

# TRAVEL / MPS

# PARENT MEETING



# Goals of This Information

- Explain new professional coaching / training model
  - a. MPS Program U9 – U18
  - b. Travel U9 – U18
- Give details of program differences
- Cost of models explained
- Commitment Levels
- New team structure. Support organizational chart
  - a. Current U9, U10 and U11 girls
- Explain future of program
- Q & A



# Research

- MYS studied all the top clubs in the country. The re-occurring theme or model that was found in the majority was professional coaching / training at a young age. Consistency was also a bonus. Some clubs used parent coaches. Most did not.



# Research

- The clubs were ranked simply by how their travel teams performed in state cup titles. Some clubs have professional coaches but are not connected to an overall club training program.



# Research

- Successful clubs that were the most consistent were ones that used an academy approach. All the professional trainers selected were age and gender specific. Multiple trainers were layered into a players training over their learning years starting from U8 – U16.



# Research

- MYS has designed it's MPS and Travel Soccer Program based upon these facts.



# Travel / MPS

It is the case that the majority of coaches that work with these age groups are well intentioned parent volunteers, without the soccer and child development background necessary to properly train youth players.

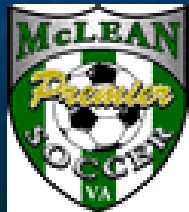
Yet they are faced with, arguably, the most critical period of the player's development.

*Dr. Tom Goodwin,  
National Director of Coaching  
US Youth Soccer*



# Travel Vision Statement

**McLean Youth Soccer is committed to the travel soccer player and program so each child can learn to play the game at a high technical and tactical level.**



# Travel Mission Statement

McLean Youth Soccer will provide the finest professional and age / gender appropriate soccer training while establishing advanced but appropriate levels of competition.

McLean Youth Soccer has a culture of teaching sportsmanship and having fun while developing the serious soccer player.



# MPS Vision Statement

MPS has been designed for the elite travel player wishing to become a special player with long term national intentions.

Professionally coached, trained and managed by soccer's elite leaders.



# MPS Mission Statement

MPS will provide professional coaches and trainers to support the very best training, competition, learning environment, culture and opportunities for the elite travel players.



# Strategy – Travel / MPS

- MYS controls/manages two top teams for boys and girls starting at U9.
- MPS & MYS Technical Director will hire / develop coaches and trainers best suited for each age / gender to develop players.
  - a. Evaluate all hired coaches / trainers
  - b. Develop appropriate curriculum
  - c. Validate licenses
  - d. ODSL / parent coaches selected by MYS



# Strategy – Travel / MPS

*Travel / MPS Technical Director cont.*

- e. Develop year round training program
- f. Safety
- g. U9 - U11 age group - ODSL teams remain parent managed but still coordinated
- h. Support physical development program



# Strategy – Travel / MPS

- Parent assistant assigned to each team (approved by club)
  - a. Supports head coach and trainers
  - b. Manager of team functions (other parent roles)
    - Registrations – leagues, roster, etc..
    - Money / treasurer
    - Fundraising



# Strategy – Travel / MPS

*Parent responsibilities cont.*

- Website / Publicity / Pictures
- Team building (off the pitch)
- Tournaments
- Uniforms / Equipment
- Sideline behavior



# Structure – Travel / MPS

- Boys top two NCSL teams U9 and older  
(National Capitol Soccer League)
- Girls top teams  
ODSL: U9-U11 (Old Dominion Soccer League)  
WAGS: U11 & older (Washington area girl's soccer)
- Costs vary - \$1000 - \$2200 per child (U9 – U19),  
per year depending on age (see schedule)



# Structure – Travel / MPS

- U9 – Three teams of 9/10, equal or ABC format
- U10 – Three teams of 9/10, ABC format
- U11 – U18: Two teams: WAGS – NCSL
- As many as four different coaches by the time each child reaches U13
- More trainers involved w/ development
- U11 & older – One MPS team per age/gender



# Structure – Travel / MPS

## *MPS Coaches Names – Fall, 2004*

- Girls U8 *Developmental* Rich Shelton  
Trevor Parker
- Girls U9 *Equal Team* Rich Shelton
- Girls U10 *A,B,C Format* Rich Shelton
- Girls U11 *MPS Strikers* Jamil Faryadi
- Girls U11 *Green Tide* Jacki Ball

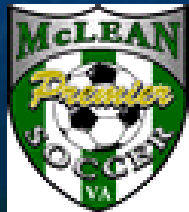
\* Team Names?





