

44 Provincial Champions | 13 National Champions | 150+ Scholarships Awarded

National Youth Licensed Club | League 1 Ontario Licensed Club

BURLINGTON SOCCER CLUB

2023/24 OPDL U13 Program

Taking a holistic, four-cornered approach, to player and person development.

October, 2023 – November, 2024

Program Includes

- ☐ BSC Membership and Registration Fees
- ☐ League Fees (outdoor) and Match Official Fees
- ☐ Two (2) Tournament Opportunities (US/Canada) per year*
- ☐ One (1) Strength & Conditioning session per week provided by [Limitless Training Systems](#)
- ☐ Access to a team of Health Care Professionals through [Dynamic Health & Performance](#)
- ☐ Access to premium, year-round, training facilities
- ☐ Full Adidas Kit (game kit, training kit, tracksuit, backpack)

Playing Information

- ☐ Four (4) trainings per week (Apr. – Dec.)
 - Three (3) turf sessions
 - One (1) strength & conditioning session
- ☐ Three (3) trainings per week (Jan. – Mar.)
 - Two (2) turf sessions
 - One (1) strength & conditioning session
- ☐ Video Analysis utilizing latest software & metrics including breakdown to players
- ☐ Individual Goal Setting sessions
- ☐ Specialized Goalkeeper training – 2x per week
- ☐ Two (2) Sports Science Sessions per year (one per season)
- ☐ One (1) Nutrition & Supplements Education session

Technical Team Information

- ☐ One Head Coach – minimum National B License
 - Access to eleven (11) A Licensed coaches within High Performance Program
- ☐ One Assistant Coach – minimum National C License
- ☐ One Goalkeeper Coach – OS Certified
- ☐ Strength & Conditioning Coaches – NSCA Certified
- ☐ Three (3) USports Coaches

Payment Information -

- ☐ Five (5) installments available
 - November 1
 - January – April 15th of each month
- ☐ Refund Policy [Here](#)

**team managed*

HOME OF THE BAYHAWKS

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