

The Provincial Teams Program is a select program for the top players in our province. The purpose of this Program is to identify talented young players and expose them to higher levels of training, coaching, and competition.

The benefits of being a Provincial Team Player not only provide you the opportunity to train and play with the province's best, it allows you the opportunity to compete in Atlantic and possibly National Championships. The opportunity to work with and be scouted by National Team Coaches may also become a reality. The provincial teams program is for the first step for a player who has the ambition to perhaps one day play for Canada, earn a University Scholarship, or join a professional club.

To be on a Provincial Team is an earned privilege. It is a privilege that is earned on the basis of **performance** and is retained through commitment and a continued desire to perform at a standard that seeks excellence. To peruse excellence requires being fully committed to the sport.

What does "committed to the sport" mean? It means being relentlessly committed to train and play at your highest level, to meeting and surpassing established standards, to work as a team player, and to being the best player that you can possibly be.

Are we saying you can't do other sports? We are not. We recognize the benefits of being a multisport athlete. We are saying, however, that if you want to be a Provincial Team Soccer Player, soccer has to be the number one priority and that all other activities (except academic studies) have to be fitted in around your provincial soccer commitments. Our training camps are fairly infrequent, therefore the time our teams spend together is very very important, and you are expected to attend 100% of the sessions.

If you are prepared to make this commitment, we will be delighted to have you as a Provincial Team Soccer Player. If you are unable to live up to the expected standards and expectations, you may find yourself being released from the program.

Standards and Expectations

1.Players will be expected to attend <u>all</u> training sessions, games, and camps. Players who are injured or sick will be expected to attend unless they are physically unable to attend or the coach has given specific permission to be excused. Therefore, players must contact the coaching staff if they have a problem with attending any training or games.

2. Players will be expected to train hard and challenge themselves at all times.

3. Players will be expected to maintain or surpass all technical and fitness standards. This will mean working on your own. Fitness testing starts at the U13 age group.

4. Players will be expected to be punctual. Players should arrive at designated training site **minimum**

15 minutes prior to the start of training, unless the coach has given other instructions. 5.All players will be given a training uniform. Players will be expected to wear the training strip at all times when they train as a Provincial Team.

6.Players will be expected to follow all rules, expectations and standards set down by the team, NLSA and/or the CSA.

7.Players will be expected to be ambassadors of the province, the NLSA, the CSA and the sport of soccer. Therefore, good behavior, professionalism, maturity, and respect should be present at all times.

8. Players who withdraw once accepting their place in a Provincial Team Pool should have verification of just cause for withdrawal. Players who withdraw without acceptable reason may receive a one-year ban from participating or trying out with a Provincial Team.

Players who are unable to meet or comply with the above standards or expectations may find themselves being released from the team and program.

Training Schedules

Unlike club teams, NLSA provincial teams do not train week in, week out. Instead the team gathers for weekend-long training camps throughout the winter & spring. The only exception is specialized Goalkeeper training which may happen more frequently.

Because these camps are at times fairly dispersed, every minute together as a team is extremely valuable and players will need 100% focus and concentration on the camp, both physically and mentally. Therefore players are expected to attend ALL camps and are also <u>expected to NOT participate in other events on camp weekends (ie: other sports, club soccer, etc).</u>

Financial Commitment

The NLSA recognizes the significant cost of participating in high level sports and we work diligently to keep these costs under reasonable and keep provincial soccer as affordable and accessible as possible. Having said that, there are costs involved with running a high-quality program. The cost of participating in the Provincial Teams Program is broken into 2 portions

1) Provincial Team Training Fees

This fee is due upon selection to the team prior to the commencement of the program and is paid to NLSA office. This fee is includes facility rentals, training kit, match uniforms, equipment, first aid, coaching, and subsidies for travelling players & coaches. The fee is calculated annually based on our costs to run the program. The amount has not yet been determined for the 2018-19 program was \$400.

2) <u>Team Expenses</u>

Each provincial team will also have it's own budget that is development by the team manager and approved by NLSA. The major items in this budget are travel costs such as airfare, accommodation, ground transport, meals, etc. Other examples of items typically included in the team budget are team apparel, team socials, etc. The per-player cost determined by the team budget will vary from team to team, depending on the location of the competition, but typically ranges from \$1000-1500.

These cost are non-refundable, Refunds will only be given with special authorization from the NLSA Executive.

PLEASE NOTE: There are some avenues that can be perused to help those families who may not be able to meet the financial requirements. Together with the commitment of the family, the NLSA will work to support and aid players in need. We encourage all players to tryout for the provincial team and not decline the invitation due worries about financing.