



Playing with Passion, Striving for Excellence
United Futbol Flash
January 2009 edition

FC Capital United wishes to welcome existing and new members and friends in 2009 which will be **Capital United's 10th Year Anniversary!** Plans will be underway for special events over the course of the year; stay tuned.

Registrations for summer 2009 are now being accepted; the club will continue **offering on-line registrations directly through our web site.** This will streamline our registration process by eliminating much of the paperwork, collection and coordination of volunteers. It will also give members, flexibility to process their registrations and payments from anywhere! Receipts for tax purposes will be issued automatically using the on-line registration. **Check our web site at www.fccapitalunited.com for our on-line Registration launch, scheduled to be available for February 7th**

To accommodate those who wish to register in person, we are holding **registration days on Saturdays, Feb 21st, Mar 7th & Mar 21st** for all our programs, including Elite, Competitive teams, YDP Programs (4-11 year old) **from 10:00 AM to 12:00 PM, at Lester B. Pearson High School, 2072 Jasmine Crescent, (in Gloucester, off Ogilvie Road).**

For our Elite & Competitive Youth Teams, assessments for summer 2009 are on-going as part of our current Winter Program and **official try-outs will be conducted during the month of March .** Interested players can contact us at 613-260-2278, via e-mail at Diryouth@fccapitalunited.com or on our web site.

YDP Programs in 2009

For the **4 to 11 year olds** who want to improve their soccer skills and future potential in our Elite and Competitive teams, look into our YDP Programs. Our newly structured Summer Youth League, first introduced in 2006, presents a flexible schedule, which extends the season from May until September. Based on members' feedback, we have reduced the mid-Summer time off to **two weeks during the month of July, from June 29th – July 12th.** This approach will create a balance for those families going on vacation, outside of those weeks, without potentially missing too many sessions from the program. Others, who remain closer to home in the summer, can **take advantage of our weekly summer camps.**

The YDP Summer Youth League is scheduled to start on May 16th and will run until Sept 5th with 2 sessions per week for the ages ranging from 6-11 and one session a week for the 4 and 5 years old. Both programs are offered under the direction of our National B Licensed Club Head Coach, Traian Mateas. Experienced qualified staff coaches provide instructions and coaching, with assistance from apprentice/junior coaches.

Schedule for Summer Youth League 2009

Boys and Girls born in 05' (U4)	- Friday from 6:00pm- 7:00pm
Boys and Girls born in 04' (U5)	- Friday from 7:00pm- 8:00pm
Boys and Girls born in 03' (U6)	- Saturday (training) from 9:00am- 10:00am - Monday (games) from 6:00pm- 7:00pm
Boys and Girls born in 02' (U7)	- Saturday (training) from 10:00am- 11:00am - Tuesday (games) from 6:00pm - 7:00pm
Boys and Girls born in 01' (U8)	- Saturday (training) from 11:00pm- 12:00pm - Wednesday (games) from 6:00pm- 7:00pm
Boys and Girls born in 00', 99' & 98' (U9/U10/U11)	- Saturday (training) from 12:00pm- 1:00pm - Thursday (games) from 6:00pm -7:00pm

In 2009, we are pleased to announce that we will continue to offer the “**Programme de développement-Orléans français**”, an extension to the YDP, which will be held at Scala Park in Orleans! This program will be delivered in French by experienced and qualified staff coaches. **This French -only Program is scheduled to start on May 10th and will run until Sept 6th with 1 session per week for the ages ranging from 4-11 on Sundays.**

Schedule for French-only Program 2009

Horaire par groupe d'âge

Garçons et filles nés en 05', 04' (U4 et U5)	- Dimanche, 15h00-16h00
Garçons et filles nés en 03', 02', 01' (U6 - U8)	- Dimanche, 16h00-17h00
Garçons et filles nés en 00', 99', 98' (U9- U11)	- Dimanche, 17h00-18h00

CLUB SUMMER CAMPS DATES

Comp Youth Boys teams, U12, U13, U14, U15, U16	- Week of Jun 29 - Jul 3
Comp Youth & Mini Girls teams, U9, U10, U11, U13, U14	- Week of July 6- July 10
Comp Mini Boys teams, U9, U10, U11	- Week of July 13 - July 17
YDP (4-5 years old - half days / 6-11 years old - full day)	- Weekly during the month of July

ALL camps will be held at Gloucester High School / Trillium Park, Ogilvie Road.

Fees for 2009

Our comprehensive programs focus on players first for their long-term development and wellbeing. Our vision, supported by our qualified and passionate coaches, develops players so that they can achieve the objectives they have set for themselves.

