



Information document

U16G (96') - U17G (95')

- OYSL Provincial League -

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September 26 2011

OYSL Fall Tryouts Info

Capital United U16 Girls and U17 Girls Squads have earned the rights to play and secured their spots at the OYSL in 2012; our squads will be seeking for additional, serious and committed players to complement their roster for the 2012 summer season. The teams will compete in the OYSL in 2012, highest level of youth play in Ontario, where players are exposed to coaches/scouts from the Provincial, National programs and Canadian and American Colleges and Universities.

We would like to welcome returning and new players for taking part in our Fall Try-outs for the OYSL in summer 2012. Capital United is interested in the long-term development of the players. The coaches have high expectations and will set high standards. Each player will be expected to work very hard to meet the demands of our all year-round program.

Our philosophy is, first and foremost, to ensure all players have a positive and an enjoyable experience while developing progressively in a professional coaching environment following the Long Term Player Development Model. During try-outs, assessments will be based on the **technical, physical aptitude, work ethics and maturity**; every player will be given equal opportunity to demonstrate their abilities.

An initial squad of 12-14 players will be identified, plus 6-8 reserves, then over the course of the Winter Program and leading up to the pre-season in February-March, the balance of the team will be finalized to a maximum of 18 players, plus up to 4 reserve players.

Fall Tryouts will take place on the following dates & times:

U16 (96') Girls Fall Try-outs Schedule

Thursday, Sept 29	5:30PM-7:00PM Pineview Park
Saturday, Oct 1	3:00PM-4:30PM Pineview Park
Saturday, Oct 2	3:00PM-4:30PM Pineview Park

U17 (95') Girls Fall Try-outs Schedule

Thursday, Sept 29	5:30PM-7:00PM Pineview Park
Saturday, Oct 1	3:00PM-4:30PM Pineview Park
Saturday, Oct 2	3:00PM-4:30PM Pineview Park

Staff Coaches

Club Head Coach, Traian Mateas, National B License
Director Youth Development, Raz El-Asmar, National B License
Staff Coach, Andreas Noe, Pre-B License
Staff Coach, Frank Lofranco, Provincial B License

Year-Round program Info

Our club philosophy and mission is to optimize player development and strengthen the club's and our members' commitment to soccer excellence; we have a comprehensive registration fee structure for the Elite, Competitive and Mini levels; the year-round package includes various programs to further enhance both player and team development within our program.

YEAR-ROUND PROGRAM for the Elite (OYSL) Youth includes

Outdoor team and player registration, One week Elite Summer camp, Winter Development program, Winter League and player registration fee, Strength & Conditioning program, Tracksuit, Full set uniform and training shirt.

Program Cost - We recognize the difficulties inherent in playing at the Elite level in support of the "Soccer for excellence" approach which comes with a high price; our intention will be to facilitate affordable payments for everyone through fundraising and sponsorship capacities.

Winter Program - Winter Training Schedule starts from the first week of November until March 10th 2012 at the following times and locations:

U16 (96') Girls OYSL Winter Schedule

Monday 5:30PM-6:45PM	Louis-Riel Dome
Wednesday 7:00PM-8:30PM	Ridgemont High School, 2597 Alta Vista Drive
Saturday Futsal Intrasquad	Notre Dame High School
Weekly Indoor League	Coliseum

U17 (95') Girls OYSL Winter Schedule

Monday 6:45PM-8:00PM	Louis-Riel Dome
Wednesday 8:30PM-10:00PM	Ridgemont High School, 2597 Alta Vista Drive
Saturday Futsal Intrasquad	Notre Dame High School
Friendly Games	TBD

Winter training objectives

1. To systematically learn and solidify technical skills (dribbling, passing, shooting, ball control, heading).
2. To develop versatility in using these techniques in small group games focusing on specific technical-tactical concepts and game awareness.

In addition to the weekly schedule, starting in Jan-Feb, there will be several friendly games scheduled, on full Indoor fields, against challenging opponents from within and outside the region.

Schedule for Summer 2012 season will include Weekend games, with 4-to-1 practices to games ratio.

Spring Pre-season Info - Pre-season will be held outdoors during the month of April 2012; the pre-season training period which will include the Strength and Conditioning Program (game related), will permit our coaches to prepare their respective teams mentally and physically and have the opportunity to finalize players' assessments and squad selection.

Goals - The focus for our OYSL Squads will be performance oriented where all criteria (psychological, social, physical, and intellectual, technical, tactical & conditioning) will be worked on systematically. Coaches will teach and promote attractive, effective and forward thinking soccer, brand of soccer that players will enjoy. The teams will play in the Ontario Youth League, highest level of competition in the province and potentially in the country. Playing, at this level, will no doubt be quite challenging for the players. The coaches will therefore endeavor to provide the players with a positive, motivational team environment to endure, overcome obstacles and succeed.

