

**THE**

**REVOLUTION**

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# 2003 Boys – Leesburg Revolution

Welcome to the Leesburg Football Club Travel Team 2018-19 Tryouts. Below is key information regarding the Leesburg FC Revolution, a 2003 Boys team playing in the NCSL. It includes general team information, as well as financial and logistical commitments associated with being part of this team in the Leesburg Football Club Travel Program. If you would like further information, please feel free to contact the Head Coach.

**Team Name:** Leesburg Football Club 2003 (U16 Fall 2018) Revolution

**Competition League:** National Capital Soccer League (NCSL).

**Head Coach:** David D’Onofrio Tel. #: 703-981-6034 Email: ddonofrio@thecaseygroup.us

**Head Coach Qualifications / Experience:** David D’Onofrio has been involved in local soccer for more than twelve years including being a travel team assistant and head coach for Loudoun Soccer as well as more than 16 seasons at the recreation and challenge levels. Dave has an NSCAA “Advance Regional License” (now Junior Level VI Diploma) which is equivalent to an "E" license and will continue to update his qualifications.

**Home Pitch and Practice:** LFC makes a move to the finest all-natural facility in Northern Virginia: Morven Park. While the Park is in a tricky location, there are multiple ways to enter the facility to avoid the worst traffic on Route 15.

## Fall/Spring Practice and Training Schedule/Locations:

Day/Time	Location	Description	Notes
Monday TBD	Morven Park	Club-wide Ball Mastery	Encouraged but not required.
Midweek (Small chance in Fall, unlikely in Spring)	Morven Park	Coach Practice	Those not engaged in Sports/Activities
<b>Saturday AM</b>	<b>Morven Park</b>	<b>Professional Training</b>	<b>Team-wide, mandatory.</b>

So as we make the move to a team entirely of High School-aged players, we will continue our practice of putting High School sports, clubs, activities and yes, schoolwork ahead of travel soccer. Depending on what Fall sports/activities the players are participating in, we may have a mid-week practice. Most likely we’ll only have one ‘mandatory’ practice that will be a trainer-led team-wide session at Morven Park on Saturdays.

**Schedule beyond Regular Seasons:**

Fall tournaments	Spring tournaments	Winter Training
<ul style="list-style-type: none"> <li>• Dulles National/Rush for the Cup or similar, August 2018</li> <li>• Showcase Tournament TBD</li> </ul>	<ul style="list-style-type: none"> <li>• PWSI Icebreaker or similar – March 2019 (local)</li> <li>• Hershey PA Memorial Day Tournament or similar – May 25-26 2019 (travel)</li> </ul>	<ul style="list-style-type: none"> <li>• January and February, Indoor training – once per week</li> <li>• 3 Outdoor practices</li> </ul>

**Required commitments for being on this team:** This team practices either once or twice per week in the Fall and the Spring. An additional commitment may include club technical training, which is held once per week. This team plays games on Sundays (and occasional Saturdays). Players are required to attend all practices, games and tournaments, with flexibility for High School players involved in sports and/or activities.

**All players and parents should be aware of the commitment required for this team:** This team is a year-round commitment. The number of practices and the requirement for attendance at practices and games will necessitate a very high degree of dedication on the part of all team players and their parents. If your child is selected and you cannot make such a commitment, please do not accept a spot on the team. One of the other teams should be able to match your ability level and commitment. **If you are accepted on the team and cannot maintain your commitments to the team, the coach will limit your playing time to represent your level of commitment in all areas.**

In accordance with “VYSA Policy Regarding Nonpayment of Club/Team Financial Obligations by Travel Players”, approved in April 2012, players may be released by the team for non-payment of club or team fees. A team may release a player from the team roster for failure to meet financial obligations as outlined in VYSA Registration Manual (5.27). Accordingly, VYSA will not process a transfer of a player from one club/team to another during the seasonal year if that player is not current on his or her financial obligations.

**Team Finances & Operations:**

**Financial Refunds:** Please be aware that financial refunds will not be given to any player’s family or associated person, partner, colleague or alike should the player choose to leave a Leesburg Football Club team.

**Parent Volunteers:** In addition to your family’s time commitment, there are additional needs for the team in order to keep our costs low and operations running smoothly. Every family will be asked ‘strongly’ to participate in a role. Roles include, but aren’t limited to:

- Team Manager
- Treasurer
- Uniform Coordinator
- Tournament Coordinator

- Field Coordinator
- Website Coordinator
- NCSL Rep/Sportsmanship

**Draft Budget: Subject to change and based on carrying 18 players is \$950.** *This does not reflect any uniform or apparel purchases which can range between \$125-250.*

Link to budget <http://www.leesburgfc.com/wp-content/uploads/2018/04/Budget-18-19-Draft1.pdf>

