

Arsenal Premier Program

OVERVIEW OF THE U9 PREMIER SOCCER PROGRAM INCLUDING COMMITMENT, TECHNICAL LEAD PROGRAM, TRAINING METHODOLOGY, AND ESTIMATED COSTS.





Arsenal Pathway

A place where everyone belongs

Community | Growth | Respect

U5/U7 JUNIOR ARSENAL PROGRAMS



Learn/Repeat/Apply

Learn to love the game
Discover strengths

COMMUNITY U9 - U19



Learn/Repeat/Apply

Grow love for the game
Connect Identity with teammates

PREMIER U9 - U19



Learn/Repeat/Apply

Learn to compete and grow love for the game
Connect Identity with teammates and opposition

ADULT



Learn/Repeat/Apply

Learn to use the game and showcase talent
Connect Identity and Citizenship through the game

Mission

Our goal is to provide an environment for people to discover their strengths, enhance their leadership capacity, and learn to connect their individual talents to others.

Vision

Empowered People Empowering People



Values

Accountability | Bravery | Community



Osmo Bimba

Lonestar Institute Director

Osmo is an educator that aims to recognize the strengths in those around him, while empowering them to empower others.

Education

- Master of Education Leadership (University of Portland)
- Bachelor of Education (University of Alberta)
- National "B" License Certified (Canada Soccer Association)

Education Experience

- Teacher with Edmonton Public School Board
- John D Bracco Soccer Institute Founder and Lead Teacher / Coach
- Lonestar Institute Educational Consultant

Consulting Experience

- Lonestar Institute Educational Consultant
- Fort Saskatchewan Soccer Leadership Consultant

Coaching Experience

- John D Bracco School Soccer Institute Lead Teacher and Founder
- University of Alberta Men's Soccer Assistant Coach
- Green and Gold (Alberta Major League)
- Technical Lead (Sherwood Park Phoenix)
- U13 Provincial Team (Alberta Soccer)
- Phoenix 04 Boys Head Coach

Playing Experience

- University of Alberta Golden Bears Mens Soccer Team (Canada West Allstar)
- Vancouver Whitecaps Residency
- Canada U18 National Team and National Training Centers
- ASA Provincial teams (Gold at U16 Nationals)
- Green and Golds Mens Team (Alberta Major League)

Our team



Briony Bimba

Lead Female Instructor

Briony is an educator who empowers others through empathy, and patience. Briony provides a safe space for both female and males to learn from her actions and honest but loving feedback.

Education

- Bachelor of Kinesiology (University of Alberta)
- Bachelor of Education (University of Alberta)
- Provincial "C" License (Canada Soccer Association)

Education Experience

- Teacher with Edmonton Public School Board
- John D Bracco Soccer Institute Teacher
- Lonestar Institute Consultant

Coaching Experience

- University of Alberta Youth Soccer Camps
- Alberta Soccer Camps
- Juventus U13 Girls
- John D Bracco Soccer Institute Instructor

Playing Experience

- University of Alberta Women's Soccer (Nationals Bronze)
- Concordia University Women's Soccer (National Champion)
- ACAC All Conference All Star (Concordia)

Training Methodology



Technical lead introduces new training session to coaches and players.

Team coach runs same training session on their own the following week.

Technical lead collaborates with coach to support training session in week 3.

U9 Premier Program Overview



COMMITMENT

Games, training sessions, and academy sessions from May to August. Includes one academy session, one team session, and one Tier 3 game per week.



TECHNICAL LEAD PROGRAM

Fort Saskatchewan coaches and players supported by Lonestar technical leads using learn, repeat, apply methodology.



TRAINING

Team sessions, academy sessions, and spring training camp focused on building skills and principles of play.

THE U9 PREMIER PROGRAM PROVIDES A STRUCTURED PATHWAY FROM MAY TO AUGUST FOR COMMITTED PLAYERS, COACHES, AND FAMILIES TO DEVELOP ON AND OFF THE FIELD.

Commitment



Technical Lead Program

4-6 SESSIONS PER MONTH

Lonestar technical leads will coach weekly academy sessions and visit each team 1-2 times a month.

RESPONSIBILITIES

Introduce training sessions, observe coaches implementing sessions, and collaborate with coaches to refine sessions.

METHODOLOGY

Follow a learn, repeat, apply methodology across 3 weekly training sessions before introducing new content. Players and coaches will repeat the same drill/concept three times.

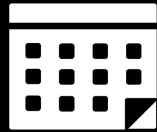
FOCUS

Build principles of play through team sessions and develop technique through academy sessions.

COLLABORATION

Technical leads will collaborate with team coaches to support their development and build a cohesive coaching approach.

Training Program



24 SESSIONS

1.5 hours per session



TECHNIQUE BUILDING

Themed skill building stations like shooting, dribbling, passing



SMALL SIDED GAMES

To apply skills in tactical situations

FOCUSED ACADEMY TRAINING TO BUILD CORE TECHNIQUES
TEAM TRAINING TO BUILD PRINCIPLES OF PLAY

Estimated Cost

Description	Value
Fort Saskatchewan Community fee	\$250.00
EMSA fees difference from community to premier	\$9.50
Taurus field rental	\$72.50
Lonestar cost - Consulting and training	\$210.50
Lonestar cost - Spring training camp	\$100.00
Total	\$600

*The data is from the document provided.

Questions asked at Premier Info meeting

1. Will there be enough enrollment to field a premier girls' team and a community girls' team?

- We will know how many girls are considering premier, as well as how many are part of the player pool of U9 girls interested in playing soccer know once registration is complete

2. How do we sign up for tryouts?

- Step 1: Register as per usual with community sign up.
- Step 2: If you are interested in the premier program you will sign up for the tryout upon registration.
- Step 3: If selected for the premier team you will receive an email and will be prompted to pay premier fee.

3. Will the majority of the team stay together from year to year?

- This will all depend on tryouts each year. The idea will be to keep all age group teams connected, as players will move up and down naturally through their development years. Our goal is to have all players playing at a level where they can grow as players, and human beings. Throughout the years we have seen players thrive on lower tiered teams, and over time work themselves into higher tiers.

4. Will there be a premier team for U11 for indoor when birth years change?

- Yes, we will keep building the program up as long as there is a need for premier football within Fort Saskatchewan. We hope to have both U9, and U11 teams heading into the indoor season.

Questions asked at Premier Info meeting

5. When are tryouts, and will there be multiple days to the tryouts?

- Tryouts will run between March 18th and April 1st , we will release specific dates once we acquire the field availability. Tryouts will be done in a game format over multiple days if field availability allows.

6. Will we put a premier team together even if we do not have enough engaged players?

- The premier program is here to support players and families who are interested in playing at a higher level. If there are not enough engaged players, we will continue to support the community program through technical training.

7. Can we go on vacation in the summer?

- Yes, we will have a schedule organized, and work together as a family to ensure we can maintain our commitment to the premier program, league, and Fort Saskatchewan community, whilst still honoring our number one commitment to our immediate families. We will do our best to schedule training, and activities during the week.

8. Who will coach the Premier teams

- Our Technical leads will provide support to coaches who are already coaching age level teams.



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