In line with our Club philosophy and mission of optimizing player development and our commitment to soccer excellence, in 2009 we continue to build on our comprehensive registration fee structure for the Elite, Competitive and Mini levels. The Club remains committed to develop the region's top players, within one of the most respected soccer development programs in the region. Our year-round format and fee structure is an integral part of this process.

We continue to incur high costs associated with the rental of the Domes and increase in the costs of indoor and outdoor facilities. Recognizing the present economic and financial situation, we have applied a slight increase on the fees for our competitive programs only. We will continue to use gym facilities and other means in an effort to keep the costs down for our members.

YEAR-ROUND PROGRAMS	COST	PACKAGE INCLUDES:
Elite (OYSL) Youth, U14 to U18	\$1,665	Outdoor team & player registration, one week Elite Summer camp, Winter Development program, Winter League, Dome Rental, Strength & Conditioning program, Coaching fees, Track suit, Alternate uniform and training shirt.
Regional (ERSL) Youth, U12 to U18	\$1,455	Outdoor team & player registration, one week Competitive Summer camp, Winter Development program, Winter League, Dome Rental, Strength & Conditioning program, Coaching fees, Alternate uniform and training shirt.
MJDL (Pr & Div1) Youth, U12 to U18	\$790	Outdoor team and player registration, one week Competitive Development Summer camp, Winter Development program and Coaching fees.
Mini, U9 to U11	\$790	Outdoor team and player registration, one week Competitive Development Summer camp, Winter Development program and Coaching fees.
SEASONAL PROGRAMS	COST	PACKAGE INCLUDES:
COMPETITIVE		
Summer, Mini, U9 to U11	\$500	Summer only registration and one week Summer camp and Coaching fees

Summer, MJDL (Pr & Div1) Youth, U12 to U18	\$500	Summer only registration and one week Summer camp and Coaching fees
Winter, Mini, U9 to U11	\$370	Winter Development program with two Gym weekly sessions and Coaching fees (Dome fees extra)
Winter, MJDL (Pr & Div1) Youth, U12 to U18	\$370	Winter Development program with one Gym weekly session and Coaching fees (Dome fees extra)
Winter, Regional (ERSL) Youth, U12 to U18	\$475	Winter Development program with two Gym weekly sessions and Coaching fees (Dome fees extra)
DEVELOPMENT		
YDP, Summer Youth League (born between 98' & 03')	\$160	2 sessions / week, May 16 th to Sept 5 th Uniform set (shirt, socks and shorts) and soccer ball
YDP, Summer Youth League (born between 04' & 05')	\$110	1 session / week, May 16 th to Sept 5 th Uniform set (shirt, socks and shorts) and soccer ball
YDP, Programme Français (born between 98" & 05')	\$110	1 session / week, May 10 th to Sept 6 th Uniform set (shirt, socks and shorts) and soccer ball
YDP, Winter Program (born between 98' & 05')	\$175	1 session / week, Nov to Mar, at the Dome
CLUB SUMMER CAMPS		
YDP Summer Camp - 4-5 years old - half day	\$99	9am to 12:30pm with early drop-off (8:30am)
YDP Summer Camp - 6-11 years old - full day	\$140	9am to 4pm with early drop-off (8:30am) and late pick-up (4:30pm); Recreational swimming available in the afternoon with an extra cost, approximately \$5/day
SENIOR		
Senior League Players (born in 1987 or earlier)	\$200	Summer registration

METHOD OF PAYMENT

The club recognizes the difficulties inherent in paying a year round fee in one lump sum. . As such, in order to facilitate affordable payments for everyone, we are offering various methods of payments for the year - round packages.

1. Full payment by March 15th (5% discount off stated fee)
2. Two equal payments – March 15th and May 15th
3. Three equal payments – March 15th May 15th and Aug 1st
4. Equal monthly payments, starting from March 15th Aug 1st (first deposit with minimum of \$350)

In addition to the program fees, members, excluding those registered in the YDP Programs, are to include an amount of **\$50, refundable upon return of their uniforms** via their team management. This will avoid wasted costs at end of year and assist the Club in retaining an inventory of uniforms.

VOLUNTEER FEES

As a small community based club, Capital United depends on the involvement of its members in a variety of activities, from coaching to coordinating registrations or participating on the Board or its committees. Recognizing that many members are simply too busy to volunteer and, consistent with practice at other reputable Clubs, **this year, we have built the annual fee of \$30 into the rate structures (excluding those registering for YDP and/or Senior only) . This approach will help minimizing the administration challenges we faced every year;** those members who do volunteer will be reimbursed at the end of year.

FAMILY DISCOUNT

The Club offers a 10% reduction for the second (lowest) and all subsequent players from the same family unit who are playing on Capital United Soccer Club Youth Soccer Teams. This applies to all of our youth programs.

