

# HIGH PERFORMANCE PROGRAM

UNDER U13, 15, 17  
BOYS AND GIRLS

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# VISION, MISSION, VALUES

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## VISION

- To develop well-rounded soccer players and amazing human beings.

## MISSION

- To provide soccer programming that is safe, fun, and inclusive for every member.

## BTB CORE VALUES

- Love: We must have a deep love and passion for each other, the academy, and the game of soccer.
- Order: We must always respect all rules, coaches, teammates, opponents, referees, volunteers, and games. We must always win or lose with class.
- Care: We must always show empathy to one another, lift each other up when we are down, and celebrate the success of others like it's our own. We're a family.
- Best of Ability: We must always try our best in everything we do, from practices, games, schoolwork, and housework. We must fight every day to reach our goals.



# PHILOSOPHY: THE BTB WAY

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BTB Soccer Club is a possession-based academy that strives to play a high-tempo, high-intensity game in both the attacking and defending phases.





## COACHING

Sessions and games are led by coaches with a Canada Soccer Association National B License (internationally equivalent) or National Youth License.

- Coaches must adhere to the BTB Code of Conduct for coaches.
- Coaches are continuously encouraged to take courses to improve in all areas of coaching and leadership.
- Coaches are role models; they should set a great example on and off the field.



# OBJECTIVE

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Increase technique on demand against opposition in small spaces.

Increase understanding of:

- the principles of play;
- the five moments of the game;
- playing at a high tempo; and
- decision-making in all moments of the game.





# UNDER 13: Birth Year 2012 - 2013

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- Training: three times weekly
- Training Days: TBD
- Training Time: TBD
- Training Location: northeast (Outdoor)
- Training Location: Turf Training Centre (Indoor)
- Season Length: **Outdoor** – April to August, **Indoor** – September to March
- League Play: EMSA, Travel
- Training Wear: training shirt, short, socks (new players)
- Jerseys: will be provided to each player before the start of the season, jersey deposit must be provided.
- Tracksuit & Backpack: mandatory for all players in BTB.
- Payment options: \$1,255, OR \$500 deposit plus three payments of \$251.67
- NO VOLUNTEER COMMITMENT





# UNDER 15: Birth Year 2010 - 2011

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- Training: three times weekly
- Training Days: TBD
- Training Time: TBD
- Training Location: northeast (Outdoor)
- Training Location: Turf Training Centre (Indoor)
- Season Length: **Outdoor** - April to August, **Indoor** – September to March
- League Play: EMSA, Travel
- Training Wear: training shirt, short, socks (new players)
- Jerseys: will be provided to each player before the start of the season, jersey deposit must be provided.
- Tracksuit & Backpack: mandatory for all players in BTB.
- Payment options: \$1,255, OR \$500 deposit plus three payments of \$251.67
- NO VOLUNTEER COMMITMENT





# UNDER 17: Birth Year 2008 - 2009

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- Training: three times weekly
- Training Days: TBD
- Training Time: TBD
- Training Location: northeast (Outdoor)
- Training Location: Turf Training Centre (Indoor)
- Season Length: **Outdoor** - April to August, **Indoor** – September to March
- League Play: EMSA, Travel
- Training Wear: training shirt, short, socks (new players)
- Jerseys: will be provided to each player before the start of the season, jersey deposit must be provided.
- Tracksuit & Backpack: mandatory for all players in BTB.
- Payment options: \$1,255, OR \$500 deposit plus three payments of \$251.67
- NO VOLUNTEER COMMITMENT







# Strength & Conditioning Program

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- Fitness sessions run once per week October to February for the indoor season.
- Fitness session will take place only in April during preseason for the outdoor season. We increase the on-field training instead of the fitness training.
- Fitness sessions will be led by certified fitness trainers
- Trainers: Alpha Pro, Adrien Bazinet, Chris Training

# Sport Psychology

The main purpose of sports psychology is to enhance an individual's athletic performance. Mental skills and strategies help athletes concentrate better, deal more effectively with competitive stress, and practice and train more efficiently.

- ❖ Three sport psychology sessions per team per year. We will do these sessions during the indoor season.
- ❖ We will not do any sport psychology sessions during the outdoor season.
- ❖ Teams that make provincials will be given a sport psychology session to help in their preparation.





BTB will run 2-3 University prep seminars during the indoor season for grade 10 – 12 students. The sessions will be important for all players in those grades to attend to learn more about the University pathway that is available to them.

