



RICHMOND FC GUIDE

December 2014

Table of Contents

	Page(s)
A. Overview	2
B. Governance	2
C. Financial	3
D. Our Partners	3
E. Annual Awards and Scholarships	4
F. General Structure of Youth Soccer in Richmond and British Columbia	4 - 5
G. Soccer By Age (including Relative Age Effect)	5
H. RFC Team Based Programs	
1. Overview	5 - 6
2. First Kicks Program, U5 & U6	6
3. FUNdamentals Program, U7- U9	7
4. Learn to Train (“L2T”) Program, U10 – U12	7 - 8
5. U13 – U18 Soccer General	8
6. U13 – U18 Junior Program	8
7. U13- U18 Metro Program	8
8. RFC Adult Programs / The “Graduates”	9
I. RFC Academy Programs	9 - 11
J. Coach Development	11

A. OVERVIEW

With its start in 1955, the Richmond FC (“RFC”) has been the boys’ soccer club in Richmond for almost 60 years. The 2014-2015 Fall/Winter registration was 1306 youth players and 60 adult players.

In May 2014, the club rebranded as Richmond FC, but the legal name still remains Richmond Youth Soccer Association.

The RFC is one of Richmond’s two youth soccer clubs (the other being the Richmond Girls’ Soccer Association – “RGSA”) that comprise the Richmond Soccer Association (the “RSA”). The RSA is the district association and therefore Richmond’ youth member of the British Columbia Soccer Association.

The RFC’s postal address is Box 39547, Broadmoor postal outlet, Richmond, B.C. V7A 5G9. General email address is: admin@richmondfc.ca . The RFC’s web-site is: www.richmondfc.ca

B. GOVERNANCE

The RFC is a registered society ([Certificate of Amalgamation](#), S53843). A copy of the RFC constitution and bylaws can be found [here](#) .

The RFC membership is comprised principally of representatives from our teams. Additionally, the RFC has over 70 Life Members (a list of the RFC Life Members can be found [here](#)). The RFC has 16 directors each of whom are elected for two year terms (half of the directors being elected at each Annual General Meeting). A list of current directors and their contact particulars can be found on the website www.richmondfc.ca . Annual General Meetings are typically held in May of each year. Board meetings are held monthly (usually the 3rd Thursday of each month) except July and December. The most recent AGM materials (including Directors’ Reports) can be found [here](#) . Public minutes of Board meetings are available to members. In-camera meeting minutes are not.

As to other governance matters, the following can be found at the links set-out below:

- [Coach, Player and Parent Code of Conduct](#) . We strongly recommend that parents read the BC Soccer publication called “The Educated Parent” found at: <http://www.bcsoccer.net/files/MemberService/BestPracticeGuides/TheEducatedParent.pdf>
- [Protection of Privacy Policy](#)
- [Discrimination and Harassment Policy](#)
- [Conflict of Interest Policy](#)

C. FINANCIAL

Audited Financial Statements are required by the RFC's bylaws and are presented to the RFC members at each Annual General Meeting. Between AGM's, up-dated financial statements are provided to and reviewed by the RFC board on a monthly basis.

A copy of the RFC's most recent audited Financial Statements can be found [here](#).

D. OUR PARTNERS

We recognise all of our partners without whom we could not deliver our soccer programs. Our partners include:

- our volunteer coaches and managers
- our professional administrative and coaching staff
- the City of Richmond
- the Government of British Columbia
- Richmond Olympic Oval
- Kidsport (Richmond Chapter)
- our sponsors:
 - Tim Hortons for its sponsorship of our "First Kicks" Program
 - Safeway for its sponsorship of our Spring Soccer League

So as to provide ever increasing quality programming, keep increases to registration fees at a minimum, increase scholarship amounts, etc the RFC is committed to exploring sponsorship and gifting opportunities. Please visit this [link](#) for an outline of our particular objectives in this respect or contact our Director responsible of Sponsorship and Gifting.

E. ANNUAL AWARDS AND SCHOLARSHIPS

Three, \$500 graduating scholarships are awarded annually by the RFC. Interested players should review the [Criteria Form and complete an Application](#). The deadline for application is April 30th of each year. Scholarships will be handed out at a players' school valedictory ceremony.

Additionally, at the AGM, the RFC annually presents the following awards:

- Most outstanding Adult Player (new – to be named)
- Patrice Sarrazin Award (Most Outstanding Select Player)
- Jordan Yttri Award (District's Most Outstanding Goalie)
- Bradley Nielsen Award (Team award for "Determination")
- Charlie Mead Award (Most Sporting Team)

Past winners of these awards and more about these awards can be found [here](#).