REGISTRATION

Please access our on-line registration (as of February 7th) via our web site at www.fccapitalunited.com; you can also download and complete your registration form and mail it today or come out and register at any of the above indicated registration dates. For more information on any of our programs, members are encouraged to contact their team, club officials or any member of the executive via our website at e-mail at info@fccapitalunited.com, or contact us at 260-2278 (CAPU).

*** All installments are to be made with post-dated cheques payable to Capital United Soccer Club. Players will NOT be registered unless all financial commitments have been met.**

HIGHLIGHTS FROM YEAR 2008

- **Our U13 Boys East Regional** participated in the prestigious **23rd Mondial Pupilles tournament and trained at the FC Nantes Football Academy**; this was the club's 7th consecutive year of attending this event!

A key accomplishment in 2008, was receiving the "**Challenge de l'Amitié**" award at the **Mondial Pupilles**; being one of the most sought awards in this tournament, it was a very proud moment for the boys and the club! Our current U13, 1996' boys are currently preparing for the same trip in May 2009.

- **Our U15 Boys Regional Team travelled to Spain** and participated in the **Donosti Cup** and then attended a week long Camp at the "Centre Regional Technique" in Nantes.

- **Our International Program** was complimented by our strong Ontario Cup presence; Teams that entered this year's cup were: U12Girls Regional, U12 Boys Regional, U13Girls Regional, U14Boys Regional, U15Boys Regional, U16Boys Regional and U21Mentteams.

- **On the field, we had 2 Indoor and 6 Outdoor League Champions, 1 Youth Cup champion, 1 Youth Cup finalist, and an Ottawa Cup Champion!**

U13 Boys Premier – League Champions, promoted to Regional
U14 Boys Regional – League Champions, promoted to OY SL, Provincial
U15 Boys Regional - League Champions, promoted to OYSL, Provincial
U16 Boys Regional – League Champions, promoted to OYSL, Provincial
Men Premier – League Champions, Ottawa Cup Champions
Men OT – League Champions

- **The Club, hosted its third Annual Mini-World Cup 2008, EURO Edition; another huge success!!** It has attracted 32 mini teams from across Eastern Ontario; once again, this event received exceptional news and Media coverage. A very high standard in all aspects.

- FC Capital United Soccer Club/Mini World Cup Tournament Series continues to support **the Bicycle For Humanity Organization** which aims to empower disadvantaged communities in developing countries through the provision of sustainable transport. Capital United volunteers have led the charges in collecting over 400 soccer gear (jerseys, pairs of shorts, soccer balls, shin pads, etc).

- **In partnership with CCEE, Ottawa Police and Featherston Public School**, Capital United participated in the **Minority Youth Soccer Pilot program** by donating coaching resources **for kids, in need for role models** in the soccer program every Friday evening during spring 2008. **This work was highlighted at the School's annual Sports Assembly and recognized by City councillor, Diane Deans.**

EXCITING NEWS AND EVENTS FOR YEAR 2009

- In 2009, the club will host **its 4th Annual Mini World Cup tournament, scheduled for June 6-7 Weekend, aimed for the U10 & U11 boys with a total of 32 teams**; this exciting event will coincide with and **emulate respectively the FIFA CONFEDERATION CUP 2009, hosted in South-Africa.** Teams will each represent a country and be "Godfathered" by their respective Embassies. Opening and

closing ceremonies are planned to be held as part of this event. We're looking forward to both of these thrilling events! Stay tuned for more details.

- **U13B East Regional (96') are France bound in 2009!** Our Club tradition of international exposure will continue to grow in 2009, as we have been accepted once again to take part in the prestigious international tournament Mondial Pupilles de Plomelin in France, May 2009! The boys are excited and honoured to participate in this special edition of the tournament. As part of their trip, the team will take part in training sessions at the renowned FC Nantes Professional Youth Academy and attend a Professional game in Nantes.

- **OSA Provincial and Region 5 squads' selections** - **Haisha Cantave** has been selected to the **U16 Girls Team Ontario** for 2009! Best of luck to Haisha, **Nicholas Noe, Kristian Quosdorf, Gabriel Skupek, Asha Mohiddin and Vanessa Germano** were selected to participate in the R5 Satellite Program, in pursuit of the Provincial selections in 2009! Additionally, 7 boys and 4 girls, from our U13 (1996') teams were invited to the U13 Region 5 identification (ID) camps; they are currently taking part in the Winter program which prepares players for the initial Provincial ID Camp in April and then back in September 2009. Selected players: **Mikael Cantave, Roberto Dinuzzo, Anthony Lamia, Felix Pennell, Josue Gomez, Sebastien Botelho, Taffy Scoggan, Kendra Ridley, Rebecca Leslie, Alexandra Zion and Adrienne Li.**

This is a great testament to our Program's long-term player's first philosophy, the dedication of our coaches and the hard work and perseverance of our players to pursue their aspirations. Best of luck to all! Way to go Caps!

