



PGYSA & UNBC Women's & Men's Soccer Present
Prince George & Region
2019 Indoor **Goalkeeper** Development Program:



2019 Acceleration Goalkeeping Program (AGP)

The Prince George Youth Soccer Association and the UNBC Soccer program presents the Acceleration **Goalkeeping** Program. Developed to provide a position-specific development environment for young goalkeepers playing a specialized role, dedicated training sessions will instill essential goalkeeper fundamentals.

The AGP is designed to prepare youth goalkeepers a dedicated methodology in which to confidently master the techniques of fundamental shot-stopping, intercepting crosses, reacting appropriately in breakaway situations or during penalty shots, and distribution. Instilling the traits that build a confident and assertive goalkeeper, is only possible with a dedicated training environment, master-coaching, and self-ignition.

Please see the Acceleration program outline below. For further program information, please contact Sydney Bartlett (PGYSA Technical Administrator), by email (indoorpg@pgysa.bc.ca) or phone (250)-564-5900.

2019 Acceleration HP Goalkeeping Program (AGP)

The 2019 AGP will commence on Saturday, January 19/2019 and run until the first week of April 2019. A total of ten training sessions will be provided during this period. To view the full program schedule please see the associated program schedule below.

The PGYSA and UNBC Soccer Program is very excited to provide this program to our local youth Goalkeepers and athletes interested in potentially becoming a Goalkeeper.

AGP Coaching Staff:

The AGP Coaching Staff will include:

- UNBC Women's Goalkeeper -
- UNBC Men's Goalkeeper -
- The AGP Program will be overseen by PGYSA Club Director Terrol Russell and UNBC Soccer Coaching Staff – Neil Sedgwick & Steve Simonson.

AGP Details

Training Dates: Please see associated schedule document.

Training Location: UNBC Campus

Who can Register: Open to all local and Regional Youth Goalkeepers between 11-18 years of age.

Registration deadline: Sunday, January 13, 2019 – by 12:00 noon.

Program Cost: **\$109 per athlete** (to pay please see details on the next page).

AGP Clothing: To keep program cost low, program participants are asked to wear their own GK Jersey.

Training Session times:

- **11-14 Year Old Athletes (Training to Train Stage)**
 - 1:00 pm – 1:55 pm – (UNBC Indoor Turf)
- **15-18 Year Old Athletes (Training to Compete Stage)**
 - 2:00 pm – 2:55 pm – (UNBC Indoor Turf)



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AGP Additional Details

Payment by Cash or Cheque:

- Cheques or cash can be dropped off at the PGYSA Indoor Clubhouse at 965 Winnipeg Street.
- Visa or Credit can only be used when paying online at www.pgysa.bc.ca

Training Groups:

- **Training Groups** – Two training groups have been provided for this program that are based on Long Term Athlete Development Stages. **Please note the groups may change in association with the total number of participants, if athletes receive an injury, will be absent from training, or, are moved from one stage to another to adjust group balance (dependent upon assessed fundamental ability).**

Communication regarding attendance & injuries:

- Since this is a dedicated position-specific training program, the expectation is that all keepers will be in attendance at all scheduled training sessions (groups) and ready to train at the scheduled start time.
- Communication for any absences or injuries, is required to be provided to the PGYSA Office a minimum 24 hours in advance of training.
- An indication of the reason for absence should be included in this communication. If you are become ill on the day of training, please ensure that you still email your reason for absence as soon as possible.

Injuries:

- If an injury requires an athlete to be out of training, an information communication indicating medical attention has been sought for said injury.
- For longer term injuries, updates about recovery and rehab (i.e. physio etc.) will be required.
 - Please note program fees will not be refunded unless a serious long-term injury occurs, and a medical note is provided explaining injury status.



