



HANDBOOK

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Mission of Academy Soccer

The ages of 4-12 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 and development of players is truly our top priority.

Introduction to Academy Soccer

M.C.S.C.'s Academy Program is offered for the following age groups:

U4 Boys & Girls

U6 Boys & Girls

U8 Boys & Girls

U10 Boys & Girls

U11 Boys & Girls

U12 Boys & Girls

Players can enter the program at any age even starting at age 7 if they are at the appropriate level to play up to U9. For more information on playing up see "Philosophy" section.

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, including the training.

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

Practice

I will ensure that my child is punctual, properly equipped with shin guards, inflated ball, water bottle and correct training attire (MCSC training shirt, shorts and socks)

I will inform the coach (prior to training) 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).

If I choose to observe training I will not interfere with training by commenting or encouraging my child.

I will encourage my child to become responsible to take care of these areas on his/her own over the course of their Academy career.

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 before, during, or after the game.

- I will remember that the priority for players in the academy is individual development and this sometimes overrides team goals and priorities.

I will support my child, their coach and their team regardless of the outcome of any game.

I will ask my child at the end of every game “Did you have fun?”

I will not approach the coach after any game with questions, but wait 24 hours to call or email.

I will not use profanity on or near the practice or playing field.

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.

I will encourage those around me to do the same.

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 a number of other purposes.

Description of Academy Program

The program is comprised of players that range in ages from 7-12 who desire to improve their abilities in a more competitive and challenging environment.

Players play within their own gender.

The focus of the program is player development.

The Academy Director oversees all aspects of player development.

There is a specific curriculum for all academy age groups.

Teams compete against other 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 a friendly format.

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

Club Structure

AGE	Program Options- Recreation Track*	Program Options Intermediate Track*	Program Options Select Track*
AGE 3-6	U/4 – U/8 Soccer Skills program		
AGE 7-8	U/6 – U/8 Soccer Skills program	U/6 – U/8 Soccer Skills program /Academy Program	
AGE 9-12	MCSC Academy	MCSC Academy	Academy Program
AGE 12-18	MCSC Academy	MCSC Elite Soccer	MCSC Elite Soccer

*Players may move from one program track to the next during their time playing with M.C.S.C.

Academy Structure for

U8 Academy

Boys and Girls Organization

Players will train and play games within a pool of players. This pool of players may be divided into teams.

How players are divided will be based on:

Training goals for day/week/month/year

Training goals for individual or groups of players

Match ups against other clubs on game day

Match ups against MCSC teams on game day

Certain players may be asked to train or play with an older age group at times.

This will NOT apply to all players but will be based on the ability and needs of the individual player.

Training Frequency

Players in the U9 Academy will train 2 times per week and will have a large number of training sessions on weekends as well as organized games.

Game day format

6v6 (Friendly versus other clubs & tournaments)

5v5 (intra-club tournaments & friendly)

Games may be played across gender

U10 Academy

Boys & Girls Organization

Players will train and play games within a pool of players. This pool of players may be divided into teams.

How players are divided will be based on:

Training goals for day/week/month/year

Training goals for individual or groups of players

Match ups against other clubs on game day

Match ups against MCSC teams on game day

Entry into a tournament or a results oriented event

Certain players may be asked to train or play with an older age group at times.

This will NOT apply to all players but will be based on the ability and needs of the individual player.

***Players at U10 will progressively spend more time with the pool of players divided by ability.**

Training Frequency

Players in the U10 Academy will train 2 times per week and will have a large number of training sessions on weekends as well as organized games.

Game day format

8v8 (Top team may occasionally play U11 in the 8v8 format during spring season)

6v6 (Friendly versus other clubs & tournaments)

5v5 (intra-club friendly)

Games may be played across gender

U11 Academy

Boys & Girls Organization:

Players will train and play games within a pool of players. This pool of players may be divided into teams.

How players are divided will be based on:

Training goals for day/week/month/year

Training goals for individual or groups of players

Match ups against other clubs on game day

Match ups against MCSC teams on game day

Entry into a tournament or a results oriented event

Certain players may be asked to train or play with an older age group at times.

This will NOT apply to all players but will be based on the ability and needs of the individual player.

***Players at U11 will spend the majority of training and games divided based on ability.**

Training Frequency

Players in the U11 Academy will train 2 times per week and will have a large number of training sessions on weekends as well as organized games.

Game day format

8v8 (This format will make up the majority of games in tournaments and friendly)

6v6 (Occasionally U11's will play MCSC U10's in the 6v6 format)

5v5 (Intra-club friendly weekends)

4v4 (Intra-club friendly weekends)

U12 Academy

Boys & Girls Organization

M.C.S.C

Players will train and play games within a pool of players. This pool of players will be divided into teams.

How players are divided will be based on:

Training goals for day/week/month/year

Training goals for individual or groups of players

Match ups against other clubs on game day

Match ups against MCSC teams on game day

Entry into a tournament or a results oriented event

Certain players may be asked to train or play with an older age group at times.

This will NOT apply to all players but will be based on the ability and needs of the individual player.

