

PGYSA Acceleration High-Performance (HP) Pilot Program Release

Dear PGYSA Membership,

The Prince George Youth Soccer Association is currently in Stage-One of a five-stage implementation plan (completion Fall, 2023). Developed to take the PGYSA forward into the future, "creating warriors through empowerment and champions through chaos". The Prince George youth soccer system will ultimately comprise of dedicated Grass-Roots, Competitive, Provincial-Select, and Acceleration HP Development Spheres.

In place of the traditional Pyramidal Model, which layers and labels youth participants, the PGYSA's new Sphere-Based Club Development Model provides specific 'spheres' for participants to develop within. The result is a system where programming is equivalent to the commitment, desire and drive of the individual. No sphere is more important than another and instead, each sphere is defined by the amount of specialized training, environmental design, coaching standard, sport science integration, and level of participant ruthlessness and dedication. With our Sphere-Based Club Model allowing each individual participant the opportunity to self-select their own pathway within the game and within sport, the PGYSA is working diligently to meet standards outlined by Sport Canada, the Long Term Athlete Development Model, the British Columbia Soccer Association, and CanadaSoccer.

The Acceleration HP Sphere is provided for the most dedicated soccer athletes. Including teachings from each of the PGYSA Five Pillars of Development (Psychological/Social/Physical/Technical/Tactical), a truly holistic training and competition environment provides the dedicated and committed athlete a structured 'pathway to their peak'. For the purposes of providing sport-specific education, life teachables (e.g., maintaining a healthy lifestyle), helping in the transition to a Collegiate (College/University) program, guiding athletes striving to reach Canada Soccer National Youth and Olympic Teams Programs, and Semi/Professional Club Programs, the Acceleration HP program is for Club members seeking out athlete-specific, sport-specific, and position-specific training.

In the coming months our program partners will be finalized and our program staff recruited. The Acceleration HP program will thus commence a three-month Pilot program for the period January-March 2019. Taking our learnings from this pilot program, where our Physical/Cognitive Testing, Sport Science education, Video Review and 'Personal Growth' education will be refined, a second three-month Pilot Phase (April-June) will transition participants into the Outdoor Competition-Season Pilot Phase. Following a Break Period in August and September a Full-Time specialized Regional program for Prince George and Region athletes will commence in Fall 2019.

By incorporating an athlete-centred philosophy, the Acceleration HP program employs dedicated, deliberate training methods that incorporate the advanced levels of complexity and teachings within PGYSA Director of Club Operations Athlete Development Philosophy, Mistake-Based/Error-Centred Learning.

A pathway to personal excellence is here for Prince George and Region Soccer Athletes. With the Men's World Cup being held by Canada, The United States, and Mexico in 2026, and the Women's World Cup the year following in 2027, it is imperative we set ambitious Club goals and strive to have PGYSA and Region soccer athletes playing at all levels in our Country and around the world.

The future of our Club starts now.

Acceleration HP Maturational Stages (Age-Ranges)

- The Acceleration HP program will operate the first two Pilot Phases with athletes in the Learning to Train (8-11) and Training to Train (12-15) Maturational Stages.
- Please note all Training to Compete athletes (15-17) interested in the Acceleration HP program, are required to have an interview prior to gaining acceptance into the program.
- PGYSA Maturational Stages:
 - **Training to Compete (14-17)**
 - **Training to Train (11-15)**
 - **Learning to Train (8-12)**

Acceleration HP Program Phase Dates and Location

Training, matches, competitions, travel and break/rest periods will be integrated into the final program periodization plan. This provides athletes scheduled rest & recovery periods throughout the year and time for families to plan vacation.

- **2019 Acceleration HP Implementation Phases**
 - Phase One (Jan-Mar 2019) – Pre-Season Pilot Program Phase.
 - Phase Two (April-June 2019) – Outdoor competition programming Athlete Preparation and Maintenance Pilot Program Phase.
 - Phase Three (Commences September 2019) – Regional Year-Round Periodized Development Program.

- **2019 Acceleration HP Preliminary Training days/times**
 - **Pilot Phase One (Jan-Mar)**
 - **Tuesday Evenings**
 - **Thursday Evenings**
 - **Saturday Mornings**
 - 8-9am Learning to Train (8-12).
 - 9-10:15 am Training to Train (11-15).
 - **Pilot Phase Two (Apr-June)**
 - **Tuesday (TBA)**
 - **Thursday (TBA)**
 - **Saturday (TBA)**
 - **Pilot Phase Three (September 2019)**
 - **TBA**
- **Acceleration HP Location(s)**
 - Indoor – PGYSA Clubhouse
 - Outdoor – PGYSA Clubhouse, Rotary Stadium

Acceleration HP Non-Negotiables

- In its first year of implementation, the Acceleration HP program is designed to gradually become the pre-eminent development program within our Region. Catering to the ruthlessly dedicated and self-driven soccer athlete, the program will provide the non-negotiables for athletes on a path toward self-excellence.
 - A team of content specialists will be recruited to provide support in the areas of Movement/Cognition, Nutrition, Mental Skills, Physical Conditioning, Social & Emotional Support.
 - Individual members will be driven through specialized training to strive towards a minimum 1000 dedicated & deliberate touches on the ball by the end of every training session.
 - Every member will be trained to maintain the ability to play on the square inch, become a student of the game, and self-discover tactical solutions.
 - Success of the program is determined by the percentage of graduates transitioning into Coaching and/or Officiating, Sport for Life, Competing in other Sports at higher levels, Signing with Collegiate programs throughout North America to achieve an education while being a varsity athlete, and successfully reaching National/Olympic, and Semi/Professional levels.
 - Focus on full body coordinated dynamic and angular movements, while challenging the cognitive, neural, physiological domains will an ultimate goal of long term success through a reduction in injury rates and an increase in full body activation and synchronization.
 - Provide a Club lounge for members to escape to and finish homework, engage socially with their Club peers, read, fulfill nutrition program requirements.

