



EXCEL Intake Process

REX & MLS Academy

April 9th 2021

Introduction



- Adam Miller - EXCEL Manager for Saskatchewan
- Questions can be asked throughout. End of each slide I will ask and we can answer before moving on.
- **Player Centered Process**
- **Club Considerations**
- **Current/Graduating EXCEL Athletes**
- **Squad Parameters**
- **Intake Process Timelines**
- **Overview of Process**
 - **Participant Identification**
 - **Invitation to Assessment Period**
 - **Assessment Period**
 - **Final Assessment (Decision) & Follow Up/Joining the Program**
 - **Athletes from Outside of Saskatoon**
- **Current Adaptions Due to Covid-19**
- **Next Steps**

Player Centered Approach



- Met with Dr. Tracy Vaillancourt to discuss the process
- The Player Centered Approach places the participant as the focus of any decisions.
- Intake Processes are inherently stressful for participants.
 - Anxiety
 - Fear of failure
 - Fear of not fitting
 - Fear of letting people down.
- Goal is to make the process as comfortable as possible.
 - Even more so for players out of town
 - After invite is offered, final decision is the participant's to make
- Player Centered Approach used for all decisions made throughout the program. What is best for the athlete?

Club Considerations



- Acknowledgement of work being done
 - All players in EXCEL come from the clubs
 - Want to work with the clubs – tied in with Player Centered Approach
- Squad size – average of 24 to 30 players.
- Age of FT participants limited to U14+
- More options for participants from outside of Saskatoon to make a move easier.
- New participants will be expected to complete all club commitments prior to joining the EXCEL Program. Including, but not limited to:
 - Completing the current season
 - Completing any additional ventures from that season (Nationals) or planned tournament/travel events.
 - Completing any coaching assignments.
- Club Technical leads welcome to attend participant meetings, if invited by the participant.
- All emails with non-EXCEL participants will include Club Technical Leads cc'd
- All phone conversations will be communicated to Club Technical Leads.
- All publication of participant names will contain their club's name. No matter how long they are in the program.

Current EXCEL Athletes



Participation in an EXCEL program is not looked at within the context of a week, a month or a year, but rather between now and the participant's graduation from the program.

Once a participant accepts an invite into the program, they will remain as a part of the program until their graduation barring any unforeseen circumstances.

As per the Player Centered Approach, the participants will also have the choice to leave the program at the end of a season (i.e. the end of the Summer or Winter Season) if the program is not meeting their needs.

Squad Parameters



- The average squad composition will contain between 24 and 30 full-time players.
 - Dependent on a number of different factors.
 - Players invited into an EXCEL program during a Selection Period do not count towards the full-time numbers.
- Only players within the age bands of U18, to U14 will be eligible to be invited into the program full-time
 - A U13 can go through the process, but not will not be eligible to start FT with the program until they become U14.
- Participants will be offered an invite to join the program
 - Participant's choice to accept the invite or not.
 - Participants that have declined an invitation will not be excluded from future identification and intake selections



Intake Process Timelines

There will be no set time periods within the seasons for participant identification or participant selection. The process will be an on-going process all year round.

- **Indoor Season** – September until March.
 - Identification and assessments during the Indoor Season will be used to select participants for the start of the Outdoor Season
- **Outdoor Season** – April until July.
 - Identification and assessments will take place during the Outdoor Season to select participants for the start of the Indoor Season

Not set in stone. There can be exceptions to the dates and start points mentioned above, but will likely be rare and all will be discussed with participants & Technical Leads before any decisions.

Overview of Process



Participant Identification



Assessment Period



Final Assessment (Decision)



Join the Program or Follow Up Plan



Participant Identification

Looking for participants who are excelling in their own organisation's environment.

- The identification process will take place in the participant's own club environment.
- Avenues for EXCEL Manager to ID potential EXCEL participants
 - Contact with the organization's Technical Lead.
 - Attending organization training sessions for appropriate ages and levels.
 - Watching leagues and tournaments (i.e., PSL or 9v9 Provincial Championship).
 - Multi-Sport Games Programs – Saskatchewan Summer Games, Saskatchewan Winter Games, Western Canada Games, and Canada Summer Games
- Avenues for a participant interested in EXCEL programs.
 - Send email, requesting the opportunity to be identified. Any requests must include:
 - A recommendation email from their club Technical Lead
 - The participants name, date of birth, and a brief summary of the teams and leagues they have played in.
 - The participant's current academic grades
 - The participant's preferred position.
 - A short paragraph on why they believe they should be considered for the REX program
- Avenues of a Technical Lead who identifies a player
 - Call or email me!