F. GENERAL STRUCTURE OF YOUTH SOCCER IN RICHMOND AND IN BRITISH COLUMBIA

For the purposes of discussion, youth soccer in the Province can be divided to U5 - U12 and U13 – U18 age groups.

U5 – U12

The many clubs (RFC being one of them) in British Columbia are primarily responsible for the delivery of U5 – U12 soccer programming. While there may be some out-of-district play at the U11 and U12 selected levels (see "RFC Team Based Programs" below), all other play at these age groups is within Richmond.

U13 – U18

Things get complex at U13 and beyond. While the RFC remains responsible for the delivery of much programming, other organisations come into play. The designated structure is basically pyramidal with differing organisations responsible for different tiers. The tiers are as follows:

- Tier One: Whitecaps FC Residency ("WFC Residency")
- Tier Two: BC Soccer Premier League ("BCSP")
- Tier Three: Metro-Select League ("MSL")
- Tier Four: 4-District Gold/Silver/Bronze

WFC Residency and BCSP are briefly discussed immediately below. MSL and 4-District and the associated RFC programming are discussed further below under the heading "RFC Team Based Programming".

The WFC Residency program is the apex tier of soccer in British Columbia. The WFC Residency Program is directed at those players, U13 – U18, who have a very high soccer ability combined with a strong desire, motivation and soccer specific dedication.

For more information on the WFC Residency Program, the web-site is:

www.whitecapsfc.com

In 2012 the BCSPL finished its first full season. The BCSPL is an eight team league comprised of six Lower Mainland teams and one team from each of the Okanagan and Vancouver Island. One of the Lower Mainland franchises was awarded jointly to Richmond Vancouver. The Richmond/Vancouver franchise is named Fusion F.C. For more information the Fusion F.C. web-site is: www.fusionfc.ca or for the BCSPL <http://www.bcsoccerpremierleague.net/>

G. SOCCER BY AGE

General: Soccer is generally categorised by age group with the “U” or “Under” designator. The table set-out below match year of birth, “U” designator and playing season.

Under /Season	U5	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
2012-2013	2008	2007	2006	2005	2004	2003	2002	2001	2000	1999	1998	1997	1996	1995
2013-2014	2009	2008	2007	2006	2005	2004	2003	2002	2001	2000	1999	1998	1997	1996
2014-2015	2010	2009	2008	2007	2006	2005	2004	2003	2002	2001	2000	1999	1998	1997

Relative Age Effect. Many studies indicate that in sport being born earlier in the year creates an advantage for player being chosen to selected teams (RFC creates its first selected teams at U11) and a corresponding disadvantage for those players born later in the year. This advantage/disadvantage is called the “Relative Age Effect”. While we do not pretend to have a complete answer for all of the challenges resulting from Relative Age Effect, we believe that a partial solution is to permit players born in the last four months of the year and playing in our Richmond only domestic leagues (U5 – U11 non-Select) to play in the year younger division. For example, using the table above, for the 2013-2014 season, a player born in December of 2005 rather than play at U9 could, if he wished, play at U8. Players wishing to take this opportunity are required to make a request to the RFC Administrator prior to registration. More information on Relative Age Effect can be found:

- Australian National Soccer Curriculum identifies Relative Age Effect as “Gap C” in their program. See http://www.footballaustralia.com.au/site/_content/document/00000099-source.pdf
- Outliers “ The Story of Success” by Malcolm Gladwell

H. RFC TEAM BASED PROGRAMS

1. Overview

The RFC supports the Long Term Player Development (“LTPD”) model and is striving to make all programming LTPD compliant. The soccer specific LTPD guide called “Wellness to World Cup” can be found at [here](#).

The RFC fall/winter team based program is comprised of:

- First Kicks, U5 & U6
- FUNDamentals, U7-U9
- Learning to Train (L2T), U10 – U12

- Junior Program, U13 – U18
- Metro-Select, U13 – U18
- RFC Adult Program / The “Graduates”

Additionally the RFC also offers Academy Programs and “Spring Programming”. For more information on our Academy please see the “RFC Academy Based Programs” below.

As of the date of this guide, information on our Spring League is posted on the RFC web-site.

Below is a brief description of the RFC team based programming. In each section there are links that provide more information. Implicit in each stage is our objective to provide quality, enjoyable and age-appropriate programming for every age group and, if applicable, tier.

