



ONTARIO PLAYER DEVELOPMENT LEAGUE (OPDL) U14+ (2012+) PROGRAM OUTLINE (2025/26 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 from November 1st to October 31st.

PROGRAM INCLUSIONS

- Up to four (4) training sessions per week (BSC Domes, Outdoor Turf, Gym)
- Access to state-of-the-art soccer facilities
- Strength & Conditioning with certified professional coaches
- Speed & Agility training with certified professional coaches
- Outdoor (OPDL) League Fees
- Full Custom Adidas Kit
- Player specific Data Analysis
- Access to on-site physiotherapists at training sessions and games
- Season Sport science Workshops – nutrition, hydration, lifestyle, mental performance
- Specialized Goalkeeper Training – up to two (2) sessions per week (indoor season)
- Learning Series – personal development
- One US & One Canadian Tournament/ Showcase Entry

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.

DATA & VIDEO ANALYSIS

Hudl Assist+ 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. Hudl also includes a premier College recruitment portal.

REGISTRATION & FEES

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.

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

INSTALLMENT PLAN BREAKDOWN

One Payment	OR	Deposit	4 Installments			
Date of Signing		Date of Signing	Jan 15	Feb 15	Mar 15	Apr 15

Program fees are mandatory and NON refundable

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.

ADDITIONAL TEAM FEES

The Club fees listed herein do not include additional expenses for team-based initiatives such as tournaments, showcases, Veo Camera, team events, exhibition games, additional team equipment, coach expenses, travel, etc.

Benfica Opportunities – Through the club's partnership with Benfica, players and teams in the U15–U17 age groups will have the opportunity to train at Benfica's world-class facilities and compete in exhibition matches against local Portuguese clubs. Select teams may also have the chance to participate in the prestigious IBER Cup through Benfica.

FINANCIAL ASSISTANCE

Fee assistance programs are available for members to utilize to help subsidize your club fees. You can apply for all or one of the options outlined below. Information for options is outlined here, but please consult 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>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>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>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 than \$700,000 in grants to deserving athletes.</p> <p>Apply Here</p>

UNIFORMS

Player's Package - OPDL KIT - FW25/SP26



**Player Kit*

Your club fee covers your Adidas kits, which includes home, away, training, track suit, bag, base layer. Additional items, can be purchased at an additional cost through our apparel partner [SoccerWorld](#).

TRAINING PROGRAM

OFF-SEASON TRAINING PROGRAM (6.5 HOURS OF TRAINING)

- 1 x 1.5-hour session at BSC Dome
- 3 x 1-hour BSC High-Performance Hub (outdoor turf)
- 1 x 1-hour Strength & Conditioning
- 1 x 1-hour Speed & Agility

IN-SEASON TRAINING PROGRAM (5.5 HOURS OF TRAINING)

- 3 x 1.5-hour session Outdoor Turf
- 1 x 1-hour Strength & Conditioning
- OPDL Participation

*THE INFORMATION CONTAINED IN THIS DOCUMENT IS SUBJECT TO CHANGE AT THE SOLE DISCRETION OF THE BURLINGTON SOCCER CLUB AT ANY TIME, WITHOUT PRIOR NOTICE.