volunteer parent-coach practice during the week. Games will be played on Saturdays at the PSC soccer complex.

U8 Developmental Academy

U8 players (7 years old or younger on July 31st prior to fall season) have the choice to continue with the basic Developmental Program or progress to the U8 Developmental Academy. The Developmental Academy offers an accelerated opportunity for individual and team development through more focused and challenging practices and a greater coach to player ratio. Each team in the Developmental Academy is assigned a PSC professional senior staff coach who ensures the players receive the highest quality training during practices and provides coaching and feedback during games.

Program Features: U8 age group (coed).

- 10-week season in fall; 10-week season in spring
- 2 instructional sessions per week: 1 session with PSC senior staff and 1 session with parent-coach
- Ratio of players to coaches will be 6 to 1

Cost for the U8 Developmental Academy is \$225 per year and includes training costs and games for both the fall and spring seasons. Players are required to purchase uniforms which includes two jerseys, game shorts, and game socks. Costs will be prorated for players wishing to join in the spring.

Age Eligibility: the Developmental Academy is open to any girl or boy that is 7 years old on July 31st prior to the fall season. Players that are 6 years old may join if given special dispensation by the PSC Technical Director. Players that are 8 or older before July 31st are too old for the U8 Developmental Academy and should consider our U9-U10 Academy Program.

Schedule: instructional sessions with a PSC professional senior staff coach will be held on during the week at the PSC soccer complex. An additional instructional session with a qualified parent-coach will also be held each week. Games are played on Saturdays at the PSC soccer complex.

U9-U10 Academy

At the U9 and U10 age groups, players have the choice to participate in the Academy Program or play in the U10 Recreational/Developmental Program. The Academy is a critical phase in PSC's player development model. Players who anticipate playing competitive/select soccer at U11 and above are highly encouraged to choose the Academy. The U9-U10 Academy is a State-initiated and State-led program that provides the training and player development necessary to prepare young players for competitive/select soccer at U11 and above. PSC's Academy program is certified by the Iowa Soccer Association (ISA) on a yearly basis. The program is led by PSC's Academy Director. Players in the Academy are trained twice a week by a PSC professional coaching staff member who is assisted by a state licensed parent-coach. Teams play in the ISA Eastern Iowa Academy league against other eastern Iowa clubs' academy teams and travel to two local tournaments each season.

Program Features: age groups for U9 Girls, U9 Boys, U10 Girls, and U10 Boys.

- 12-week season in fall; 12-week season in spring; winter training options
- 2 instructional sessions per week with PSC professional staff coach
- Teams play in the Iowa Soccer Association (ISA) Eastern Iowa Academy league
- In addition to league games, teams compete in two ISA Academy sanctioned tournaments per season and one ISA Academy festival
- All coaches, including team parent-coaches, are Iowa Soccer Association licensed coaches
- Program directed by PSC Academy Director with a USSF National Youth Coaching license

Cost for the Academy Program is \$425 per year, which includes training costs and games for both the fall and spring seasons. Players are required to purchase uniforms, which includes two jerseys, game shorts, and two pairs of game socks. Costs will be prorated for players wishing to join in the spring.

Age Eligibility: the U9-U10 Academy Program is open to any child 9 years old or younger on July 31st prior to the fall season.

Schedule: instructional sessions with your PSC professional coach will be held at the PSC soccer complex. ISA Academy League games are played on Saturdays (some travel is required for away games not held at PSC). Tournaments are multi-day weekend events held within eastern Iowa.

U9-U10 Recreational/Developmental Program

At the U9-U10 age groups, players have the choice to participate in the Academy Program or play in the U10 Recreational/Developmental Program. Players who anticipate playing competitive/select soccer at U11 and above are highly encouraged to choose the Academy; however, not all players or families are prepared to make the financial or time commitment to Academy soccer at this age. For these players, the U10 Recreational/Developmental Program offers the opportunity for children to continue to play soccer and develop their skills.

Program Features: age groups for U10 (8 and 9 year olds) girls and boys teams.

- 7-week season in fall; 7-week season in spring
- 1 instructional session and 1 game day per week (held at PSC soccer complex)
- Instructional sessions conducted by volunteer parent-coaches and overseen by PSC Technical Director

Cost is \$55 per season and includes training costs, uniform, and games.

Age Eligibility: the U9-U10 Recreational Program is open to any girl or boy 8 to 9 years old on July 31st prior to the fall season.

Schedule: instructional sessions will be held at the PSC soccer complex on the far west field. Teams have the option for an additional parent volunteer coach practice during the week. Games are played on Saturdays at the PSC soccer complex.

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