VSA
VIRGINIA SOCCER ASSOCIATION
Est 1977

NIKE SOCCER

VIRGINIA SOCCER ASSOCIATION

@VSASOCCER

@SOCCERVSA

Virtual Informational Meeting

TOWN HALL

Monday May 18th

5:30pm – 2012 Boys & Girls (Rising U9) & 2011 Boys & Girls (Rising U10)

6:30pm – 2010 Boys & Girls (Rising U11) & 2009 Boys & Girls (Rising U12)

7:30pm – 2008 Boys & Girls (Rising U13) & 2007 Boys & Girls (Rising U14)

NATIONAL CAPITAL SOCCER LEAGUE NCSL

NIKE SOCCER

Introduction

2020

NAME: MATT LACEY

POSITION: EXECUTIVE DIRECTOR / DIRECTOR OF SOCCER

TIME AT VSA: 6 YEARS

COACHING LICENSES

- A LICENSE
- NATIONAL YOUTH LICENSE
- USSF INSTRUCTOR LICENSE
- LEVEL 3 METHODOLOGY
- ACTION ANALYSIS COURSE
- FOOTBALL TACTICS COURSE
- FOOTBALL BRAINING COURSE

COACHING EXPERIENCE

- TECHNICAL DIRECTOR 2015-PRESENT
- EXECUTIVE DIRECTOR 2014-PRESENT
- CUFC TECHNICAL DIRECTOR 2010-2014
- VYSA COACHING INSTRUCTOR 2012-PRESENT
- VYSA ODP STATE 2010-2017

PROFESSIONAL DEVELOPMENT / CLUB VISITS

PLAYING EXPERIENCE

- ALL AMERICAN – 1ST TEAM
- WINTHROP UNIVERSITY – D1
- RICHMOND KICKERS
- NORWICH CITY YOUTH/RESERVES

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Contact Information

2020

Register for Tryouts - Here

Jr Academy Director (U8-U10)	- Benjy Slator	- bslator@vsaonline.org
Director of Coaching U11-U14 Girls	- Tim Krout	- tkrout@vsaonline.org
Director of Coaching U11-U14 Boys	- Nick Foglesong	- nfoglesong@vsaonline.org
Director of Coaching U15-U19 Girls	- Bronson Gambale	- bgambale@vsaonline.org
Director of Coaching U15-U19 Boys	- Nick Rich	- nrich@vsaonline.org

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VSA

Who are We!

Mission Statement:
Our purpose is to be a community based soccer club that is committed to providing players of all levels and backgrounds the opportunity to play the beautiful game of soccer!

Vision Statement:
To build a pathway that provides a professionalized platform creating opportunities for all players in our club to succeed in life on and off the field

Core Values:
Community
Collaboration
Character
Commitment

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VSA's Four Pillars

Who are We!

Develop The Player:
We will always put the player first and develop them in the 4 key components of the game (Technical, Tactical, Physical, Psychological). We will provide opportunities for all players to grow on the field.

Develop The Person:
We will always strive to look at the bigger picture and create young people who have characteristics and traits to succeed away from the soccer field. We will value hard work, humility, integrity, respect, responsibility, and a growth mindset above all else.

Develop The Club:
We will work together as coaches, players, and parents to create OUR CLUB that we can be proud to be part of. On and Off the field we will represent the club in the best possible way, striving to be people the local community can be proud of. VSA will be unique to US!

Develop The Future:
We will create a pathway and future for our players to be successful in all walks of life. Ultimately we are creating a better future for our community!

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Club Foundations

Who are We!

COACHING	PLAYER DEVELOPMENT	PARENT EDUCATION	ADMINISTRATION
CLUB COACHING EDUCATION	AGE SPECIFIC CURRICULUMS	ESTABLISH EXPECTATIONS AND STANDARDS	COMMUNICATION
LICENSES / QUALIFICATIONS	PLAYER DEVELOPMENT PATHWAY / PROGRESSION	UNDERSTANDING AND KNOWLEDGE OF THE PROCESS	ORGANIZATION
MENTORING / DIRECTOR SUPPORT	CLUB PHILOSOPHY / STYLE OF PLAY / SYSTEMS OF PLAY	RESULTS VS DEVELOPMENT	SUPPORT SYSTEM
ORGANIZATION / PLANNING / PREPARATION / PERFORMANCE	PLAYER STANDARDS AND EXPECTATIONS	SUPPORT AND ENCOURAGEMENT	TRUST

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Club Structure

Who are We!