# Structure – Future Travel / MPS

- ODP (Olympic Development)
  - a. Provide field space
- European Club Play
  - a. U13 & U14
- Develop Elite League U11 – U15  
(Beltway US Club Soccer)
- Y League coming
  - a. SASS (WAGS Elite League U13)
  - b. Washington Freedom Y League  
U13, U15, U17



# Execution – Travel / MPS

- Every Dec/June all players evaluated and re-assigned to appropriate team at tryouts.
- Every June all coaches / trainers evaluated and re-hired for future year.
- Parent feedback
- Child feedback – age appropriate
- Every child should play on correct level of competition for that year's development.



# Execution – Travel / MPS

- Academy approach
- Physical therapy
  - Athletic Trainer and Physical Therapist:  
Rick Guter  
(Former DC United Athletic Trainer)  
email – TARDVL13@aol.com ,  
rguter@c-o-r.com



# Execution – Travel / MPS

MYS presents “Care and Prevention of Soccer Injuries”  
by US Men’s National Team Trainer, Rick Guter  
Presentation will be on 6/10 at 7:30 at M.C.C.

- Common injury terms that parents/coaches might hear
- Injuries that are somewhat endemic to soccer specifically
- How parents/coaches can limit the severity of things
- Rick Guter works with the Men’s National Soccer Team as they prepare for World Cup 2006 and directs Elite Athlete Sports Therapy in Vienna, Va. specializing in aftercare rehabilitation of sports injury.



# Execution – Travel / MPS

*Rick Guter*

- Head Athletic Trainer for DC United from 1996-2003
- Head Athletic trainer for the United State Soccer Federation in 1995
- Attended Arizona Tate University graduating in 1987 with a BA in Physical Education with a specialization in Athletic Training, Masters from UNC-Chapel Hill in Sports Medicine in 1989, graduated from Physical Therapy School in 1993.



# Execution – Travel / MPS

- Orthopedic surgeons & other physicians
  - Dr. Bill Hazel, Franklin Farm Orthopedic Center (DC United Team Doctor) Herndon, Va. 703-471-5300
  - Dr. Hiram Bagy, United Chiropractic Center (DC United and Wash. Freedom Team Chiropractor) Herndon, Va. 703-437-8195  
[www.unitedwithhealth.com](http://www.unitedwithhealth.com)
  - Dr. Chris Annunziata & Dr. David Romness Commonwealth Orthopedics and Rehabilitation Arlington, Va. 703-525-6100



# Execution – Travel / MPS

- Speed / fitness training program
  - MYS / COS Speed, Agility and Endurance Trainer

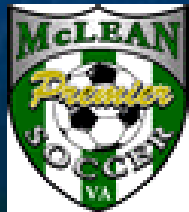
Rob Rose, Explosive performance Programs  
13037 Worldgate Dr. Herndon, Va. 20170  
703-709-6584, 703-568-5657  
[www.EPSAQ.com](http://www.EPSAQ.com)



# Execution – Travel / MPS

## *Trust These Professionals*

- There is no perfect model, just execution
- Flexibility per age group / gender
- This is a journey for kids and parents
- Sportsmanship / Conduct emphasized
- Benefits of being on a team emphasized



# Execution – Travel / MPS

*"Competitive but not results only oriented."*

*"Technique first, tactical later."*

Bob Maynes

Board of Directors – VYSA

Director of Club Development – VYSA



# Execution – Travel / MPS

## *Parents Role*

A lot of soccer parents with good intentions give a 30 minute lecture, covering all the players supposed deficiencies and giving playing advice, in the car on the way to each match. The kids arrive far off their optimal mental state, and dreading the critique they are likely to hear, whether they want it or not, on the way home. Kids who are messaged in this way tend not to play badly, they just tend not to play, possibly to avoid mistakes.



*US Soccer Association*



# Execution – Travel / MPS

## *Parents Role*

- Before The Match
  - a. I love you.
  - b. Good luck and have fun!
- After The Match
  - a. I love you.
  - b. It was great to see you play.
  - c. What would you like to eat?  
(Where is your ball, water bottle, shoes, shinguards and baby brother?)



*US Soccer Association*

