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INFORMATION

EED CHAM BE BOLD. WIN. WIN. VIN. WIN SOCCE

WHO IS FC SEATON?

FC Seaton Academy teams compete against top-level competition and are showcased in some of the nation's premier events. Our teams are modeled after collegiate and professional programs, with a strong emphasis on teamwork, discipline, and dedication to the sport. Playing for FC Seaton provides student-athletes with the experience of competing at the highest possible level.



FC SEATON AT A GLANCE

Ajax Ontario, first and foremost, boasts one of the most diverse populations in all of Canada. Within this community, the opportunity to create connection vs division and to lift up others through sport and recreation is at the mainstay of our mission, values, and vision within the FC Seaton.

FCS has made a clear and conscious effort toward this mission by making diversity and inclusion the most essential feature upon which we build this club. This includes having a club, members, participants, and staff that look like our community and that represent what this community believes in.



TECHINICAL STAFF

- Staffing and Alignment to Core Values
- FCS Staff represents Ajax's diverse community and membership
- **FCS's coaches are licensed coaches**
- Strong recruitment of coaches that fit the inclusion model of FC Seaton
- Recognizing and empowering coaches and staff

FC SEATON LICENSED COACHES

C LICENSED TRAINED COACHES:

- o Richard Karikari
- o Shondell Busby
- o Akeem Preistley

NATIONAL B COACHES:

- o Sylvia Forbes
- o Paul Okumu
- o Lazza Lowe

CHILDREN'S LICENSE COACHES:

o Sylvia Forbes (Certified)



PROGRAM OVERVIEW

FC Seaton operates as a sanctioned club for Ontario Soccer. The LTPD Programming and Competitive High-Performance Program both align with the 4-corner approach to learning in a player-centred environment.

- Access to state-of-the-art facilities (Ajax Community Centre & The Village Centre)
- **Example 2** Licensed coaches
- © Curriculum based training programs
- **6** Indoor & Outdoor Programming
- **5** 2-3 sessions per week Indoor/Outdoor
- 3-4 Tournaments Per Year (USA Travel)
- **6** Winter and Summer League play
- Video Technology for Coaches, Teams and Players

- Play Metrics communication Platform for Club scheduling &communication
- Access to additional resources (physio, nutrition, health and well being)
- Player Assessments & Player Tracking
- Speed and Agility Training
- **Weldoming environment**





INDOOR PROGRAM

- Turf Field Facility located at 72 Orchard Road (The Village Centre)
 - 2 Practice Sessions per week 🧐
 - Technical/Individual Training throughout winter 🤫
 - Exhibition & Friendly Games &
 - Indoor Festival Opportunities 😌
 - Classroom Sessions & Team Building 📵
 - Uniform and Practice Kit (for full year) 😉
 - Goal Keeper Training 🕞

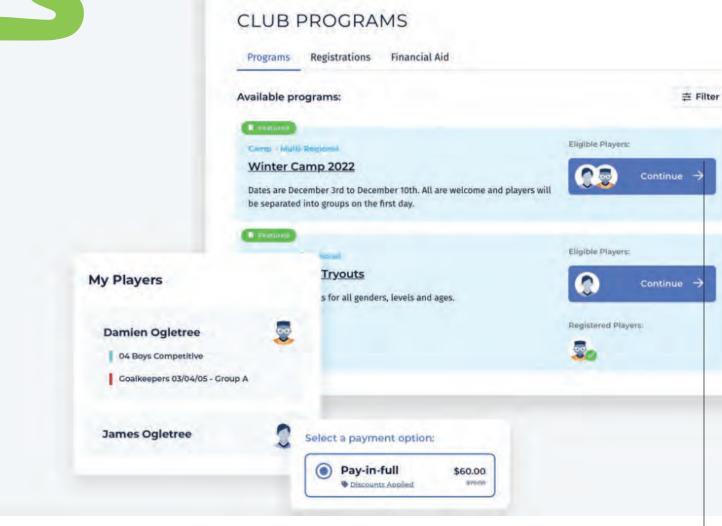
SOFTWARE WE USE

PlayMetrics financial, operational, coaching, and communication tools empower youth sports clubs to get - and stay - on the same page. Business transformation comes from is the uncaging of data and insights that allows users to make better informed decisions to grow their club the right way.