Board of Directors

Executive Director

Admin Staff

Director of Administration and Finance

- Club Administrator
- Travel Administrator
- Office Manager
- Director of Operations
- Director of Business Development
- Director of Recreation
- Assistant Recreation Director
- Adult Admin
- SFL Admin

Technical Staff

- U8-U10 Director of Player Development (B/G)
- U11-U14 Director of Coaching (Boys)
- U11-U14 Director of Coaching (Girls)
- U15-U19 Director of Coaching (Boys)
- U15-U19 Director of Coaching (Girls)
- U11-U19 Director of Player Development
- Coaches (Boys)
- Coaches (Girls)
- Director of Sports Performance
- Director of Player Education
- Director of Coaching Education
- Goalkeeping Coaches

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Player First Club

National Recognition

Being a member of a Players First club signifies that **VSA** are a part of a club that is providing support in five key areas: Club Development, Coaching Development, Player Development, Parent Engagement & Education and Player Health & Safety. It also means that **VSA** creates a positive, holistic experience for every child participating in the club.

VSA Meets the Philosophical Commitments of a Players First club:

- **Players First™** represents a club's commitment to placing the long-term interests of each individual player at the heart of every decision in structuring, operating, and managing a club.
- **Players First™** represents a club's commitment to providing a holistic approach in player development for all of your players, recognizing that the soccer experience must include lessons and opportunity both on the field and off.
- **Players First™** represents a club's commitment as professionals in youth development to expect ongoing learning, education and development from all staff members in order to ensure that players have the benefit of best-in-class information and resources in teaching and training young athletes.
- **Players First™** represents a club's commitment to engage with and educate parents to help them understand and embrace the appropriate expectations and roles for them in their child's overall soccer and athletic development experience.

Moving Forward

2020-2021

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Current Status

What we are doing?

The VSA Travel Program is committed to the club mission to provide a **professional platform which creates opportunities for all our players to succeed in life on and off the field.** While respecting Federal, state and local guidelines on social distancing and public gatherings, we are currently serving this mission by offering the following in our **Virtual Learning Center**:

- Technical & Tactical Training
- Physical & Life skills Training
- Social & Community Engagement

We recognize that the Virtual Learning Center is not the same as field play and games. However, our travel directors and coaches are working with their teams and providing virtual programming that delivers significant value and impact to our players.

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Technical and Tactical Training

What we are doing!

