

Taking a holistic, four-cornered approach to human development through sport.



ONTARIO PLAYER DEVELOPMENT LEAGUE (OPDL) U13 – U17 PROGRAM OUTLINE (2024/25 SEASON)

This program outline contains relevant information regarding the program, registration process, and other items for families that are joining the Burlington Soccer Club (BSC) OPDL Program.

COMMITMENT

The OPDL program runs for 44-weeks. Information about the number of weeks and the calendar can be found below and in the appendix.

PROGRAM INCLUSIONS

- Up to four (4) training sessions per week
- Strength & Conditioning with certified professional coaches
- Adidas Kit
- League 1 ON Season Pass (Men & Women)
- OPDL Game Day Protocols
- Up to 15 exhibition games*
- Physiotherapists at all trainings and games
- Video & Data Analysis sessions
- Season Sport science Workshops – nutrition, hydration, lifestyle, mental performance
- Seasonal Futsal sessions
- Player Insurance (Ontario Soccer)
- OPDL League Fees
- Specialized Goalkeeper Training – up to two (2) sessions per week

OPDL PROGRAM PARTNERS

Each year we look to enhance our program and bring value to our members through partners. At present, we have the following partners who work with our OPDL members.

BEYOND PULSE

Beyond Pulse is BSC's wearable technology partner. This data driven approach is at the forefront of a more tailored and customized training experience for our players. This data will further allow us to identify the needs of our athletes to ensure they are always performing at their peak.

DYNAMIC HEALTH & PERFORMANCE

Dynamic Health and Performance is BSC's sport's medicine partner. Their state-of-the-art facility, coupled with their integrative approach to healthcare, ensures from the pitch to the rehab facility, they are receiving the best treatment possible.

LIMITLESS TRAINING SYSTEMS

Limitless Training Systems (LTS) is BSC's strength and conditioning partner. With a proven track record that has developed top-level athletes, their comprehensive and progressive program will keep our Bayhawks competing through the full-90.

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SCISPORTS

SciSports is BSC’s analysis partner. Their unique algorithms and approach to data will provide our Bayhawks and team insights into their games to enhance their performance and better understand their opportunities.

TRIALS

Prior to attending trials, players are required to register through Burlington Soccer’s PowerUp Sports Membership platform ([click here](#)).

U13 OPDL Trial Phases	U14+ Non-OPDL Trials, Phase 1	U14+ OPDL Trials, Phase 2	U14+ OPDL Trials, Phase 3
<p><u>September 3 to 6 –</u> Exclusively OPDL Trials</p> <p><u>September 4 to 14 –</u> Pre-OPDL Observational Period of Competitive Trials</p> <p><i>**minimum of 14 players offered a position</i></p>	<p><u>September 4 to 14 –</u> Pre-OPDL Observational Period of Competitive Trials</p> <p><u>September 20 to October 8 –</u> Exclusively to external & BSC internal Non-OPDL Players</p>	<p><u>October 22 to November 8</u> and <u>November 18 – to December 6</u> Exclusively to external OPDL Players & Phase 1 Invitations</p> <p><i>**minimum of 14 players offered a position</i></p>	<p><u>February 5 – April 5, 2025</u> Window to all external and Non-OPDL players or currently non-committed OPDL Players</p> <p><i>**minimum of 17 players offered a position</i></p>

***Full details and schedule available [here](#).*

PLAYER COMMITMENT LETTER

All Players are required to sign an OPDL Commitment Letter to confirm their position on the team. BSC will process your commitment letter during your registration process. The OPDL Commitment Letter can be found in the appendix of this document (*Appendix A - OPDL Commitment Letter*).

MANDATORY PARENT MEETING – U13 ONLY

Selected players and their families are invited to join us in October, 2024 for an important BSC staff presentation. Both players and parents are requested to attend. More information will be shared closer to the meeting date to the email on your PowerUp Sports account.