Trusted by the most forward-thinking youth sports clubs, PlayMetrics empowers directors, coaches, admins, and player families to become shockingly efficient with unified financial, operational, coaching, and communication tools.











OUR UNIFORMS

2 Game Kits (2 jerseys/2 shorts/2 socks) 🧐

Track suit 🕞

Practice Kit (shirt/shorts/socks) 🧐

Backpack 🗐

Additional Items for Purchase:

Hoodies 🕞

Spring Jacket 🕞

T-shirts 🙃

FC SEATON TRAINING SESSION

FCS follows the Grassroots Standards for coaching and training that provides RESULTS. This means:

- **6** Licensed coaching staff at training
- S Age appropriate session plans that challenge each athlete
- © Curriculum based sessions
- © Duration of training based on age
- © Open rostering with training groups based on ability in training
- Physical Literacy, Tactical, Technical, & Social/Emotional learning opportunities in all training sessions





ARRIVAL/ARRIVAL ACTIVITY

ARRIVAL ACTIVITY

STATION 1:

TECHNICAL/BALL MASTERY

STATION:2

SKILL PRACTICE

STATION 3: CONSTRAINT BASED GAME

STATION 4:

PHYSICAL LITERACY

DEBRIEF & DISMISSAL

SESSION BREAKDOWN EXAMPLE

Players are placed into groupings decided by a variety of factors (skill level, session theme, numbers needed, ages, friends, behaviour, flow)

60 min session - 12 min stations - times are approximate

Types of practice types:

Small sided games &

Constraint based games 🧐

Physical literacy 🕏

Technical and skill practice 🕞

Activity based learning 🕏

Free play 😉

Player led 😉

And much more 🕞

FC SEATON COMPETITIVE

INFORMATION



VEO VIDEO ANALYSIS

FCS is leading the way when it comes to video technolgy. Currently FCS is using technology called VEO. VEO is the complete and affordable solution for football teams – big or small – to record and analyze games and practices automatically. Please see veo.com for more information.

ACCESS TO PLATFORM

Each Parent and athlete have their own secure login to access recorded games. FCS sets a go goal to have 50% of games played within the season video recorded for analysis and review purposes. These cameras are used at both Grassroots and Youth Levels and are accessible to all teams regardless of age or level of play. Parents can individually access their athletes' film to compile highlights for scouting purposes or even just to have fun!

DATABASE AND STORAGE

In FCS subscription to VEO all video contents is for FCS. All content remains secure for FCS Coaches, Players, and Parents who have authorization provided.

VIDEO ANALYSIS BREAKDOWN

FCS Technical Staff will have direct access to all recorded games and training sessions where applicable. Coaching Staff will have access to Team Recorded Video and can receive access to other games for age groups as relevant to their curriculum and development. Coach & amp; Tech Staff Access for Peer/-Self Review & amp; Mentorship

Tech Staff and Coaching Staff will be responsible for reviewing film of recorded games with Coach educator monthly to analyze player and team performance. This summary can be done via email/zoom when meetings are not available in person and with at least two sessions per year with Coach Educator.

There will also be a scheduled 1 Meeting per season with age group coaches to analyze and review Technical Plan and success in the plan based on video analysis. This will allow for feedback on field coaching/player performance/curriculum success/style of play review and other areas of performance review. Team/Player Access for Education

Tech Staff and Coaches will also be responsible in hosting 1 meeting per indoor and outdoor season to integrate Team and Player Video analysis taken from the VEO game recordings. Tech Staff will be responsible for editing, splicing, and analyzing the video to use relevant information for Video session in classroom setting with team or players.

Players can also gain access to video recordings for analysis and reflection purposes. Players can also gain access to video for clip sharing and creating video of their performance for recruiting and talent identification processes. They may meet with a TechStaff to go over this to ensure they are using and understanding clip selection for their benefit.

BENEFITS OF VIDEO ANALYSIS FOR ATHLETES

Allows an athlete and coach to share the same view or perspective together, literally getting them on the same visual page together.