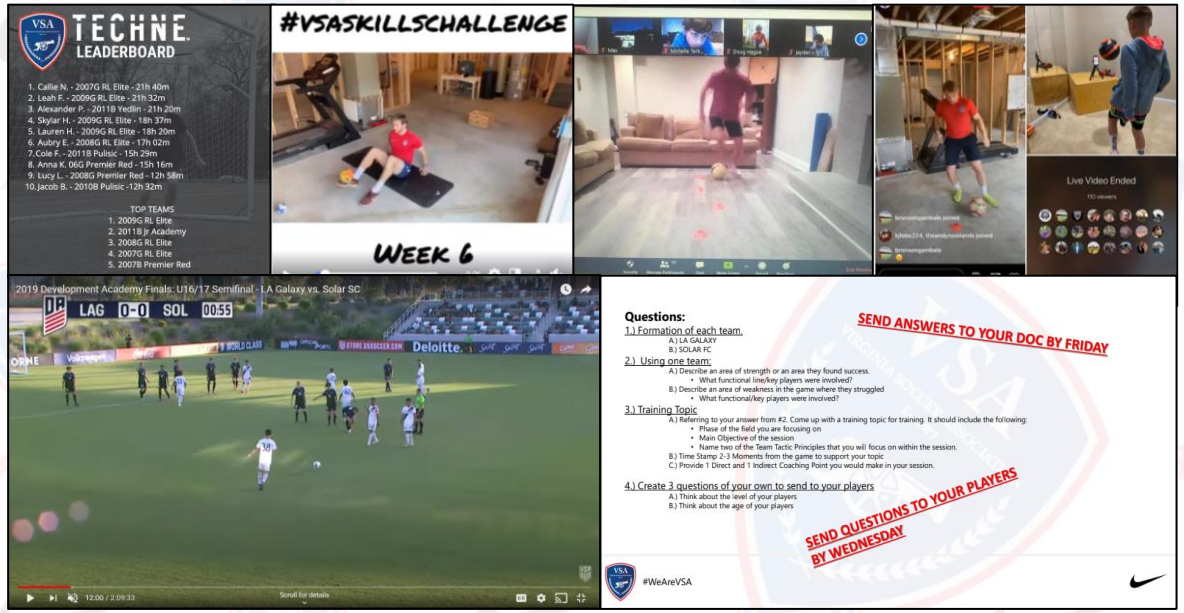
Technical

- Techne Futbol App – All players provided with club wide technical training app
- Skill Challenges – weekly skills social media challenges
- Online Training – Livestreamed training sessions
- Team Sessions – Many coaches are using online timeslots to train teams

Tactical

Weekly team assignments have been used to develop the players ability to read the game

- Individual Match Analysis –Players Focus and record analysis on individual performances
- Team Match Analysis – Players Focus and record analysis team performances
- Team Meetings and Club Meetings to discuss process



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Physical/Life skills Training

What we are doing!

Physical

- Weekly Fitness Challenge
- Family Fitness Night
- Online resources
  VDA Fitness Program

Life skills

- Full 6 week cycle of online sessions
- 2x sessions per week (25-30 minutes per session)
- Assignments to develop self reflection and motivation
- Topics such as growth mindset, Personal Development Plan, self reflection, nutrition, fitness and many more

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Social / Community Engagement

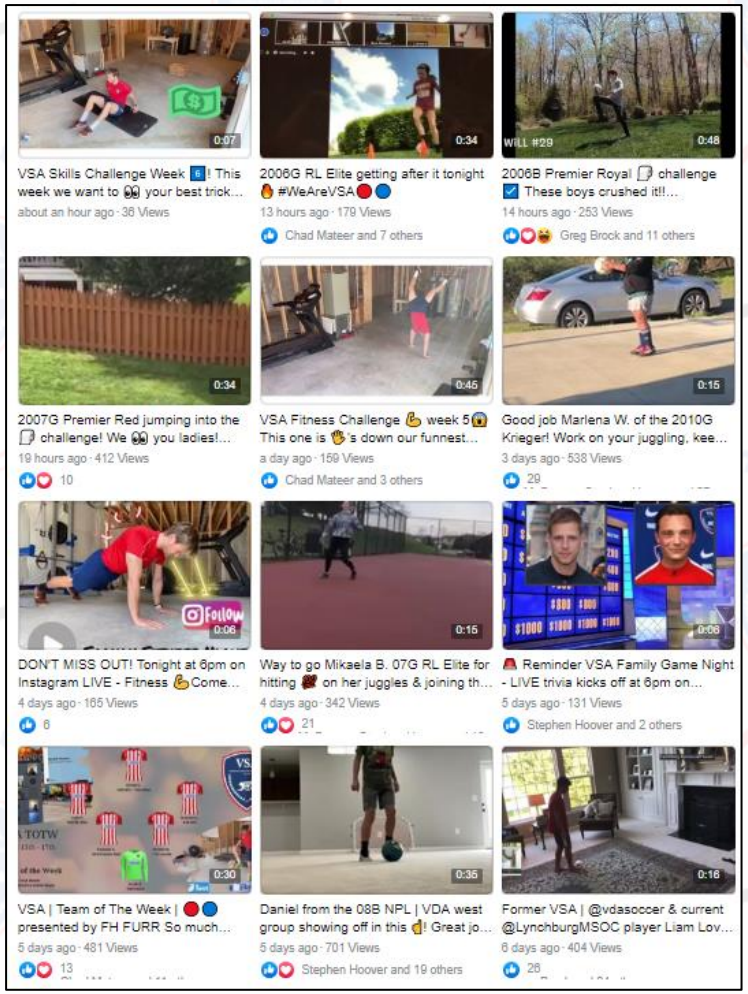
What we are doing!

Social Engagement

- Team Meetings
- Club Classroom sessions
- Weekly Challenges & Competitions
- Techne Futbol Leaderboard
- Team Activities
- Weekly Director Updates

Community Engagement

- Family Quiz Night
- Family Fitness Night
- Live online Technical Training
- Video Director Updates



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Travel Return Plan

June / July 2020

The current statewide stay-at-home order is effective until June 10, 2020. While the possibility exists to resume on-field programming on or about June 15, we are preparing for a phased approach when and if restrictions are lifted.