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Indoor 2019 Acceleration Goalkeeper Training Program Training Schedule

Session	Date	Day	Training Group	On-Field Start	Session End	length of session (hours)	Location	
1	Jan. 19/2019	Saturday	Junior (11-14)	1:00 pm	1:55 pm	1	UNBC	
1	Jan. 19/2019	Saturday	Senior (15-18)	2:00 pm	2:55 pm	1	UNBC	
2	Jan. 26/2019	Saturday	Junior (11-14)	1:00 pm	1:55 pm	1	UNBC	
2	Jan. 26/2019	Saturday	Senior (15-18)	2:00 pm	2:55 pm	1	UNBC	
3	Feb. 2/2019	Saturday	Junior (11-14)	1:00 pm	1:55 pm	1	UNBC	
3	Feb. 2/2019	Saturday	Senior (15-18)	2:00 pm	2:55 pm	1	UNBC	
4	Feb. 16/2019	Saturday	Junior (11-14)	1:00 pm	1:55 pm	1	UNBC	
4	Feb. 16/2019	Saturday	Senior (15-18)	2:00 pm	2:55 pm	1	UNBC	
5	Feb. 23/2019	Saturday	Junior (11-14)	1:00 pm	1:55 pm	1	UNBC	
5	Feb. 23/2019	Saturday	Senior (15-18)	2:00 pm	2:55 pm	1	UNBC	
6	Mar. 02/2019	Saturday	Junior (11-14)	1:00 pm	1:55 pm	1	UNBC	
6	Mar. 02/2019	Saturday	Senior (15-18)	2:00 pm	2:55 pm	1	UNBC	
7	Mar. 09/2019	Saturday	Junior (11-14)	1:00 pm	1:55 pm	1	UNBC	
7	Mar. 09/2019	Saturday	Senior (15-18)	1:00 pm	1:55 pm	1	UNBC	
8	Mar. 23/2019	Saturday	Junior (11-14)	2:00 pm	2:55 pm	1	UNBC	(Date may be replaced by April 13/19)
8	Mar. 23/2019	Saturday	Senior (15-18)	1:00 pm	1:55 pm	1	UNBC	(Date may be replaced by April 13/19)
9	Mar. 30/2019	Saturday	Junior (11-14)	2:00 pm	2:55 pm	1	UNBC	
9	Mar. 30/2019	Saturday	Senior (15-18)	1:00 pm	1:55 pm	1	UNBC	
10	Apr. 06/2019	Saturday	Junior (11-14)	2:00 pm	2:55 pm	1	UNBC	
10	Apr. 06/2019	Saturday	Senior (15-18)	1:00 pm	1:55 pm	1	UNBC	
11	Apr. 13/2019	Saturday	Junior (11-14)	2:00 pm	2:55 pm	1	UNBC	Scheduled as a make-up date if required.
11	Apr. 13/2019	Saturday	Senior (15-18)	1:00 pm	1:55 pm	1	UNBC	Scheduled as a make-up date if required.



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PGYSA AGP Medical Information Form

The following medical information must be provided by all athletes participating within the Acceleration Goalkeeper Program. Please complete this form and return it to the PGYSA Sports Administrator with your application. **Please note this document will be kept on hand during all training sessions.**

Athlete's name: _____ Birth date: _____
(d/m/yr)

Address: _____ City: _____

Province: _____ Postal Code: _____

Gender: _____

Mother/Guardian's Name: _____

Mother/Guardian phone: Home: _____ Cell: _____

Father/Guardian's Name: _____

Father/Guardian phone: Home: _____ Cell: _____

Alternate Emergency Contact: _____ Phone: _____

BC Care Card Number: _____ Expiration date: _____

Athlete's Family Doctor: _____ Phone: _____

Date of most recent Tetanus shot (if known): _____

Athlete's Family Dentist: _____ Phone: _____

Medical Information: Please note if there is anything that the coaches/manager should be aware of (allergies, medication, epilepsy, diabetes, etc. and severity):

Injury History: Please note if there is anything that the coaches should be aware of (history of injuries, past surgeries, current injuries, limitations to training, etc.):

Parent/Guardian's Signature: _____ Date: _____