- **Volunteers Appreciation Night** plans are underway for Friday, April 3rd; stay tuned for more details.

- As in every year, the Club will be hosting our **Annual end of Summer BBQ** this year, in September and **our 10th Annual Club Banquet** in November; look for more details in the coming months. In addition, look for the numerous **fundraising events** hosted by our travelling teams in an attempt to help subsidizing their international trips.

A MESSAGE FROM OUR PRESIDENT

By Andreas Noe

We are Optimistic about 2009. How about you?

Never mind the doom and gloom in all the media reports. We're moving forward. We are very optimistic about 2009. Why you ask? Here are 10 big reasons, which just happen to coincide with our tenth anniversary:

1. **Our players continue to excel.** Our players continue to thrive under our player first philosophy, at every level in the Club. Just look at the number of Capital United athletes who continue to excel in the provincial and regional programs. This is quite remarkable when you consider that Capital United is much smaller than other clubs that have 6000 or 7000 members. 2009 holds more promise for those players and the new crop of young athletes who continue to excel in our programs.
2. **We grow more roots in YDP.** Our YDP numbers will grow again as we reach out to new markets underserved by other clubs, particularly for our French-language programs. We will also continue to make improvements in the delivery of his popular program. A strong YDP is an investment in our future.
3. **Our coaching capacity and resources continue to improve.** We have a strong and growing pool of qualified and caring coaches, led by our Club Head Coach. They know how to play the game, and more importantly, how to teach young footballers to play it well. The results are evident on the pitch when you see young boys and girls play creative, attacking-minded and productive possession-of-the-ball soccer.
4. **More volunteers support our efforts.** We had unprecedented volunteer support in 2008, pushed by the army of members who supported major events like the Mini World Cup and the many, many parents who offered their time to support their favourite team. We know more will come forward again in 2009. Plan to be among them. We need your help!
5. **We doggedly work to find a home.** We have learned, the hard way sadly, that no one else will look after our field and facility needs but ourselves. We have to find a more permanent home for our Club and our members, one that keeps our strong family together for years to come. We remain vigilant in our efforts to find a new home.

6. **We expand the reach of our international program.** We love Toronto FC. We really hope Ottawa lands an MLS franchise. Nevertheless, we still want to promote our athletes' exposure to the sport in places where soccer is like religion, embedded in the culture and fabric of society. We have strong relationships in Europe. Others are being explored in South America and Africa, all for the benefit of our young athletes and for those people in far-away places who are much less fortunate than ourselves.
7. **We know small is beautiful.** Bigger is not always better. Our membership ranks will continue to grow, but only at a pace that ensures we can continue to deliver high quality programs. We exist to serve our members. This sometimes means making tough choices, but these are always made with the well-being of our athletes as the primary consideration.
8. **Deliver value for money.** Everything of value costs money. Our board will continue to strive to make choices that deliver exceptional value to our members. And we will do so transparently, without hidden fees and expenses or more nickel and diming around every corner.
9. **Towards excellence in governance.** We seek improvements in every aspect of our Club. Improvement and excellence are a never-ending journey at Capital United, not a destination. Knowing the difference is important. Living it is mission critical in our Club.
10. **Our soccer family grows stronger.** Members often characterize our Club as a family— warm, inviting, friendly, familiar faces in familiar places, all passionate about this wonderful sport. We will take time this year to recognize our family members, our roots and our collective accomplishments. Do plan to join us in our 10th year celebrations.

May you also prosper in 2009 and join us on our continued journey.

YOUR 2009 EXECUTIVES

<i>President</i>	<i>Andreas Noe</i>	president@fccapitalunited.com
<i>Vice President</i>	<i>Anne Lavender</i>	vicepresident@capitalunited.com
<i>Secretary</i>	<i>Annik Wilson</i>	annik.wilson@cic.gc.ca
<i>Treasurer</i>	<i>Judy Beattie</i>	speedyb4u@rogers.com
<i>Registrar</i>	<i>Raz El -Asmar</i>	registrar@fccapitalunited.com
<i>Technical Director</i>	<i>Larry Wasslen</i>	l_l_w_@hotmail.com
<i>Director, Youth Development</i>	<i>Raz El -Asmar</i>	diryouth@fccapitalunited.com
<i>Director, Equipment</i>	<i>Keith Howard</i>	keith.howard@sympatico.ca
<i>Director, Facilities</i>	<i>Rico DeFrancesco</i>	enrico_karin@sympatico.ca
<i>Director, Safety & Volunteer Screening</i>	<i>Rachel Muir</i>	rachelmuir@rogers.com

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News Flash Editor, Raz El-Asmar

**** Play with Passion, Strive for Excellence ****