***Players at U12 will spend the majority of training and games divided based on ability.**

Training Frequency

Players in the U12 Academy will train 3 times per week and will have a large number of training sessions on weekends as well as organized games.

Game day format

11v11 (Top U12 teams will play some games to prepare for the move to 11v11 at U13)

8v8

5v5 (Intra-club friendly weekends)

4v4 (Intra-club friendly weekends)

Academy Staff Coaches

COACHING STAFF

Boys Staff

	U5 Boys Coach
	U6 Boys Coach
	U8 Boys Coach
	U9 Boys Coach
	U10 Boys Coach
	U10 Boys Coach
	U11 Boys Coach
	U11 Boys Coach
	U12 Boys Coach

Girls Staff

	U5 Girls Coach
	U6 Girls Coach
	U8 Girls Coach
	U9 Girls Coach
	U10 Girls Coach
	U11/12 Girls Coach
	U11/12 Girls Coach

MCSC Staff

Geoffrey N'goran - Club Director

Geoffrey oversees all aspects of M.C.S.C. He is the founding member of the club and is dedicated to providing the best overall soccer experience for the players, parents and volunteers.

You can contact Geoffrey at 919-274-7443 or via email gngoran@midcsc.com

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. The team manager will meet with the Academy Director once every other month during the season. The team manager registers the team for tournaments, books hotel rooms, prepares the team budget and collects team fees. If you are interested in helping out with your son or daughters team in an administrative capacity please contact MCSC.

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 in respect to the player's age group.

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.

Extra Training

M.C.S.C. encourages our academy players to become every day players. We will be continuing to increase the number of opportunities within the club that will allow players to train every day, goalkeeper training, winter/ summer academy and technical training camps throughout the year. Information on these training opportunities is listed below.

Individual Training – If you are interested in doing individual sessions to improve your child’s technical ability please contact the MCSC office at 919-274-7443. These sessions can accommodate 1 to 4 players.

Goalkeeper Training - Goalkeeper training is provided under the direction of MCSC staff coaches.

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. MCSC Executive Club Director, staff, and college coaches staff the camps. Information for the training can be found online at www.midcsc.com.

Winter/ Summer Academy - The winter and summer academies are staffed by MCSC 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.midcsc.com.

Academy Games

What is the GAME FORMAT?

- U9/U8 4v4, 5v5, & 6v6 Field Size : 40L x 20W (4v4)
Field Size: 40L x 30W (5v5)
Field Size: 60L x 40W (6v6)
- U10 Black 6v6 Gold
6v6 & 8v8 Field Size: 60L x 40W (6v6)
Field Size: 75L x 50W (8v8)
- U11 & U12 U11 Black 8v8 Field Size: 75L x 50W (8v8)
U11 Gold 8v8 Field Size: 120Lx 75W (11v11)
U12 Black 8v8
U12 Gold 8v8 & 11v11
- 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, North Carolina, South Carolina, and Virginia). 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 and 1 Tournament.

When do we play GAMES?

Saturday is the primary academy game day for league games (U10 - U12). Sunday is scheduled occasionally always after 1pm for league games. Tournaments and Friendly weekends include games on Saturday and Sunday (sometimes before 1pm). The primary game day for our U9 Academy is Sunday afternoon. This session is normally held at 3pm

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. Another coach may step in from time to time with your child's team to help cover a game for another coach. Because of our very specific curriculum for games and training all of our Academy coaches will be able to emphasize the same tactical and technical areas during the game.

How many TOURNAMENTS will my child play?

The Club Director and the Academy Director will decide tournaments. It will be announced ahead of time to the parents. Tournaments will primarily be within a 2-3 ½ hour radius of Harnett County.

M.C.S.C

U9: 1 Fall & 1 Spring

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.

MCSC Academy Philosophy on....

Philosophy on TRAINING

We believe that training is the most important part of player development.

We believe that the number of hours spent training each week has a direct relationship with how quickly and how much a player improves.

Training will take priority over the number of games that players play.

Training in the Academy will primarily deal with the technical aspect of the game.

Philosophy on WINNING

For ages 9-12, we believe that winning is:

To give your 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

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 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 player will be allowed to Play Up without the approval of the Director of Coaching’s authorization.

Tournament Guidelines

How to behave while representing MCSC:

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 allowed in the hotel lobby, halls or parking lot.
- 7) Players are to greet other guest in the hotel respectfully.
- 8) ABSOLUTELY no fighting, yelling, teasing or swearing.

What time to wake up:

Wake up:

- 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.

What to eat & drink before, during and after competition:

Nutrition:

FOODS WHILE 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: It is highly recommended that players drink water instead of sports drinks.

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 \$200.00
Lotto uniform changes every 12 months. Uniform package includes, home jersey, away jersey, shorts and socks.
- Registration and coaching fee:
U9 - U12 - \$1100-\$1300.00 per season
Team fee: Based on number of tournaments and out of town events. Cost varies from team to team. Approximately \$300.00-\$500.00 per season.
Off season mid November through mid January \$200.00.
Summer camps approximately \$200.00 per week.

Protocol 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 Club Director, Geoffrey N'goran by phone or email.