2. First Kicks Program - U5 & U6

LTPD. First Kicks players are in LTPD Stage 1 “Active Start”. The LTPD objective is “to get children moving and to keep them active.” Learning the fundamental movement skill such as running, jumping, twisting constitute the physical curriculum. Technical requirements are simply to encourage children to enjoy and be familiar with the soccer ball.

Basic Structure. The First Kicks program’s basic structure is:

- two sessions per week (one session on Saturday and the other on a day designated prior to registration for the program)
- 3 v 3 games
- like most of RFC’s coaching delivery (at all levels), the program delivery is *via* a blend of volunteer/parent coaches and professional coaches. As the coach to player ratios at this age group need to be very low, volunteer/parent coaches are fundamental for the program’s successful operation.

Want to know more? A fuller description of the RFC First Kicks Program (including details of parent/volunteer coach expectations) can be found [here](#). More information on LTPD Stage 1 can be found [here](#)

3. **FUNDamentals Program, U7 – U9**

LTPD. Stage 2 of LTPD is called “FUNDamentals”. The LTPD objective is to develop soccer abilities and fostering a love of the game via a fun and “stimulating learning environment”

U7. The structure is very similar to the First Kicks (U5 & U6) structure but the format is 4 v 4 but now teams (rather than Houses) are created;

U8. The game format remains 4 v 4 but now teams (rather than Houses) are created

U9. The structure is as follows:

- one practice and one game per week
- format is 7 v 7

Want to know more? A fuller description of the RFC FUNDamentals Program can be found [here](#). More information of on LTPD Stage 2 can be found [here](#)

4. **Learning to Train (“L2T”), U10 – U12**

LTPD. Stage 3 of LTPD is called “Learning to Train”. LTPD identifies this stage as “The Golden Age of Learning”. The RFC’s objective during this stage is to guide players (and parents) through the fundamental transitions that occur during the period. The fundamental transitions include:

- the transition from 7 aside soccer at U10 to full 11 aside at U13
- the transition from fully non-selected or non-streamed soccer to streamed soccer
- concept of “all things being equal” playing time introduced at the U11 and U12 Select level
- for some U11 and U12 teams, away games outside of Richmond in a league called 4 District (comprised of Richmond, Vancouver, Burnaby and the North Shore)

Basic Structure. The basic structure of each of the ages/tiers within the stage is as follows:

U10

- 7 aside
- one practice and one game per week

U11

- 8 aside
- except for the U11 Select Program (see below) one practice and one game per week
- U11 “select” teams are established

U12

- 8 aside
- generally three teams are established *via* player assessment and selection (two “select teams that typically play Gold 1 and Gold 2 respectively and a third team that typically player at a “Silver” tier)

Want to know more? A fuller description of the RFC Learning to Train Program can be found [here](#). More information on LTPD Stage 3 can be found [here](#). For information on Four District: <http://www.4districtsoccer.com>

U13 – U18 Soccer (Junior and Select Program)

General. For organisational purposes, this stage is divided into the following two categories:

- U13 – U18 Junior Program
- U13 – U18 Select Program

U13 – U18 Junior Program. All teams play in “Four District”. The Junior Program is further divided as follows:

- Teams constituted by annual Assessments (including try-outs) – these are called “Gold” and “Silver” teams. Gold and Silver teams are reconstituted each year as a result of determination at assessments. Players on these teams will be subject to annual assessment; and
- Teams not constituted by Assessments – these teams are called “Bronze” teams. While players on these teams will certainly change, after U12 Bronze teams are not reconstituted each year and players are not subject to annual assessment.

Want to know more? A fuller description of the Junior Program can be found [here](#).

U13 – U18 Metro-Select Program. The RFC recognises that during this stage relative player ability is likely to change and therefore after the U13 inflow year for WFC Residency or BCSPL a player may, with the proper guidance and training, subsequently become ready for such programs. The RFC also recognises that for a variety of reasons (such as, for example, other interests, location of practices and game, cost, etc) players who would otherwise be able to do so, may choose not to participate in WFC or BCSPL programs. Whether the player is a later-bloomer who may become ready to play at the WFC or BCSPL tiers or a high ability player who simply chooses not to participate at such tiers, the RFC Select program is designed to provide very high quality programming for such player(s).

Metro-Select teams play in the Metro-Select League (“MSL”). The MSL includes teams from the Lower Mainland and Vancouver Island. The basic characteristics of the Metro-Select Program are as follows:

- high expectations re commitment to program
- frequency: four sessions per week (three training sessions and a game)
- professionally coached
- significantly higher registration fees than Gold, Silver and Bronze tiers

Want to know more? A fuller description of the Select Program can be found [here](#). Further, the current operating rules of the MSL can also be found at [here](#).

