

**Try-out Registration:**

Please do not mail to Soccer Nova Scotia –Bring along to the first day of the try-out

Club: .....

Name: .....

Address:.....

City:.....

Postal Code:.....

Date of Birth:.....

Tel No:.....

Parents/Guardians Name

Parents E Mail:

**Equipment (Youth-Adult sizes)**

Short Size: \_\_\_\_\_

T – shirt Size: \_\_\_\_\_

Sock Size: \_\_\_\_\_

\$10 Evaluation fee paid:  
Cash ( ) Cheque ( )

(Cheques are to be made payable VDSA)

Following the evaluation players will be notified regarding their selection for the winter training program

**Valley Regional Training Center**

**TRY-OUT INFORMATION**

Try-outs will be held at the Valley Indoor Training Center

**Saturday 25<sup>th</sup> September**

**Boys** 9:00 am-10:30 am

**Girls** 10:30 am 12:00pm

**Sunday 26<sup>th</sup> September**

**Boys** 5:00pm-6:30pm

**Girls** 6:30-8:00pm

**Contact Angela Morrison**

Director of Coaching & player Development

[technical@ns.aliantzinc.ca](mailto:technical@ns.aliantzinc.ca)

Tel - 902-678-8644

[www.valleysoccer.org](http://www.valleysoccer.org)



**Soccer  
Nova Scotia**



**Regional Training  
Center Program**

**2010-2011**

Harbour East  
Halifax West  
Suburban  
Valley  
Highland  
Cape Breton  
South Shore

Tel – 902-678-8644



**The Program:**

Under the Direction of Soccer Nova Scotia's Technical Department, Regional Training Centers have been established in six centers across the province. The aim of these programs is to develop both players and coaches at the regional level. The regional Training Center Program also provides consistent development for selected U12 players, with an aim of transferring its beneficial effects to clubs, districts and provincial teams. The program also aids in the identification and selection process of players for the 2011/12 Under 13 Soccer Nova Scotia Provincial Team.

**Age Groups:**

The targeted age group for optimum delivery of this program is the under 12 boys and girls (Born: 1999 or after) Approximately 20 players per age group. However, Regional Head Coaches will have the ability to add younger or additional players where they feel appropriate.

**Duration of Program:**

The program involves twenty sessions (one each week) and starts in late October 30th and ends in April. Over the course of the program the Director of Coaching and Player Development of Soccer Nova Scotia will visit each Regional Training Center to provide feedback on the players and coaches involved. At the conclusion of the 20 sessions in April each player will receive a detailed evaluation based on their performance within the program. On April 2<sup>nd</sup> and 3<sup>rd</sup> 2011 the program will conclude with a tournament tentatively scheduled for the Highland region for those players SELECTED from the Regional Training Center groups by their RTC Head Coach .

**Organization of Program:**

The RTC will be organized by the Regional Technical Director in the six centers. Minimum coaching requirements for Head Coaches will CSA B License. Assistant coaches must be fully certified at CSA Pre B level. Assistant coaches must also be working towards their B License Provincial.

**Curriculum:**

The content of the program has been developed by Soccer Nova Scotia's Technical Department to assist in the development of the player. The sessions will include the following three key elements:

1. Repetition to develop technique on demand
2. Understanding of basic tactics
3. Positional roles and responsibilities in small sided games.

**Program Dates & Times**

*(For those players selected from the Try-outs)*

**October 30<sup>th</sup> is the first session**  
**Girls: 4:00-5:30 pm**  
**Boys: 5:30-7:00 pm**

**March 26<sup>th</sup> is the last session**

**Sessions are held weekly and consistent attendance is STRONGLY ENCOURAGED**

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***There will not be a session December 26<sup>th</sup> or January 2<sup>nd</sup>***

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**April 2<sup>nd</sup> and 3<sup>rd</sup> is the RTC Tournament (Location TBA)**

**Following the try-outs in each region those players that are selected to participate in the 2010/11 program will be charged a fee of \$275. This fee covers all sessions. All players will be provided with a numbered crested Umbro shirt, and shorts and socks.**

**Development Pathway**