## University Prep Seminars

Key aspects of the seminars:

- Key information on application dates
- Requirements for Canada and US
- Help with recruitment letters
- Help with connecting with schools
- Help with highlight videos
- SAT Prep





# Video Analysis and Highlights

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The sessions occur throughout the season at specific periods to go over the BTB game model of how we want to play in the five moments of the game for the players and the coaching staff.

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BTB uses the VEO system to record all high-performance team games. Players use these to create individual highlights and packages. Each team will be required to purchase their own recording system.

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BTB also has a team of specialists on hand to help players create highlight packages for professional trials and university recruitment purposes. For more information contact the club technical director.





# Development Programs

## Junior Coach Program

- ❑ BTB runs a coach mentorship program for players ages 12–21 (ongoing).
- ❑ Junior coaches work with the youngest players from U4–U11.
- ❑ Junior coaches, 16 and older, go through coach training from Canada Soccer. Junior coaches, 15 and under, go through a coaching seminar led by BTB staff.



## Referee Development Program

- ❑ BTB encourages as many players as possible to take the referee course each spring.
- ❑ The referee course helps players see and understand the game better.
- ❑ Players can referee games to make money.

Registration for these programs opens in March each year.



# Tournaments

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- ❑ High Performance teams participate in two to three high-level tournaments per year
- ❑ One of the tournament is BTB Spring Cup hosted by BTB.
- ❑ Tournaments are in Alberta, Western Canada, Eastern Canada, United States or Europe.



# HIGH PERFORMANCE CAMP

30 boys and 30 girls will be selected for the BMO High Performance camp.

The camp will help showcase the best of the best players in BTB and the surrounding areas.

U15 & U17 Boys & Girls

## Camp Dates:

*BMO High Performance Camp*

Male & Female

3 days

3 11v11 games (all games recorded)

3 in class sessions (sport psychology, university/pro speaker, nutrition, injury prevention)

Physio on site

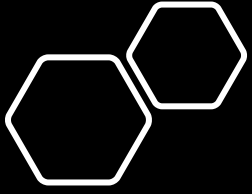
Livestreamed & Commentator

Camp MVP

## Camp Date:

BMO High Performance Camp: July 28, 29, 30, 2024





# Financial Support

If you need financial support, use one or both programs to help pay or reduce the registration fee.



**Jumpstart  
Bon départ**

Jumpstart supports children who need financial assistance with sport registration fees.

Applications are accepted throughout the year and grants are administered to sport clubs, at up to \$300 per kid/year.



KidSport supports children who need financial assistance with sport registration fees

Applications are accepted throughout the year and grants are administered to sport clubs, at up to \$350 per kid/year.







# Safe Sport

BTB Soccer Academy has taken the pledge and is now a proud Champion of the Responsible Coaching Movement (RCM). By making this pledge, BTB commits to maintaining supportive policies and processes that adhere to the RCM to ensure the safety and protection of BTB athletes and coaches and provide coaches with the tools and training necessary to model ethical behaviour.

RCM is a multi-phase, system-wide movement, coordinated by the Coaching Association of Canada and the Canadian Centre for Ethics in Sport, affecting all sports organizations and coaches. The first phase of the RCM focuses on three key areas:

## Rule of Two

o A rule of two adults protects minor athletes in potentially vulnerable situations by ensuring more than one adult is present. Vulnerable situations can include closed-door meetings, travel, and training environments.

## Background Screening

o The background screening process involves using several different tools to ensure coaches meet the necessary security requirements to coach athletes. These tools include comprehensive job postings, criminal record checks, interviews, and reference checks.

## Respect and Ethics Training

o Increasing coaches' ethical conduct and behaviour toward athletes requires coaches be trained to understand what it means to act ethically. The training includes Make Ethical Decisions, from the National Coaching Certification Program, and training in abuse and harassment prevention, such as Respect in Sport.

All staff, board members, coaches, volunteers, players and parents are encouraged to:

- Take the Safe Sport Training course offered through the Coach.ca website, which is free.
- BTB is committed to having all coaches, 16 and older, complete the course making ethical decisions.

## Welfare protection

Contact Kris Hawkins for more information about BTB policies and if you need someone to talk with. All complaints are handled respectfully, with sensitivity and consistency. Hawkins works in the Human Rights Department and has the Commit to Kids training.

## BTB policies and documents

For more information about BTB's policies and documents visit [btbsoccer.com/safesport](https://btbsoccer.com/safesport).

