

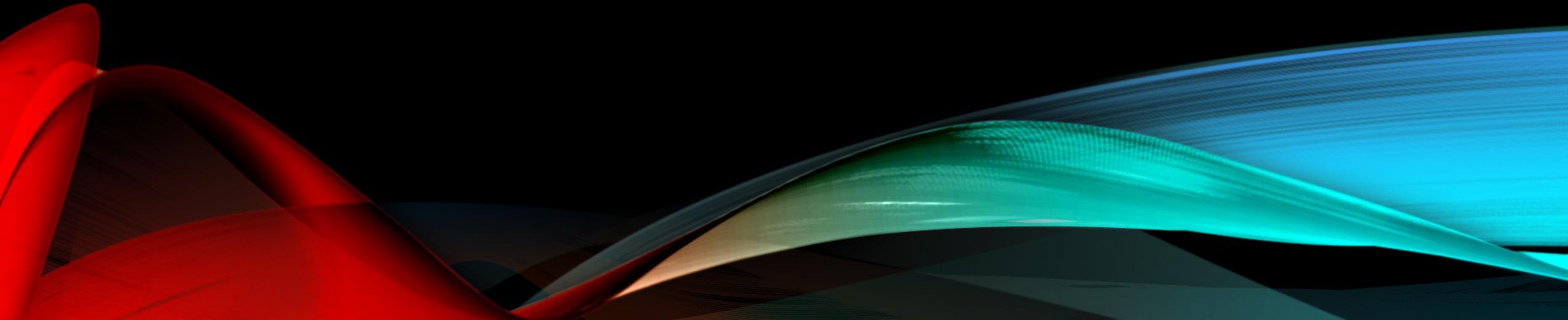
# WELCOME TO FOUNDATION SOCCER CLUB NORTH



2016-2017 Season  
[Foundationscnorth.com](http://Foundationscnorth.com)

# FSCNorth Organization

Staff - Coaches - Managers



# Foundation Soccer Club North



Third year of operation  
Ties to Eastern CT State University  
Membership growth and retention  
CJSA Premier Club status  
Addition of a Boy's Program

# 2016-2017 Fees

**Program Costs:** Foundation Soccer Club North strives to keep their fees very competitive with other local premier clubs. Each age group is offered 2-3 trainings per week for the year. In addition, games for fall, winter, spring and 2-3 tournaments based on age group. Foundation Soccer Club North also offers sibling discounts

**Club Cost:** The club costs are fees collected to cover the following expenses: facility rentals, uniforms, coaches' fees, association, league and scheduling fees, administrative costs, referee fees, and other expenditures as outlined in the program. Fees listed are for the full year.

**Uniform Kit:** Foundation Soccer Club North mandates all players to wear FSCN practice gear and uniforms. The cost of this is *included* in the fees.

Birth Year	Total
2009	\$1250.00
2006- -2008	\$1450.00
2005 – 2004	\$1600.00
2003 – and up	\$1450.00

Payments are due on the 15<sup>th</sup> of the month

# FSCNORTH PHILOSOPHY

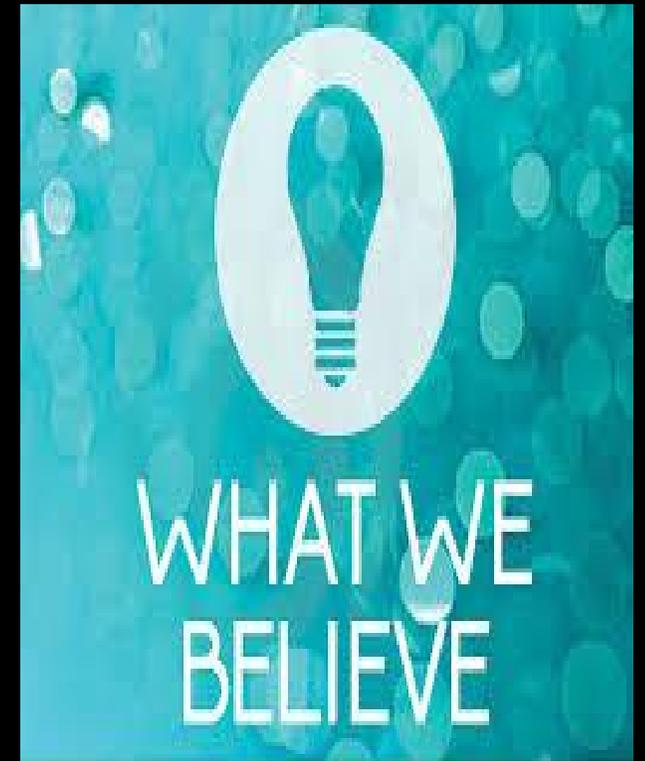
To develop youth on and off the pitch

To provide athletes the opportunity to develop skills essential to positive growth in the sport of soccer