Each player will be provided the following at no additional cost to families with the goal of making up for the time lost on the field:

- 2x Team Camps (dates will be determined once restrictions are lifted)
- 4x Free Play evenings
- 2x Inhouse or Local scrimmages (dates will be determined once restrictions are lifted)

Specific dates and details will be provided as we are given more information from health professionals and the state of Virginia.

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Travel 2020-21

3 Scenario Approach

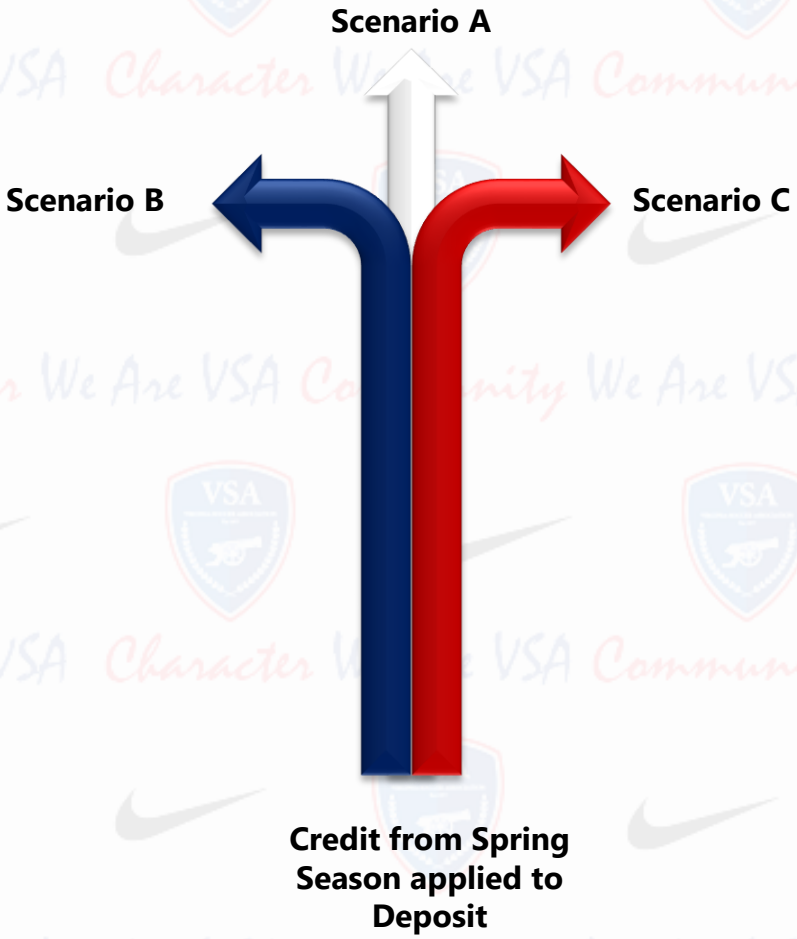
The uncertainty surrounding COVID-19 guidelines has taken us into uncharted territory with travel tryouts and team selection processes. To be proactive and provide transparency, we are prepared for three possible scenarios for Travel players for the 2020-21 season.

In each scenario below: based on a credit from spring travel player fees, returning players will receive a credit that covers their initial player commitment deposit except for a $50 administrative fee. Monthly fees will be based on the level of activity in each corresponding scenario. The administration fee will cover fixed player registration fees for club, county, and youth leagues.

Scenario A: Scenario A assumes we return to play as a regular fall season schedule in August. Regular monthly payments will be applied, with the first payment due August 1. This assumes players have resumed competitive games and at least a 2x/week on-the-field training schedule.

Scenario B: Scenario B assumes there is a phased social distancing component that allows on-the-field group training opportunities (where number of players is managed) and small-sided games. This scenario includes the Virtual Learning Center and interactive online programming. In Scenario B, monthly fees will be adjusted to 50%-75% of full amount until normal play and programming resumes.

Scenario C: Scenario C assumes that current or similar stay-at-home orders and strict social distancing are still in place, prohibiting players to resume on-the-field play. This scenario includes our Virtual Learning Center, online classroom sessions and other virtual programming. In Scenario C, monthly fees will be adjusted to 25%-50% of full amount until normal play and programming resumes.



