

# Burlington Soccer Club

## U13-U17 High-Performance Program/OPDL Stream Curriculum

*Taking a holistic four-cornered approach to a sportive, human and cultural education.*

**November, 2023 – October, 2024**

### Program Includes

- Duration of 44 weeks \*occasionally up to 46 weeks depending on a specific age-group calendar
- Complete 4-Stages Player Development Pathway, from OPDL U13 to L1 Premier (M)/ L1 Championship (W)
- BSC Membership, Registration Fee, OPDL League and Match Official Fees
- Access to premium turf and year-round training facilities
- Physiotherapists at Games and Training sessions provided by [Dynamic Health Performance](#)
- Year-round Athletic Development Program with Strength & Conditioning delivered by [Limitless Training Systems](#)
- Periodical In-classroom or Virtual Tactical Sessions [\(new\)](#)
- Player Performance Analysis Department with seasonal video analysis and positional educational sessions [\(new\)](#)
- Assessment Framework with Individual Feedback Sessions, Goal Setting, Report Cards and Fitness Tests [\(new\)](#)
- Access to Ontario Soccer Scout System Pro Evaluation System and OPDL Player Profile
- Seasonal Sports Science Workshops – Nutrition & Hydration, Lifestyle, Mental Performance [\(new\)](#)
- Within Direct Pathway to Scout & ID opportunities for Ontario Soccer Provincial Program
- Seasonal Indoor Futsal sessions and program – run in School gyms [\(new\)](#)
- Adidas High-Performance Package (Kits- home, away, training, grip socks, tracksuit, backpack)
- Opportunities to experience training/exposure with Professional club partners and University pathway

### Playing Information

- Up to four (4) trainings sessions per week (Jan. – Sep., Pre and In-Season cycles)
  - Up to (3) turf sessions, (1) Gym (Indoor period, only) and (1) S&C (On-field or @ BSC Athletic Centre)
- Up to three (3) trainings per week (Oct. – Dec., Post and Off-Season cycles)
  - Up to Two (2) turf or Gym sessions and One (1) strength & conditioning session (@ BSC Athletic Centre)
- Specialized Goalkeeper training – up to 2 sessions per week
- Up to 25 Official games at the highest Youth Playing Level in Ontario (Tier 1, Provincial League – OPDL)
- Up to 15 Exhibition games, depending on age-group exhibitions, tournaments/showcases \*additional fees may apply
- Video & Data Analysis utilizing latest software including breakdown metrics adjusted to age-group [\(new\)](#)

### Technical Team Information

- One High-Performance Manager as Program Lead – National A License
- One Head Coach – minimum National B License
- One Assistant Coach – minimum National C License
- One Goalkeeper Coach – Ontario Soccer Certified
- Strength & Conditioning Coaches – NSCA Certified
- Physiotherapists – PT Certified and access to a team of licensed Health Care Professionals (Doctors, Specialists)
- Access to A Licensed and USports Coaches within High-Performance Program
- In-House Coach Education Sessions and External Coach Development Plans, Courses and Workshops [\(new\)](#)

### Payment Information

- Five (5) installments available (November, January – April, 15<sup>th</sup> of each month)
- Access to Ontario Soccer Scholarship Grants and BSC Internal Sponsorship Program \*eligible families based on income.
- Refund Policy [Here](#)

### Additional Opportunities to Program

- Two (2) to four (4) Showcases/Tournaments Opportunities (Europe, US & Canada) \*depending on age-group/additional pay.

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