To inspire each player to foster a lifelong enjoyment of the game

To prepare players for the physical, mental, and emotional complexities of the game, as well as the disciplines and responsibilities for life after soccer

Teach the importance of responsibility, good sportsmanship, teamwork, respect for self and others, and an ability to learn from both winning and losing



# Player Development - US Youth Soccer

## Technical

The individual ability to handle the ball, consists of dribbling, passing, receiving, shooting, heading, and goal keeping. A solid technical foundation increases the players' ability to understand the other aspects of the game.

## Tactical

Tactical awareness is player's understanding of a system of play, also defined as team strategy. A player must understand when to apply the appropriate technique based on the demands placed upon them by their opponents. As a player progresses through age groups, tactical play becomes a major component of our coaching method.

# Player Development

## Physical

Soccer is a demanding physical sport, and each player will have to obtain a certain level of fitness. Physical fitness determines the level at which a player can perform over an extended period of time. When players become physically tired, they become mentally tired, and can no longer perform the technical and tactical skills required to function at a high level on the soccer field.

## Psychological

How a player reads to certain situation can either help or hinder the overall team effort. Mental toughness, field awareness, game intelligence, and player confidence all contribute to the psychological aspect of the game.

# Player Development

Individual player development comes at different times for different ages

Players are registered with their appropriate age groups

Players will be placed in the proper playing age group and training environment based on ability, development and maturity

A coach may decide to move a player to a higher level for a more challenging training/game environment

# PLAYER EXPECTATIONS

1. Players need to be consistent with their attendance at practice/trainings and games
  2. FSCN should be a priority over other teams/sports
  3. No games should be played before a FSCN game
  4. Be on time
  5. Come to practice prepared
  6. Work hard and focus, strive to become better
  7. Desire to develop, advance and improve
  8. Be respectful of your teammates and coaches
  9. Exhibit good sportsmanship
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# PRACTICE GEAR AND GAMES

## Practice:

All players should only wear FSCNorth practice gear during practice times, any other gear may result in a player not being able to practice

- FSCNorth NAVY SHORTS
- FSCNorth NAVY Socks
- FSCNorth Grey practice shirt
- Always bring ball, water and sneakers with you to practice

## Games:

All players must wear only FSCNorth uniforms during games. Players will always wear all Navy and bring Light Blue with you.

All players are required to arrive 45mins prior to their game. This allows players to sign the game day roster and warm up.

During cold weather only black underarmour shirts are allowed under game jerseys.

# BEING A PARENT VS A COACH

When parents support a coach, it's easier for an athlete to put his/her wholehearted effort into learning to play well, while divided loyalties make it harder for him/her to do their best.

It's confusing for players to take instructions from both their coaches and their parents.



# Parent Expectations

1. Positively cheer for me, my teammates, and the opposing team
2. Do not coach from the sidelines - or in the car - or parking lot....
3. Be supportive of my coaches decisions
4. Encourage me to be respectful to authority figures and a good citizen in sportsmanship
5. Frequently check your email and respond to all emails in a timely manner
6. Notify your team manager should your player be late or unable to attend a practice/game
7. Follow the chain of command, do not go straight to the coaches, approach your manager first. Coaches are busy planning practices and most of the time your manager may know the answer.
8. During practice or games, no parent is allowed on the field or sidelines. We want your child to be able to listen and focus on the training/game
9. Participate in club and community events
10. Maple League policy

# Community Involvement

FSCNorth players give back to our local community through support for various programs





We continue to work and progress forward!

**THANK YOU FOR BEING  
PART OF OUR FSCNORTH  
FAMILY!**

We are very excited about the 2016-2017 season

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