PGYSA Acceleration HP Technology

- **Polar Pro** – Athlete Heart Rate, GPS, Training Load system.
- **Fusion Sports** – Athlete Performance testing and management.
- **Smartabase** – Athlete Data Management System.
- **Video Recording** – Individual and Team Performance.
- **RPE Recording** – Subjective Data Acquisition on athlete perceived exertion.
- **Athlete Diaries** – Daily recordings and trackings within the PGYSA Social and Emotional paradigm.

Acceleration HP Coaching Staff

- **Program Head Coach/Director** – Coach Terrol Russell
- **Assistant Coach**
- **Sport Performance Analyst**
- **Integrated Sport Science Team Members**
- **Athletic Therapy Support**

Coach Mentorship & Development

- All PGYSA members of our Club Coaching Team who are interested in High-Performance athlete development, are welcome to attend sessions and learn about the PGYSA Acceleration HP Stream from an inside perspective. Attending coaches will be guided on the workings and implementation of our framework, philosophy, and underlying development model.
- Members of our Sport Science community and our Athletic Therapy community interested in supporting our athletes with an essential support system are welcome to contact the PGYSA Club Director.

Acceleration HP Program Identification

- Eligible Acceleration HP athlete members will present and retain the following:

- The Internal Ignition (drive) to be their 'best' every training session.
- Maintain a 100% Growth-Mindset at all times.
- Complete all required program documentation.
- Attendance at a minimum of 80% of scheduled sessions.
- Parents are "Open Range" Life-Coaches who positively challenge their child to grow, self-discover, provide support when their child makes mistakes, focus on process, and support the program teachings.
- Understand the program is focused on the development of the Individual. Match results are an outcome and not a process. Within the Acceleration program 'Mistakes' and 'Errors' are to be valued, as they are integral to empowerment, self-competence, self-confidence and self-growth.
- Be part of a team where we support and drive each other to be our optimum daily.
- Display the physical output required by the program Director as per our Periodized plan.
- Understand all testing is based on the individual and is used to continually evolve the program. Testing results are NOT a comparator against other program members.
- Members are open to playing a variety of positions and understanding a variety of tactics.
- Members train on their Technical and Tactical edge.
- Members maintain a professional presence at all times. This is portrayed by how one stands, shakes hands, treats others, dresses, and is an ambassador of the Club, the Staff, and their family.

Acceleration HP National & International Travel Events

- In the Spring and/or Fall each year, Acceleration HP members will be offered the opportunity to travel to a National or International event. It is imperative for athletes to be exposed to a variety of cultures, countries, playing styles, and experiences. For our participants to be successful over the long term, their ability to deal with and work through strife is only learned when faced with myriad of challenges. Mindset only grows and is refined when pushed outside of its comfort zone. Therefore opportunities to travel will be made available for all interested program members.

Acceleration HP Registration

- Athletes may apply by completing the attached application document and submitting it to Sydney Bartlett (PGYSA Executive Administrator) at the PGYSA Office at 965 Winnipeg Street. Additional location information is provided at the bottom of this document.
- Phase One Registration Deadline: December 20, 2018.
- Phase Two Registration Deadline: March 10, 2019.

Acceleration HP Program Fees

- Acceleration HP program fees are set at \$200 per member/per block.
- A onetime \$65 program startup fee will cover the program training kit.
- Additional clothing (T-shirt, Short, Socks, Track Suit) will be available for individual purchase if required.
- **Late registrations will be assessed a \$35.00 late fee and accepted for one week after the registration deadline.**
- **Please note fees will not be pro-rated, nor will refunds be made available for member resignations.**
- Documents outlining the PGYSA financial assistance programs are available on the PGYSA website.

In Closing

It is important to mention that success within the Acceleration HP program is only possible with a TEAM approach. It is imperative that all members drive each other to succeed and push ourselves to do additional work outside of training.

The Acceleration HP program is an opportunity for the PGYSA's members to receive teachings in all the Five Pillars. To ensure our athletes have the opportunity to compete at all levels across the country, athletes must be challenged to reach new heights on a consistent basis.

We look forward to working with all participating Acceleration HP athletes and providing Accelerated programming athletes need to reach their individual peak performance.

For additional information on the PGYSA's programs and Club Plan, please visit the PGYSA website at www.PGYSA.com.

Sincerely,

Terrol Russell, B.Sc. (Kin), M.Sc. (MSES)
PGYSA Director of Club Operations

T. Russell