No Player Identification will happen without the knowledge of the club's Technical Lead



Invitation to Assessment Period

- The invitation to attend the Assessment Period will be sent through email. Included on the email will be:
 - The participant (Their own email if it exists)
 - The participant's parents or guardian
 - The participant's organisation's Technical Lead.
- The email will be to set an initial meeting. Details to be discussed, but not limited to:
 - Expectations of program from both sides.
 - Their EXCEL schedule which will be matched to fit, and not conflict, with their club schedule.
 - The participant's start date.
 - The length of time they will be invited to attend, including a minimum of 4 practices.
 - Their uniform expectations. EXCEL kit will be provided.
 - Any other relevant information.

The participant's organization Technical Lead is welcome to attend if the participant wishes.

Assessment Period



The Assessment Period is for both the participant & the EXCEL staff to assess whether the program is right for the participant.

- There minimum number of practices for an Assessment Period will be 4, but the reality will likely be 6. There is no maximum limit.
- The final schedule for the participant will be:
 - Created to fit around their current weekly schedule
 - Incorporating as much of the EXCEL program as is comfortable for the participant & staff (this may only be 1 day a week).
 - An expectation of consistency.
- The player will join the program be considered a full member of the program during those days.
- The participant will also be invited to attend all EXCEL program events, with no pressure to attend, during their Assessment Period.
 - Their schedule, and previous commitments come first
- A full EXCEL program kit will be provided to the participant before the beginning of their Assessment Period
 - This kit will then be returned at the end of the Assessment Period.



Final Assessment (Decision)

- A meeting will be held within two weeks of the completion of the Assessment Period.
 - Participant & their parent or guardian
 - The participant may also invite their organization's Technical lead.
- During the meeting, the EXCEL Manager will indicate whether or not the participant will be invited into the program on a full-time basis.
 - If the decision is not at this time:
 - A written player assessment
 - A plan for the future tracking of the participant
 - If the decision is taken to invite the participant in:
 - A written player assessment,
 - Expectations of the player if they were to join.
 - The participant will not be expected to give an answer in the meeting, but asked to go home and discuss with family/friends/coach/club etc

Any decisions made, including plans, will be shared with organisations Technical Leads



Athletes from Outside of Saskatoon

- Saskatchewan EXCEL program is for everyone in Saskatchewan. Based in Saskatoon, this causes potential roadblocks for participants outside.
 - Want to be more available to participants in all of Saskatchewan.
- For Participants from outside of Saskatoon, the decision to join is a big one.
 - Moving/Leaving home (moving to a billet).
 - Moving schools – Grade 11 or 12 especially.
 - Potentially not knowing anyone.
- Therefore, an option will be available for players from outside of Saskatoon to participate in the program on a part-time basis before considering a move.
 - Consider it an elongated Assessment Period.
 - As every participant is different (different distances, different ages, etc.), the details of what a part-time program entails can be discussed on a case by case basis with the participant.
 - If participant is happy to move, then process will be the same, if not there is now an option.
- For participants who do move, we will be coordinating billets and schools to make the move as easy as possible.
 - There will also be fee reductions to cover the costs of billets

Current Adaptions Due to Covid-19



- Participation Identification, as currently laid out, is not possible and/or sensible within the current SK Reopen Covid-19 guidelines.
 - I will not be attending any club sessions until restrictions are lifted.
 - This includes in Saskatoon.
 - Participant Identification will be Club Technical Lead driven, with game tape/training tapes used to confirm recommendations.
 - We will work out a plan to watch game tape or training tape. This could be live or previously recorded
 - If you have no game tape, we will discuss options. We will find solutions for every situation.
- Assessment Period & Final Assessment
- No new athletes will be invited in until April 26th at the earliest. After that, we will assess the new regulations
 - The same applies to athletes from outside of Saskatoon. We will find solutions within the guidelines as they change, with safety as No.1 priority.

Updates will be communicated out as soon as we have more information.



Next Steps

- This Process will be in effect immediately, with current Covid-19 Adaptions until restrictions are withdrawn.
- The PDF of the full EXCEL Intake Process will be on the website by the end of next week.
 - Recording of this meeting available to those who request it. Won't be posted publicly.
- The process will also be sent to all individual participants who has contacted me personally.
 - I will cc you on participants from your clubs
- Potential for up to 12 new players in REX as of September – 23 players currently (4 graduated in Jan)
 - 5 graduating 2003s + any who decide to move back to clubs
 - Plus up to 4 open spots available now – Potential join in the coming months (assuming no league season).
- Potential for up to 3 new players in MLS Academy (27 players currently)
 - 0 graduating 2003s + any who decide to move back to clubs
 - No spots available now
- Please send me names of any players you feel deserve to be looked at and we will connect to find a way for me to see game tape/training tape.
 - If we agree that there is a player deserving, then we will initiate the Process from the Assessment Period onwards
- Start the process in full, with club visits, as soon as we are allowed.
 - Interprovincial travel is the key, to make the process as fair as possible.



Any questions, please feel free to contact me at any time.

Contact details

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Thank you for your time