Build Better Players, Leaders, and Communities Through Sport



# 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**

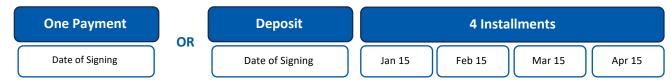
To secure your spot on the team, you must complete and return the signed OPDL Commitment letter and complete the checkout process in your PowerUp Sports account. Players have 72 - 96 hours from the time the contract is issued to accept your invitation to be a Bayhawk and finalize your agreement.

### 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



<sup>\*</sup>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.



# **UNIFORMS**

# Player's Package - OPDL KIT - FW25/SP26 Custom Home Jersey Custom Away Jersey Custom Away Jersey Custom Away Jersey Steere Socias Royal Training Team Base Tee Tracksuit Backpack Backpack

\*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 <u>SoccerWorld</u>.

# 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

<sup>\*</sup>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.