LEAGUE & TRAINING SCHEDULE

Off-Season – 3 Weeks	Pre-Season – 15 Weeks	In-Season – 23 Weeks	Post-Season – 3 Weeks
<p><u>November 18 to December 7 –</u> All Age-groups</p> <p><u>December 8 to January 3, 2025</u> Mandatory Recovery Break from Ontario Soccer (4 weeks)</p>	<p><u>January 3 to April 27, 2025</u> All Age-Groups</p> <p><u>March 10 to 16, 2025</u> March Break</p> <p><u>Feb 17: Apr 18: Apr 21</u> Statutory Holidays – no sessions</p> <p><i>**potential for International Travel</i></p>	<p><u>April 29 to October 19, 2025</u> Potential for Gary Miller Charity Shield</p> <p><u>July 23 to August 6, 2025</u> Summer Mid-Season Break (Ontario Soccer Mandated)</p> <p><u>May 19: Jul 1: Oct 13</u> Statutory Holidays – no sessions</p>	<p><u>October 20 to November 9, 2025</u> All Age-groups</p> <p><u>November 10 to 16, 2025</u> End of Season Break, no practices for season transition to occur</p>

***For more specific information and periodization, please see Appendix B -OPDL Season Periods.*

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UNIFORMS



*Player Kit



*Goalkeeper Kit

Your club fee covers your Adidas kits, which includes home, away, training, track suits, bag, hoodie. Orders will be coordinated through your team manager, the club and our uniform supplier, Soccer World. Additional items, like a "cold weather package" (toque, gloves, cold gear, etc.) can be purchased at an additional cost through the club uniform [website here](#).

Parents and supporters alike, will be able to order their fanwear via the club [uniform site here](#).

OTHER PRINTING NEEDS

All OPDL players will have their last name printed on their jerseys by our supplier, Soccer World. This is included your club fees.

Sponsor printing on kits will be facilitated through our uniform supplier, Soccer World, and will be required to be singular colour prints based on the jersey sponsors (ie. White logo on home kit). Sponsor printing on kits is an additional cost and must be conducted through Soccer World.

REGISTRATION

To secure your spot on the team, you must complete and return the signed OPDL Commitment letter and complete the checkout process in your PowerUp Sports account. Players have 72 - 96 hours from the time the contract is issued to accept your invitation to be a Bayhawk and finalize your agreement.

Extensions are only granted at the discretion of the High-Performance Manager.

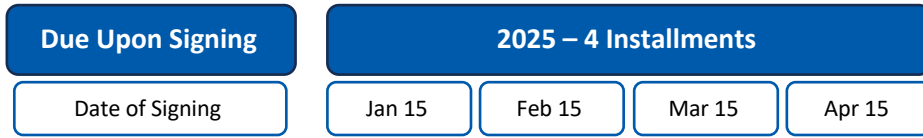
PROGRAM FEE

Each member has two options available to them upon signing the contract:

1. One-time Upfront Payment
2. 5 Installments – as broken down below

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INSTALLMENT PLAN BREAKDOWN



The installment plan requires a credit card on file as this will be automatically charged on the dates outlined above. The club accepts Visa or MasterCard, without additional fees to our members.

LATE PAYMENTS

PowerUp Sports will automatically charge your payment method on the specified date. Families will receive a notification from PowerUp Sports should the payment decline. If the card declines and payment issues are not rectified within 30 days, players will be unable to attend training. Payment issues can be resolved through your PowerUp Account directly or by contacting the club.

ADDITIONAL TEAM FEES

The Club fees listed herein do not include expenses such as tournaments, showcases, team events, exhibition games, additional team equipment, travel, etc. Once your Coach and team manager finalize the season budget, they will inform the families of the additional fees.

FINANCIAL ASSISTANCE

Fee assistance programs are available for members to utilize to help subsidize your club fees. You can apply to all or one of the options outlined below. Information for options is outlined here, but please consult the respective funder for more information and the application process.

BSC Financial Assistance Program	Canadian Tire Jumpstart	KidSport Ontario	OPDL Scholarship Program
<p>Available for Burlington Residents who feels their financial situation may prohibit them from participating in soccer.</p> <p>Only applicable toward Club Program Fees and for Burlington Residents. Applicants are eligible for up to \$300 annually.</p> <p style="text-align: center;">Apply Here</p>	<p>CT Jumpstart is a community based charity grant to assist children in financial need participate in sport.</p> <p>There are two application windows – Jan – June; July – November – a maximum of \$300 per child can be issued.</p> <p style="text-align: center;">Apply Here</p>	<p>KidSport, through both its local chapters and Provincial organization, provides grants to children facing financial barriers so they can participate in sport.</p> <p>Applicants are eligible to receive up to \$250 per annum towards sport & recreation for their child.</p> <p style="text-align: center;">Apply Here</p>	<p>The OPDL Scholarship program is open to OPDL Players that demonstrate exceptional playing ability, leadership in their community, and commitment to their craft.</p> <p>Applicants can receive anywhere from \$500 - \$1,500 per player. Since 2014 this program has provided more then \$700,000 in grants to deserving athletes.</p> <p style="text-align: center;">Apply Here</p>