



# **San Ramon FC**

## **U12-U14**

### **Information Packet 2017**

**San Ramon FC**  
12885 Alcosta Blvd., Suite B  
San Ramon CA 94583

## **PROGRAM OVERVIEW**

The San Ramon FC (SRFC) U12-U14 program provides a consistent continuing education curriculum for the U8 - U11 competitive academy program graduates.

The focus of the SRFC U12-U14 programs is to guide our players through this ever important player development phase. Our coaches are trained through the SRFC Curriculum, and focused on providing a supportive, yet challenging environment for all players. The SRFC staff coaches who will be working with these players are superb at training and understanding pre-teen and young teenage players. In the second two years of this phase, the players begin playing 11 v 11 on age appropriate sized fields. The phase is characterized by players learning to play on a team and within a system or systems. Coaches are required to manage competition to ensure that individual development is not stifled in the narrow pursuit of winning at all costs, while also encouraging players to compete to their fullest in trainings and games to fuel competition and the desire to win. The program begins to develop players with greater tactical awareness and understanding of the game as a progression from the SRFC U8 – U11 competitive programs.

The U12-U14 coaches must understand the relatively wide range of mental and physical development amongst players in these age groups. To this end coaches must ensure that, where possible, the program is individually tailored to the specific needs of the player, balancing individual development and positional understanding with teamwork for the overall success of the group.

## **TEAM FORMATION**

All players are evaluated by the club's professional staff throughout the previous soccer season and/or at the club placement dates in February. Players are selected based on skill level, athleticism, soccer IQ, and attitude. In most cases, each age group forms multiple teams, and players are placed onto teams with other players of similar skill, tactical understanding and/or commitment level to the sport. Players are notified of their placement no later than two days after the final tryout.

## **COACHING**

Each team will be assigned a club staff coach for their games. SRFC certifies its entire coaching staff through national and international coaching courses, and the staff work together to implement the club curriculum for all players.

All coaching should be left to the coaching staff, and parents should not offer advice to players during games or practice. Parents should refrain from giving any tactical feedback to players regarding performance unless they have consulted with the coach as they may give contradictory information which can lead to confusion or frustration for the player.

The decisions made for the groups, such as playing time and movement between teams, are the sole responsibility of the head coaches and the technical directors.

## **BE POSITIVE!**

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### **POSITIVE PARENTAL SUPPORT**

Positive support is vital during times of disappointment, not just when things are going well. The ups and downs are a natural part of a young soccer player's developmental success if handled appropriately. Positive parental support does not include coaching your child from the sidelines.

### **POSITIVE ENCOURAGEMENT**

Positive encouragement from parents is vital in helping soccer players succeed and enjoy the game. Positive feedback and encouragement should outweigh constructive criticism. This allows players to grow in confidence, which is a key to success in soccer, or any other sport.

### **POSITIVE COACHING**

Positive coaching from our staff is very important to our players' development. We must ensure that our players are instilled with confidence, understand the coach's instructions, and also have the ability to handle constructive feedback from the coach.

# SAN RAMON FC U12-U14 program FAQ

## **How does my child get into the SRFC competitive program?**

San Ramon FC's Technical Staff will contact your family with a direct invitation for your child to register with the program OR with information regarding the open assessment day(s) in February each year.

## **When will we know on which team our child is placed?**

Teams are formed following the tryouts. All players are notified via email, phone or in person, regardless of their placement. Players should expect some form of communication no later than two days after the final tryout.

Regardless on which team a child is placed, they will receive exceptional training, and a coach who cares about each child and the developmental process. A player does not have to be playing on the highest level team to be developing well. The most important thing for a player's development is that they get the right level of challenge...just the right amount of adversity and confidence. When a challenge is too difficult for a player they become discouraged, lose confidence and ultimately do not enjoy what they are doing.

## **How is the weekly schedule structured?**

Trainings will be held three times per week during the season; 2 days outdoors, and 1 futsal skills session. NPL teams in the U14 age groups will may have four training days in the Summer and Fall.

## **Who will SRFC teams play?**

SRFC teams will compete in the NorCal Premier Soccer League against teams from other clubs in our area. There are a variety of divisions within each age group, and SRFC teams are placed into divisions against teams of similar skill and ability. Top teams will enter the National Premier League, a more competitive division which plays games throughout Northern California.

## **When will we know the schedule of games?**

Game schedules are created by administrators of our playing league, NorCal Premier, and typically released a few weeks prior to the start of the spring and fall seasons. Tournament schedules are announced in early spring.

## **What is the playing format?**

U12 teams play 9 v 9. U13 and U14 teams both compete in the 11 v 11 format.

## **Will teams still enter tournaments throughout the season?**

Yes. Each team will enter up to three tournaments in the summer/fall, and compete in NorCal State Cup.

## **Where are practices held and what days and times?**

The practice schedule for all age groups will be announced after tryouts.

## **When does the SRFC program season start and finish?**

The official start of the season is the week of March 13, 2017, though NPL teams may begin sooner depending on competition schedule. The spring season runs through the first week of June before a month-long summer break. Players return to formal team training the week of July 10, 2017 and continue through winter, barring holiday breaks, until NorCal State Cup is completed.

## **What is the cost of the SRFC Program?**

The cost breakdown for the program is: \$280 registration fee, \$1,600 program fee and a \$125 volunteer deposit (once per family). Total cost is \$1,880, plus the \$125 volunteer deposit.

## **What is the fee structure of the SRFC Academy program?**

A \$500.00 deposit fee is due upon acceptance of an offer from SRFC along with an additional balance of \$1,505.00 paid in 4 monthly installments of \$376.25 that will begin one month after the deposit is paid.

## **Are there additional costs outside of those mentioned above?**

Yes. Each player is required to purchase the SRFC uniform (\$250-\$300), and also contributes an additional amount towards team costs, in addition to the club fees listed above. Team costs primarily come from tournament registration fees, travel costs for NPL and State Premier teams and are divided equally by the total number of players on each team.

## SAN RAMON FC U12 - U14 PROGRAM CALENDAR AND SCHEDULE

U12-U14 PROGRAM	LEAGUE	TRAINING	TOURNAMENTS	PLACEMENTS	CAMPS/ PROGRAMS
FEBRUARY 2017	OFF	OFF		Feb 15-23	Parent Info Meeting
MARCH	NorCal Spring League	3x/week			
APRIL	NorCal Spring League	3x/week			
MAY	NorCal Spring League	3x/week			
JUNE	OFF	Summer Break Starts June 5th			
JULY	Scrimmages/Tourneys	Training resumes week of July 10 <sup>th</sup>			Summer Camp Option
AUGUST	Scrimmages/Tourneys	3x / week	Tournament		
SEPTEMBER	NorCal Fall League	3x / week	Tournament		
OCTOBER	NorCal Fall League	3x / week	Tournament		
NOVEMBER	NorCal Fall League	3x / week	State Cup		Winter Futsal Option
DECEMBER	Futsal (optional)	2-3x / week	Possibly State Cup		
January 2018	Futsal (optional)	2-3x / week	State Cup		