

# OAKVILLE SOCCER CLUB

## 2022-2023 ODPL U13 (2010) PROGRAM OUTLINE



<b>Annual Cost</b>	<ul style="list-style-type: none"> <li>• \$ 4698.00</li> </ul>
<b>Registration/Payment Inclusions</b>	<ul style="list-style-type: none"> <li>• Ontario Soccer registration (includes player insurance)</li> <li>• Note: Uniform package must be purchased at an additional cost prior to the outdoor season. Information will be emailed once it is available.</li> </ul>
<b>First Installment</b>	<ul style="list-style-type: none"> <li>• <b>First installment of \$2349 due by September 13<sup>th</sup>, 2022.</b></li> <li>• <b>Second Installment of \$2349 due by October 25<sup>th</sup>, 2022</b></li> <li>• <b>Program Start Date: Week of September 26<sup>th</sup> 2022</b></li> <li>• <b>Program End Date: Week of October 23<sup>rd</sup>, 2023</b></li> <li>• No refunds after registration/first installment as it is within 14 days of the program start date. Please note refunds will not be made available for the second installment as it is after the start of the program.</li> <li>• Please review OSC's Refund Policy <a href="#">here</a>.</li> <li>• Failure to register and pay the fees by the deadline will result in forfeit of placement in the program.</li> </ul>
<b>Coaching</b>	<ul style="list-style-type: none"> <li>• One Head Coach per gender</li> <li>• One Assistant Coach per gender</li> <li>• One Goalkeeper Coach</li> <li>• One Athletic Development Coach</li> <li>• One Sports and Performance Psychologist</li> </ul>
<b>Pine Glen Indoor Turf Training</b> (September-May)	<ul style="list-style-type: none"> <li>• Two (2) x 1.5 hour sessions per week</li> <li>• Schedule TBD</li> </ul>
<b>School Gym Training</b> (October-May)	<ul style="list-style-type: none"> <li>• Two (2) x 1.5 hour session per week Schedule</li> <li>• TBD</li> </ul>
<b>Athletic Development</b> (October – October)	<ul style="list-style-type: none"> <li>• 1 x week <b>during team training</b> in a gym (indoor)</li> <li>• 1 x week <b>during team training</b> on grass field (outdoor )</li> </ul>
<b>Outdoor Turf/Grass</b> (May – October)	<ul style="list-style-type: none"> <li>• Three (3) x 1.25-hour sessions</li> <li>• Location/Days/Times TBD</li> </ul>
<b>Sports and Performance Psychologist</b>	<ul style="list-style-type: none"> <li>• Two (2) team sessions indoor / two (2) team sessions outdoor</li> </ul>
<b>Nutrition</b>	<ul style="list-style-type: none"> <li>• Two (2) team sessions per year</li> </ul>
<b>Goalkeeper Training</b> October to October	<ul style="list-style-type: none"> <li>• One (1) session per week <b>during team training</b></li> <li>• One (1) session per week dedicated GK training October - May Sunday p.m. May - September Friday p.m.</li> </ul>
<b>Video Analysis</b>	<ul style="list-style-type: none"> <li>• Game Filming (outdoor league games)</li> </ul>
<b>More Information</b>	<ul style="list-style-type: none"> <li>• <a href="http://www.opdl.ca">www.opdl.ca</a></li> </ul>
<b>Requirements</b>	
<ul style="list-style-type: none"> <li>• All participants must complete their registration and accept the <a href="#">Informed Risk and Assumption of Risk Agreement</a>, and the <a href="#">Release of Liability</a> waiver before participating.</li> <li>• All players, parents, guardians, spectators, staff and coaches much adhere to <a href="#">Ontario Soccer</a>, <a href="#">Peel Halton Soccer Association</a> (PHSA) and <a href="#">Oakville Soccer Club</a> organizational policies. <b>A zero-tolerance policy for non-compliance is in place. Refunds will not be issued for noncompliance.</b></li> </ul>	

*\*Information contained in this document subject to change at the discretion of Oakville Soccer Club at any time*