5. RFC Adult Programs / The “Graduates”

In 2012, the RFC expanded on its commitment to and implementation of LTPD by establishing the “Graduates”. The Graduates are, for the most-part, comprised of players who have graduated from RFC’s youth program. The principal objective of the Graduates is to keep graduating player playing soccer by facilitating their transition from youth soccer to senior/adult soccer.

In 2012-2013, the “Graduates” finished first in Division 2 of the Richmond Senior Soccer League (“RASA”) and therefore have been promoted to Division 1 (the Graduates also won the President’ Trophy). Among other things, the RFC’s objective is to place affiliated RFC senior teams in each of the RSSL’s divisions. Further information on RFC teams in the RASA will be provided *via* the RFC web-site. The Adult program continues to grow and the RFC now has 3 teams in the RASA for the 2014/2015 season.

The RFC is looking to expand its adult programming by placing a U21 team in the Vancouver Metro Soccer League (“VMSL”). Further information will be provided *via* the RFC web-site.

Want to know more? For more information on the RASA and VMSL, the RASA web-site is: <http://www.richmondseniorsoccer.com> and the VMSL web-site is: <http://www.vmslsoccer.com/>

I. RFC ACADEMY PROGRAMS

1. Introduction

In addition to our regular team based programs described above, the RFC offers additional programming at Long Term Player Development’s FUNdamentals (U7-U9) and Learn to Train (U10-U12) levels. In the fall and winter of 2014-2015, the RFC is offering additional programming that includes:

- U8 “Plus”
- U9 & U10 “Plus”
- U11 “Plus”
- Goalkeeping

The additional programming described above (the “Program”) is in addition to regular weekly practices and games. Further, while the U7 – U10 programming is on Sunday mornings (see below), the RFC will continue to offer its long-running Sunday Morning Skills Program (presented by Dougie Gordon).

2. Program Overview

All Program age levels share the following characteristics:

- a per session cost of approximately \$13-15 per session
- approximately 10-15 sessions each
- coach-to-player ratios of 1: 10 – 12 (meaning that there is one coach for every 10 – 12 players); the “Prospects” Goalkeeping will have ratios closer to 1: 6 – 8.
- profession and certified coaching

- all sessions on artificial turf
- LTPD compliant content with, from a technical/skills perspective, a focus on the “Richmond Technical Basics” (Richmond Technical Basics can be found at the following [link](#))
- all players receive RFC training T-shirt

The Academy programs are open to all registered RFC players but subject to “internal tiering” Internal tiering means that once we have had the opportunity to assess players, we will, within the specific program, group and re-group (player ability changes at these age groups) the players based on similar assessed ability.

3. Particulars of Each Age Group

U8, U9 and U11 Plus

The objective for this program is simple: to provide to those players who are interested an opportunity to increase their playing frequency (and therefore touches on the ball) from the RFC basic two (one practice + one game) times per week to three times per week. Times to be announced. Each session is 1 hour and 30 minutes in duration.

U10 Plus

U10 Plus is open to all registered RFC players but as an objective of U10 Plus is to prepare players for selected soccer at U11. Further, for this program, the following is emphasised:

- frequency is twice per week and all players who register for this program are (all things being equal) required to attend all sessions
- players are (in an age appropriate manner) asked to work to be the best soccer players that they can be
- rules in respect to punctuality, behaviour etc. will need to be followed

As a result of the emphasis above, this program may not be appropriate for all players.

The U10 Plus program is twice per week. Times to be announced. Each session is 1 hour and 30 minutes in duration.

Goalkeeping (U11-U18)

This program is for players who are goal-keepers and wish to further develop their skills outside of team practices. The frequency of this program is once per week. Times to be announced. Each session is 1 hour and 15 minutes in duration.

4. Registration and More Information

While open to all RFC registered players, space at each age group is limited. Players registered at each age group will receive an email from the RFC administrator when registration is open. It is expected that registration will be open in mid-June. Any additional details will be provided at such time. Final information on cost, days, times and locations will be provided in mid-August.

J. COACH DEVELOPMENT

The RFC believes that all players benefit from a certified coach. To facilitate this, the RFC hosts numerous BC Soccer Coach Certification courses throughout the year. These community coach certification courses are offered at no charge to those in the RFC (and RGSA).

To learn more about the BC Soccer Coach Certification process go [here](#).

To learn more about current offerings by the RFC go [here](#).