3-Year Plan - We continue to look at the long-term development of the players. The coaches have high expectations for the teams, and will continue to set higher standards. Each player will be required to work harder to meet the demands of these new goals. To that end, following 3-year plans have been established:

U16 (96') Girls OYSL	U17 (95') Girls OYSL
<p>Year 1 2012 U-16 Compete and stay in OYSL, Enter Ontario Cup and advance to semi final round. Identify players to the provincial, national programs. Attend Showcase tournaments for scholarship opportunities. Plan for International European Trip in 2013.</p>	<p>(Past) Year 1 2011 U-16 Competed and secured spot in OYSL by finishing 4th overall. Entered Ontario Cup and advanced to quarter round successfully. 4 Players participated in the provincial program. Attended Showcase tournament.</p>
<p>Year 2 2013 U-17 Finish within the top 4 in OYSL, Enter Ontario Cup and advance to the final round. Continue to identify potential players to the national programs, Attend Showcase tournaments for University scholarship opportunities Accomplish International trip for players' exposure at the international level.</p>	<p>Year 2 2012 U-17 Finish top 3 in OYSL, Enter Ontario Cup and advance to the semis, Continue to identify potential players to the national programs, Attend Showcase tournaments for University scholarship opportunities Plan for International European Trip in 2012/13.</p>
<p>Year 3 2014 U-18 Compete in the OYSL or U21 Regional Level, Continue to attend Showcase tournaments for University scholarship opportunities, Seek University Opportunities for advanced and select players.</p>	<p>Year 3 2013 U-18 Compete in the OYSL or U21 Regional Level. Continue to attend Showcase tournaments for University scholarship opportunities, Seek University Opportunities for advanced and select players. Accomplish International trip for players' exposure at the international level.</p>



OYSL Overview and Highlights

The Ontario Youth League operates a Provincial Youth Competitive League for Teams in the U14, U15, U16, U17 and U18 divisions at the highest level of the youth Pyramid of Play under the jurisdiction of the Ontario Soccer Association.

Ontario Youth Soccer League is widely recognized as the best youth league in Canada. This is evident each Fall, when OYSL teams capture the majority of titles at National Championships. OYSL also supplies many exceptional players for Canadian National teams, as seen, for instance, at the 2002 FIFA Women's U-19 World Cup and at the 2002 Gold Cup. Carmelina Moscato (2002 NCAA 14th best recruit according to Soccer America) played in the 2001 Showcase, Melanie Booth (7th best NCAA recruit for 2003) played in 2001 and 2002, Kara Lang in 2002, etc. All three played in the U-19 World Cup, senior Gold Cup, 2003 FIFA Women's World Cup and are currently part of the Canadian National team squad.

Competitive Team entries are permitted based on promotion, in the case of new entry, from their respective Regional Leagues in Ontario (ie. ERSL) and must be deemed by their District Association to have a sufficient standard to be able to compete in the League. Returning teams must finish in the top eight the previous year.

The OYSL season runs from May until September; games are typically scheduled on weekends for teams residing outside the GTA (Greater Toronto Area); each age comprises 2 divisions with 6 teams each playing 16 regular games.

The Ontario Youth Soccer League provide players the opportunity to display their talents and abilities for many university coaches from around Canada and the United States, selected Professional Clubs, Provincial and National team Coaches. The League also sponsors a series of showcase games at the U16, U17 and U18 age groups at the start of each season to provide additional scholarship opportunities.

Mission of the OSA Pyramid of Play

1. To ensure that the player is the number one priority and has the opportunity to play at a level appropriate to his or her skill and ability.
2. To recognize the Club as the main vehicle for the provision of opportunities for the player and to safeguard its needs and interests with respect to the Pyramid of Play.
3. To clearly establish the principle that the most productive environment for every player at every level of play, from mini-soccer to international competition, is to play in a balanced league.
4. To provide a stable organizational structure to ensure the ongoing viability of Teams, Clubs, and Leagues.



How the OSA Pyramid of Play is implemented

The highest part of the youth pyramid is the Ontario Youth Soccer League, where the best teams from the province compete. Typically each division is 12 teams playing 16 games.

Below the OYSL are 4 Level 3 Regional Leagues, the East Region Soccer League is one of these leagues. The others are from the West, Central, and the South Regions of the province.

At the end of each season, as of 2009, 4 teams are relegated from the OYSL to their appropriate Regional Leagues. Their place in the OYSL is taken by 4 of the champions from the Regional Leagues.