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Travel 2020-21

3 Scenario Approach

	U9-U10 Jr. Academy	U11-U15 Pre-Academy & Elite	U16-U17 Academy	U19 Academy	U11-U16 Premier Red	U17-U19 Premier Red	U11-U19 Premier Royal
Current Year Fee	1,599.00	2,099.00	2,025.00	2,025.00	1,825.00	1,795.00	1,785.00
10% Credit	(159.90)	(209.90)	(202.50)	(202.50)	(182.50)	(179.50)	(178.50)
Initial Deposit	50.00	50.00	50.00	50.00	50.00	50.00	50.00
2020/2021 Fee	1,489.10	1,939.10	1,872.50	1,872.50	1,692.50	1,665.50	1,656.50
9 equal installments*	159.90	209.90	202.50	227.81	182.50	179.50	178.50
Scenario A	159.90	209.90	202.50	227.81	182.50	179.50	178.50
Scenario B at 75%	119.93	157.43	151.88	170.86	136.88	134.63	133.88
Scenario B/C at 50%	79.95	104.95	101.25	113.91	91.25	89.75	89.25
Scenario C at 25%	39.98	52.48	50.63	56.95	45.63	44.88	44.63
*U19 Academy has 8 installments							

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Travel Selection 2020-21

Planning and Process

The number one priority at VSA is, as always, to put our players first. In this ever-changing landscape, we are further committed to providing all players a safe place to play for the Fall/Spring 2020-2021 season. With that in mind, VSA will be offering a renewal commitment to all existing players.

The next priority is to place players on teams that will provide them with the best competitive and challenging environment to develop their soccer abilities and achieve long-term success. Internally, VSA conducts Individual Development Plans, Age Group Depth Charts, and coach input on player progression on a regular basis. These ongoing evaluations allow us to move forward with player placement without the normal tryout process.

To promote stability for players and teams long-term, we plan to create less disruption to teams in the short-term and are projecting less movement between teams compared to previous years. If there are changes between teams within an age group, Coaches and Directors will communicate directly with that player and parent.

In the Fall and/or when we are back on the field, team selections will be re-evaluated. As always, VSA is committed to individual development and providing all of our players with opportunities to show progress through training and games.

For players not currently playing with VSA, we have developed a player interest form to allow our Directors and Coaches to monitor areas where we are able to add to rosters. Additionally, open tryouts will be scheduled when possible.

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Club Development Plan

2020-2021

CLICK HERE FOR FULL DOCUMENT

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Player Development Objectives

Who are We!

Collective SOCCER Objectives of the player pathway

- Create a Champions League Player
- Create Professional Players (MLS) and (NWSL)
- Create College Players
- Create High School Players

Collective LIFE objectives of the player pathway

- Create good people
- Create people with a deep passion for the game
- Create people who have a love for learning
- Create people who have an ability to work hard in the face of adversity

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Phases of Development

What we are developing!

Developed by
Virginia Development Academy

Discovery Phase
6-7 Year old's

Foundation Phase
8-12 Year old's

Development Phase
13-15 Year old's

Performance Phase
16-19 Year old's

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Playing Platform

Who are We!

Local

REC ADP

U4-U19
VSA Grassroots

State

U8-U10
VSA Jr Academy

State

U11-U19
VSA Premier

Regional

U11-U19
VSA Elite

National

U13-U19
VDA

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College Successes

2020

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Professional Opportunities

2015+

	NAME	YEAR	MLS CLUB
1	Michael Edwards (PWSI)	2000	DC United now at VFL Wolfsburg
2	Chandler Vaughn (PWSI)	2000	DC United
3	Eric Calvillo (PWSI)	2000	DC United now at Toluca
4	Nelson Martinez (PWSI)	2001	DC United / Loudon United
5	Griffin Yow	2002	DC United (Professional)
6	Sebastian Falsone	2002	DC United
7	Jackson Hopkins	2004	New York Red Bulls
8	David Garcia	2004	Atlanta United
9	Thomas Corral-Chavez	2002	DC United
10	Andres Rodriguez	2003	DC United
11	Nino Maldonado	2006	DC United
12	Jan Maldonado	2003	DC United
13	Christian Xantus	2003	DC United
14	Daniel Beb	2005	DC United
15	Fernando Quinteros	2005	DC United

