

# U15 - U19

To: SYSI Parent and/or Player

From: Saskatoon Alliance Committee

Date: Wed Mar 8

Re: U15-U19 Alliance Academy Overview

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## About the Alliance Academy:

The Alliance Academy is designed to provide a high-quality supplementary training schedule synchronized with regular league games and Zone training programs. The training is available to non-PSL players in the Under 11 to Under 19 age groups, who are registered with a zone and playing on an Alliance League team and are seeking an additional training opportunity within SYSI over and above their zone/club commitment.

## Eligibility for Participation:

Registration is open for any Under 11 to Under 19 **non-PSL\* players** who are registered on an outdoor Alliance League team with their zone. City League registered players are not eligible.

\* Provincial Soccer League (PSL) players are **NOT** eligible to register in the outdoor Alliance Academy and are those who are either on a PSL roster or a reserve player training with the PSL team.

## The Benefits of Academy Participation

The players in the academy will get the best of all opportunities in youth soccer:

1. Providing a schedule synchronized with regular league games and Zone training programs.
2. The Alliance Academy offers high-quality supplementary training programs; athletes can expect further tactical specialization within a team setting. Athletes will also be exposed to all positional concepts to increase their tactical and positional awareness while learning advanced positional expectations and specialization.
3. The Under-15 to Under-19 training groups would also have the potential for sport science movement and strength and conditioning training once a week with the Alliance sport science partner, Ignite Athletics. Additionally, Under-15 and Under-17 eligible players in the academy will be considered injury reserve players for the PSL teams and may get called up in times where teams are in need of players due to injuries or absences.
4. Training will encompass three main components throughout each session:
  - a. Training will resemble the game.
  - b. High contact time with the ball; and
  - c. Training will be player centered.

## Program Details

- **Training Times:** 4:00 PM - 5:15 PM
- **Location:** SSCI Indoor ½ Field – April; Forest Park ½ Field – May/June (Nelson Rd)
- **Training Dates:** 10 sessions
  - **Under-15 Boys – Tues** – Apr 18, 25; May 2, 9, 16, 23, 30; Jun 6, 13, 20 *\*Apr 18 done at 5:00 PM*
  - **Under-15 Girls – Thurs** – Apr 20, 27; May 4, 11, 18, 25; Jun 1, 8, 15, 22
  - **Under-17-19 Boys – Mon** – Apr 17, 24; May 1, 8, 15, 29; Jun 5, 12, 19, 26 *\*no training Mon May 22*
  - **Under-17-19 Girls – Wed** – Apr 19, 26; May 3, 10, 17, 24, 31; Jun 7, 14, 21
- **Goalkeeper Sessions** (Under-15 to Under-19): five (5) sessions (dates TBA)
- **Ignite Training Times** (Under-15 to Under-19): 10 sessions (dates TBA)
- **Cost:**
  - **\$125 per player** (10 training sessions with 5 goalkeeper sessions)  
**+ \$40 per player** Alliance training kit (if player does not already have one)  
**+ estimated \$105 per player** Ignite Athletic fees (estimate based on 20 players)

- Any additional fees (i.e. travel if attending PSL games) over and above the player registration fee required will be coordinated by the team.
- Age groups or gender groups may be combined if registrations do not meet a minimum of 15 players per grouping; which may also affect training day – any change to training dates will be communicated – refunds will be offered if training groups need to be combined.

If interested players can register here: <https://www.rampregistrations.com/login?v3=9b61bd52>, please register by March 23<sup>rd</sup>. We look forward to continuing your development this outdoor season. For any questions, please contact the SYSI office at (306) 975-3413 or [info@saskatoonyouthsoccer.ca](mailto:info@saskatoonyouthsoccer.ca)