



Richmond FC Metro-Select Program (U13 – U18)

I. FORWARD

The RFC Metro-Select Program (the “Program”) is comprised of the six RFC teams that play in the Metro-Select League (the “MSL”).

II. BASIC OBJECTIVE AND STRUCTURE

The Program’s objective is to provide the best MSL level soccer development in the Province. This objective results in a Program that can develop a player who, at some point, may wish to be considered for a British Columbia Soccer Premier League Team and also meets the needs of those Richmond players who may, for a variety of reasons (such as, for example, other interests, location of practices and game, cost, etc.), prefer to play on a Richmond MSL team yet at the same time still demand high quality and comprehensive programming.

The Program is comprised of the following two components:

- Fall/Winter (late August – early April; but could be extended if a team does well in Provincial Cup play); and
- Spring/Summer (depending on the age group, roughly mid-April – June/July). The Spring/Summer component is described later in this guide.

III. BASIC ELEMENTS

The Program’s basic elements are as follows:

- **Coaching** – blending professional coaching with effective volunteer coaches
- **Frequency** – prescribed frequency of training for optimum development
- **Player Responsibility** – the *quid pro quo* for receiving the Program’s opportunities
- **Playing Time** – transparent and fair rules
- **Evaluations** – on-going evaluations supplemented by formal yearly evaluations (try-outs)
- **Cost and Associated Matters** – player fees commensurate with Program cost

Coaching

The coaching structure at each age group is:

- RFC Metro Select Program Head Coach
- age group specific Head Coach

The Metro Head Coach is a professional coach engaged by the RFC. The Metro-Select Head Coach's developmental philosophy is that true soccer development is an evolutionary process by which players' progress from the basic mental, technical and physical developmental elements to the application and refinement of the same within a more complex regime that includes full tactical understanding and effective decision-making.

The Metro-Select Head Coach, working with the Age Group Head Coach, is principally responsible for the following:

- Program content and development
- Program delivery
- player identification and selection

At each age group, Age Group Head Coaches appointed annually by the RFC. Age Group Head Coaches are volunteers. Among other responsibilities, the Age Group Head Coach is principally responsible for administering the RFC's playing time policy (see below)

Frequency

The Program frequency is four sessions (three week day training sessions plus one game) per week. One of the week-day training sessions will be a lighter (generally shooting and finishing session).

Player Responsibility and Commitment

The RFC incorporates the above into the Program as follows:

- players are expected to attend all training sessions and games
- players are permitted to play concurrent sports (provided that players otherwise attend all Program training sessions and games)
- given the Program's frequency players are not, during the playing season, permitted to participate in other soccer programs

Playing Time

The Program's rules are, "all things being equal", players are entitled to one-half of playing time per game. "All things being equal" means that:

- at training sessions and games, players consistently exhibit the determination and the desire to become the best soccer players that they can be
- players adhere to prescribed rules in respect to attendance, punctuality, communication and training gear

The Age Group Head Coach is responsible for assuring playing time. If, on the basis of “all things being equal”, a player plays less than the minimum prescribed playing time, the Age Group Head coach is required to communicate the reasons for the same to player at or before the next training session.

The playing time minimums set-out above do not apply to Coastal/Provincial Cup games.

Evaluations

Understanding that annual only “try-outs” are not an ideal basis for player selection, the RFC continues to move towards player selection based upon year-around assessments. At the same time, so as to permit entry of new players into the Program, the Program retains, but to a more limited degree, formal annual “try-outs.” Specific “Try-out” information will be posted on the RFC web-site.

Program Fees

Fees will be posted on the RFC web-site in late April when registration opens. The cost of providing the Program is significantly greater than the cost of providing other RFC “winter” team based programs. The fee for the 2014/2015 season is \$925. This being the case, player’s registration fees are reflective of the same (at the same time no player may be precluded from participation as a result of financial limitations. Players with financial challenges should contact the RFC Administrator in this respect).

IV. SPRING/SUMMER COMPONENT

The demand for high quality Spring/Summer programming has grown and as a result, over the past 4 years, the RFC has developed this programming. The RFC recognises that such programming must fit within its over-all player development objectives but, in particular, that such programming must not simply be a continuation of the league based Fall/Winter format. In this respect, one of the principal objectives of the Spring/Summer programming is that it is “experiential” and, as a result, typically includes tournaments and some travel. Additionally, at each age group, the RFC Spring/Summer programming is, each year, crafted to meet the development needs of the particular age group. The curriculum and costing for each age group’s Spring/Summer program is developed and announced in March of each year. Cost of the spring/summer component is in addition to the league program fee for the playing season.

While participation in the Spring/Summer component is encouraged, participation is not required in order for a player to play in the Fall/Winter component. Non-participation in the Spring/Summer component will not prejudice or adversely affect a player’s chances of playing on a Fall/Winter Select team.