Captures specific measurements that you must modulate to improve performance in an objective and finite way.

Discovers truths in training that you could not extract by any other means with movement, skill, or sporting technique.

Teaches how other performers execute a movement and build a movement strategy that maybe effective for the athlete.

Audits the consistency and the development process of training compared to competition.

WHAT'S INCLUDED IN FEES

- **6** League Registration & Insurance
- Practice Sessions
- **6** Indoor Facilities and Field Fees
- **€** Games/Refs/fields
- Summer League Fees
- Staff Coaches Pay
- % Practice kits (shirt/shorts/socks)
- **Section VEO** Access
- Play Metrics Access

ADDITIONAL COSTS (TEAM BY TEAM BASIS)

- **Team functions**
- Indoor League (YRSA)* Options provided by partners
- Tournaments (team by team basis) USA Travel
- Additional Kit Items or other club apparel (training kit extras/jacket/hoodies etc.)
- Additional training (Ball Mastery Programs/Soccer Conditioning Programs)



CODE OF CONDUCT

To be signed by Player, Parent, Coach, and Club.

FC SEATON COMPETITIVE



SEASON CALENDAR DETAILS





SAMPLE PAYMENT BREAKDOWN

10 PAYMENTS STARTING WITH THE INITIAL PAYMENT

- 1. INITIAL PAYMENT
 - 2. NOV 15
 - 3. DEC 15
 - 4. JAN 15
 - 5. FEB 15
 - 6. MAR 15
 - 7. APR 15
 - 8. MAY 15
 - 9. JUNE 15
 - 10. JULY 15

EXAMPLE FEE STRUCTURE:

U11, U12- \$3300 Initial Payment- \$400 Monthly Payments November-July- \$290 per month INFORMATION

FINANCIAL AID

JUMPSTART

Applications for assistance can be submitted from January 15 to June 1 for spring/summer programs, and from July 1 to November 1 for fall/winter programs.

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- © Call 1-877-616-6600. Based on your postal code, a Call Centre representative will provide a contact on the closest Canadian Tire Jumpstart Chapter.
- When calling your local Canadian Tire Jumpstart Chapter representative, be prepared to provide your contact information and the details of the sport or recreational activity your child would like to participate in. You may also be asked to provide financial information in order to prove eligibility for funding.
- Applicants will be notified by the local Canadian Tire Jumpstart Chapter representative if they are approved or if further information is required.
- All information received is kept confidential.



FC SEATON COMPETITIVE

INFORMATION

FINANCIAL AID THEIR OPPORTUNITY

Their Opportunity exists to provide families who can't afford to enroll their children in local sports programs the means to. The children that receive sponsorship are required to "pay it forward" through Their Opportunity's give-back program.

The process of applying for funding with Their Opportunity requires completing a short online application form. To qualify for funding your total family income must be \$45,000/yr or less. We require a notice of assessment to confirm house hold income. Be prepared to upload this file during online submission.

Office hours are Monday to Friday 9 am to 5 pm and staff are available to answer any questions regarding funding or the Give-back program.

CLICK HERE TO APPLY



FINANCIAL AID **KIDSPORT**

KidSport is a national not-for-profit organization that provides financial assistance for registration fees and equipment to kids aged 18 and under. Through a confidential application process we provide grants so they can play a season of sport.

Nationally, KidSport is comprised of a network of 11 provincial/territorial KidSport chapters and 166 community KidSport chapters. Since its creation in 1993, over 750,000 kids across the country have been given the chance to play sport through KidSport grants and sport introduction programming.



ADDITIONAL SERVICES

MEDICAL SERVICES

Preferred Medical Provider- Orchard Rehab (conveniently located inside The Village Centre)

- Physiotherapy & Massage Therapy
 - Osteopathy 🕞
- Athletic Therapy 🕞

PHYSICAL TRAINING SERVICES (POWERED BY ORCHARD REHAB)

- Small group soccer specific conditioning & Personal Training (1 on 1) & Team training (soccer specific conditioning)

SOCCER SPECIFIC TRAINING

APtitude Soccer Training &

CONTACT INFO



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FC Seaton



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