



Monthly Newsletter October 2025

Hello members of Inter Halifax SC. My name is Erin McLeod and I am the current Technical Director at your club.

We want to officially welcome you to the 2025-26 Winter Season at Inter Halifax! We have some general updates as it relates to the club. A follow up note will follow later this week from your managers (or Julie in the absence of a manager) with more team specific information. These general updates include:

1. We have added a feedback form to our website (under the About Us section, says "Feedback Form") that goes directly to me which I will check once a week. This form can be used for complaints, suggestions, feedback, you name it (compliments are nice too)

LINK:

<https://docs.google.com/forms/d/e/1FAIpQLSdmo9mHYpHAUqd58ibJGUjoPLlrAnJf7JLeV1HJBej3e8JgQ/viewform>

We will also be adding a FAQ's section and a place where people can view the monthly newsletter (location on the website to be determined) and we will update everyone where to find it once it is complete (some questions may not be answered in this newsletter).

2. We have added Rob Hooper as our Strength and Conditioning coach. He previously worked with Volleyball Canada, The Halifax Tides, and is also working with CSI. His 12 sessions will include 3 plyometric sessions, 3 speed sessions, and 6 gym sessions. Dates for these sessions are team specific.



3. All of our players have been given free access to The Mindful Project; a personal development course paired with mindfulness techniques to develop tools for anxiety and ways to stay in the present more often. There is also an entire section dedicated to Injury Recovery. They will (the players) have *already* received an email on how to activate it. In the case that players do not have an email the email would have gone to the parents instead (please check your junk mail as it has gone there for some). IF neither you or your child have received the email and have looked through junk please contact me through the feedback form.
4. Brooke Donovan on the girls side and David McCarthy on the boys side have created game plans and frameworks as a guideline for the coaches.
5. Zach Stevenson has joined us as our club keeper coach that trains all of our keepers once a week. He works with myself and Grace Morrison who is the keeper coach for the girls side. The keepers will also have virtual tactical sessions with me.
6. We have built a collaborative google drive for all coaches as a learning and sharing tool. This is a hub of information that I have collected over my 25 years of being a professional and working with some incredible humans. Our coaches will also be contributing (Brooke and David's work for example) so we are all learning from one another as much as possible.
7. We have a rehabilitation and injury prevention program that is complete and ready to go out to coaches (parents will also receive it) to attempt to minimize injuries. This program was put together by Tricia McBride (one of Canada's top physiotherapists) and Gunnhildur Jonsdottir (S&C and assistant coach for the Icelandic Women's National Team). Rob Hooper will help guide our coaches through the program for better understanding on what to look for while going through these exercises.

8. Our teams will have access to multiple culture/life skill sessions with me either in person or virtually throughout the season. Topics covering: how to build your culture, feedback and SMART goalsetting, and how to deal with performance anxiety. These sessions will be in person or over zoom.
9. We have partnered with Catalyst physio clinic in Bedford. Consultations and treatment are NOT at a reduced rate, however, they will create return to play protocols specific to soccer that are shared with our coaches for free. This will allow our players a clear step by step pathway back to the field.
10. Two of our teams have submitted two winter teams competing in the NSSL this season, however, the majority of our teams have only submitted one. We encouraged our coaches to make this decision based on a number of factors, including coach availability, roster size, cost and player availability (lots of multi-sport athletes in our club). Details on how this will work will be included in the team follow-up note.

Quick Clarity on Roles and Responsibilities:

Roles and responsibilities of Julie Carr and myself, so when you have questions you know whom to contact.

- a. Contact Julie with questions about: scheduling, fees, SNS rules, Provincial program and Excel program, registration, financial aid, website, socials, policies, uniforms, equipment, ref fees, game sheets (RAMP) and SPOND.
- b. Contact Erin with questions about: Anything soccer, coach & player development, Mindful Project, culture sessions and player movement.

Attached is a google slide presentation showing all the people involved in our club.



For clarity around communication, Spond is our tool for schedule updates, newsletters will be over email (through RAMP), feedback responses will be over email. In the case there needs to be further interaction, please contact me directly at my Inter work email: TD-IHSC@interhalifaxsc.ca.

We are very excited for this season. We are doing our best to build high performing environments in each of our teams. I have been impressed with all the players' character and level of play thus far and excited to see how it translates on the field.

Thank you for your attention,

Erin McLeod

Technical Consultant for Inter Halifax SC

Culture and High Performance Consultant

Olympic Champion, 2012 Olympic Bronze medalist, Canadian Olympic HOF

4 X FIFA Women's World Cups, 3 X Olympian

National B coaching license, UEFA B GK

Co-founder The Mindful Project