	NAME	YEAR	MLS CLUB
16	Graham Dougald	2004	Real Salt Lake (Trial)
17	Darrell Turcois	2004	Philadelphia Union (Trial)
18	Owen Lobo	2004	DC United – Generation Adidas
19	Keni Winger	2004	DC United – Generation Adidas
20	Ryan Jack	2004	DC United – Generation Adidas
21	Luke Peacock	2006	DC United – Generation Adidas
22	Mason Robotham	2008	DC United – Generation Adidas
23	Jonah Hurley	2008	DC United – Generation Adidas
24	Alan Flores	2008	DC United – Generation Adidas
25	Gary Grigoryan	2007	DC United – Generation Adidas
26	Connor Messick	2007	DC United – Generation Adidas
27	Alexis Cortes	2007	DC United – Generation Adidas
28	Jamison Johnson	2007	DC United – Generation Adidas
29.	Jeremy Garay	2002	DC United/Loudoun United
30.	Alex Raudales	2005	DC United

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VSA U11-U14 Boys and Girls

2020-2021

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Director Information

Boys Leadership

NAME: NICK FOGLESONG

POSITION: DOC U11-U14 BOYS / DIRECTOR OF FUTSAL

TIME AT VSA: 2 YEARS

COACHING LICENSES

- C LICENSE
- NATIONAL YOUTH LICENSE

COACHING EXPERIENCE

- DIRECTOR OF COACHING U11-U14 BOYS 2019-CURRENT
- DIRECTOR OF PLAYER DEVELOPMENT 2015-2019
- STAFF COACH 2012-2014
- STAFF COACH 2010-2011

PROFESSIONAL DEVELOPMENT / CLUB VISITS

PLAYING EXPERIENCE

- OLD DOMINION UNIVERSITY
- RICHMOND KICKERS PLAYER DEVELOPMENT LEAGUE
- VIRGINIA BEACH PIRAHNAS
- FREDERICKSBURG FOOTBALL CLUB PLAYER DEVELOPMENT LEAGUE

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Director Information

Girls Leadership

NAME: TIM KROUT

POSITION: DIRECTOR OF BUSINESS/ DOC U11-U14 GIRLS

TIME AT VSA: 6 YEARS

COACHING LICENSES

- A LICENSE
- ADVANCED NATIONAL
- LEVEL 3 METHODOLOGY
- LEVEL 1

COACHING EXPERIENCE

- COACHING STAFF 2017-PRESENT
- DIRECTOR OF COACHING U11-U14 GIRLS 2019-PRESENT
- TECHNICAL DIRECTOR 2012-PRESENT
- VYSA STATE HEAD COACH 2010-PRESENT
- EXECUTIVE DIRECTOR 2000-2008

PROFESSIONAL DEVELOPMENT / CLUB VISITS

PLAYING EXPERIENCE

- YORK COLLEGE OF PA
- MESSIAH COLLEGE

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Coaching Slate

Our Family

Coaching Slate Click - Here

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Success of the program

2019-20 – Looking back

Recap 2019 -2020

Fall 2019
2nd Place finish as a club overall on Points

ECNL Regional League
7 Girls teams finished in Top 3

11 Premier teams in Division 1 or 2 NCSL

Events
28 Champions
26 Finalist

State Cup Championship
2x State Champs
5x State Finalist

2002/01 Girls
National Cup Qulifier

Record Number of teams (14) accepted to Nationally Recognized Showcase Jefferson Cup

Record Number of teams (16) accepted to Nationally Recognized Showcase NCFC Showcase Raleigh

Boys VPSL - ENPL
3 Boys teams finished in Top 3

Presidents Cup
10 Premier Teams

Class of 2020
16 Commitments
100+ Players placed since 2014

Since 2015 VDA
4 Professional Players
3 USYNT Call Ups
30+ Players progress into pro MLS Academies
45+ Boys & Girls College Commit
20+ US Soccer ID Center Call Ups

Objectives

New 2020-21 – Looking Forward

Implement VSA Playing philosophy and style of play

Develop a VSA Growth Mindset

Provide players with a competitive environment

Develop the Individual within the Team

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Level of play

U11-U14

VSA ELITE

events per year = 6

Avg # games per year 35 - 40

VSA PREMIER ELITE (U11/U12)/ PREMIER RED (U13-U14)

events per year = 4 - 5

Avg # games per year 35 - 40

VSA PREMIER

events per year = 4

Avg # games per year 30 - 35

U12 Boys and Girls – Elite Team (VDA West)