## Coaching Philosophy

- The boys gain confidence and a love for the game through positive feedback from parents, coaches, and other players. Skill level develops at different rates for kids, but effort and having fun can always be achieved. We try to always provide positive feedback for effort, but **effort is demanded** at all times.
- It is important that a coach takes more than a casual interest in the players. We strive to talk with all the players 1-on-1 at some point during the week. We may not be successful getting to every player each day, but we want him to know that we're interested in what they have to say.
- We try to make practices challenging and full of drills while still as fun for the boys as possible. The boys expect - and respond well to - structured and organized practices. We strive to keep them moving and active and while Coach Caco and I are very demanding we also know when the time is for bringing joy to the soccer pitch.
- Teamwork and developing friendships is an important part of any team sport. We always try to tell the boys how important it is for them to support each other and to always be positive towards their teammates.
- Competition is an important element of any sport and as they grow they naturally become more competitive. We try not to talk to the boys about "needing to win a game" or "how important it is that we win" but rather how important it is to compete and give their full effort. Our role as coaches and that of the parents is helping the boys develop the ability to deal with competition in a healthy way. **Effort and attitude is my focus.** If we can achieve that, then chances are we'll win the number of games that we are capable of winning.
- Our professional trainer and I will work on teaching fundamentals and skills during practice, but I believe the game is their time. We will give instruction during the game if it will help with their performance during the game, but in general I try to let them enjoy and play the game. This is critical: ***I expect as parents you will do the same.***

There will always be things to correct and I will either pull a player to discuss it and get them back in quickly or wait until a break in play to correct the matter. We don't want a ton of instruction and conversation with the players while they are on the field.

## Objectives

With this age group, I have 5 primary coaching objectives, which I believe are equally important.

- Help the boys develop the skills necessary to be successful at this level and to prepare your child for his future in soccer at the High School level.
- To have the boys develop a love for the game.
- Learn about the importance of teamwork and sportsmanship.

**DRAFT 1 – SUBJECT TO CHANGE**

- Give positive reinforcement based on **effort** rather than results.
- Provide a safe and healthy environment for all the boys on the team.

## **Playing Time and Positions**

Carrying 17 or 18 players will demand more of each and every player. While in the past I have attempted to keep playing time somewhat equal, it will not always be perfect in each game and there should be no expectation of such. Certainly if there is an imbalance, I will strive to level the time it as soon as possible. Repeated missed practices or being repeated tardiness (see rules below) and lack of effort or fitness on the player's part will negatively impact playing time as well.

Each circumstance is unique. Some players want to be in one spot, some players allow for more flexibility, sometimes we'll be short players and need to move players around. The ultimate goal is to put players in the spots we feel is best for their development and the development of the team.

## **Team Rules and Discipline**

We will have a few team rules and some may be added during the season if necessary. I will doll out 'punishment' for the boys when they are not behaving or break a team rule along the lines of pushups, sprints, laps or something similar. This takes the child away from the team and they are not allowed to participate in practice for a few minutes.

## **Player Expectations**

1. Have fun and ***always give your best effort.***
2. I expect players to always show respect for the coaches, parents, and other players on the team.
3. Spend time outside of practice playing soccer.

## **Parent Expectations**

1. Stay positive. Nothing hurts a team faster than negative talk/attitudes.
2. Please get your child to practice and games on time. I know this can be difficult at times and impossible at other times, but it's really hard to conduct practice or get ready for a game when players continually show up late. If you know your child will be late or won't be able to make it to a practice or game, please let Bill or I know in advance if possible.
3. Continue to help out with team volunteer opportunities.
4. Get involved in soccer with your child. This may be passing the ball in the yard on days we don't practice or watching an EPL game on TV. The boys love it when their parents get involved. Repetition is also crucial for skill improvement. There simply isn't enough organized practice time for the boys. They need to work on the skills they learn at practice at home also.
5. Please encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game and practice. Please cheer for your child during games and do not yell instructions to them. Remember this is their opportunity to enjoy playing in the game. Much of the fun is lost if their Mom or Dad is always yelling instructions.
6. Nobody is perfect, not even me! Please let me know if there is ever a problem or concern that your son or you are having. If there is an issue, I'd like the conversation to begin with the player and I discussing the matter. If that doesn't resolve it, I am always open to further discussion. I want to know if there is a problem right away. With this age group, very small things can cause a child to be upset. These problems can be fixed very easily if I know about them.

**MANDATORY TEAM MEETING INFORMATION:** We will hold a mandatory meeting for the parents of players offered a spot on the team. The date/location of the meeting will be determined once the team has been selected. We will be discussing team expectations / plans, budget and roles, as well as answering any questions. We will also be collecting a payment at this time.

If you have questions about this team that have not been answered here, please feel free to contact the team coach. If you have general questions regarding the Leesburg Football Club program please contact David D'Onofrio.

We thank you for your interest in the Leesburg Football Club Travel Program and trust that you will have a very enjoyable experience at our tryouts. Thank you for your attendance and please let us know if we can be of any assistance to you in the soccer community.