Train 1 time per week with VDA East (PWSI) / 2 sessions with team

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Tournament Schedule

U11-U14

***Tournament schedules are subject to change due to unforeseen circumstances*

VSA ELITE

August	Loudoun Premier Cup (Boys)
September	VDA Labor Day
October	WAGS (Girls)
November	NCFC - Raleigh

NPL STATE CUP

March	Arlington Assist
March	JEFF CUP

VSA PREMIER ELITE

August	Loudoun Premier Cup
September	VDA Labor Day
November	Capital Fall Classic

VYSA PRESIDENTS CUP (U12-U19 Premier Red)

March	Arlington Assist /Alexandria ASK
May	VA Cannon Cup

VSA PREMIER

September	VDA Labor Day
October	Columbus Day
March	Arlington Assist
	Alexandria ASK
May	VA Cannon Cup

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Periodization

Sample for Age Group

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Training Block	Training Block	Training Block	Training Block		GAME DAY	GAME DAY
	Club Concept or Virtual Training	Attacking in the Creation Phase: Switching point of attack	Attacking in the Creation phase: Creating overloads in wide areas			
Techne App Work	Techne App Work	Underload: Higher #'s / Low Reps 9v9-11v11 2x4.5m 2m Rest	Overload: Lower #'s /High Reps 5v5-7v7 4x4m/2m Rest			

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Yearly Plan – Program

Sample for Age Group

FALL

- Pre-Season training Early August
- Pre-season Friendlies mid-late August
- Pre-season Tournaments
- 10 weeks of team training starting September
- League play beginning weekend after Labor Day
- Teams done by end of Nov/early Dec

WINTER

- Futsal Program*
- Training twice a week starting in January
- U11/U12 one indoor one outdoor
- U13/U14 two outdoor

SPRING

- 10 week team training beginning in February
- March Tournaments
- League play starts early April
- OFF SPRING BREAK
- Season finishes early June

SUMMER

- Summer Futsal Program
- Various Summer Camps
- TEAM CAMP (August 3rd-7th)

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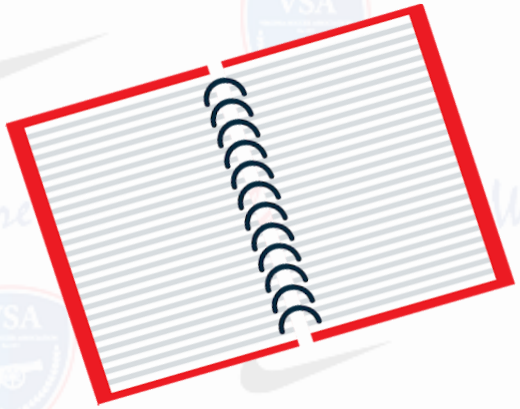
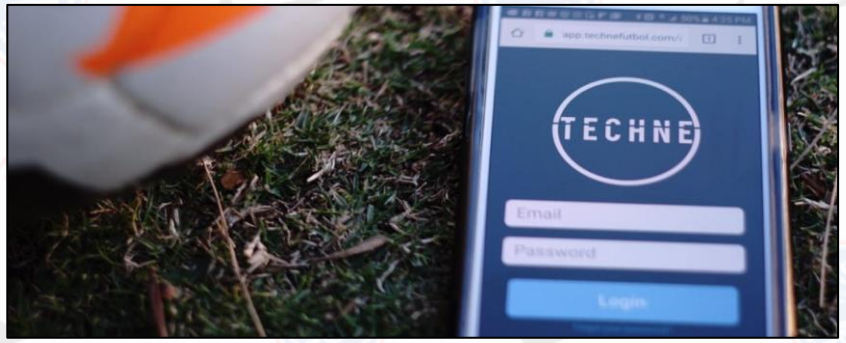
Updates to Program

New 2020-21



Soccer Journals

Club Concept Nights



Techne App

Film games with Parent Volunteers

Continued Virtual Learning

Online Classroom

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Next Steps

2020 Season

Register for Tryouts - Here

- Register for Tryouts so club can make your child an offer
- Player Selection Process – Begins 5/20 – 5/27
- If you are a new player we will be sending out additional form for you to fill out for us to gain more information regarding your son or daughter
- If we are able to host some sort of ID session before the start of the season we will

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Contact Information

2020

Register for Tryouts - Here

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