

POWERED BY  
**PACIFIC FOOTBALL CLUB**

## WAVE PROGRAM HANDBOOK



POWERED BY  
**PACIFIC FOOTBALL CLUB**

POWERED BY  
**PACIFIC FOOTBALL CLUB**

TABLE OF CONTENTS

.....Why Play for the Wave

.....Vision, Mission & Values

.....Program Focus

.....Team Program Planning

.....Team Roster and Playing Time

.....Talent Observed Players Program (TOP)

.....Program Finances

.....Unpaid Fees and Collection

.....Financial Assistance

.....Program Staff

.....Schedule

POWERED BY  
**PACIFIC FOOTBALL CLUB**

POWERED BY  
**PACIFIC FOOTBALL CLUB**

## 1. WHY PLAY FOR THE WAVE?

The Van Isle Wave is a football program, Powered by Pacific Football Club, designed for youth athletes from U13 to U18 age groups. We play at the highest level of youth soccer in the province (BCSPL - British Columbia Soccer Premier League). The program seeks to develop athletes and the football scenery in Vancouver Island by following the Long Term Athlete Development methodology. The backbone of what we expect of ourselves is to “stay hungry” at all times by remaining competitive in practices as well as matches. We remain committed to winning through the development of players.

By guiding the growth of the club, the teams and the individual players, we seek to SPICE it up:

- Support: Here we provide additional coaching information and direction for the coaches and the players not to mention the managers and families
- Person: The unpopular focus will always be what's best for the person versus the team, however that is our approach. The person is always critical in everything and playing and performing at the highest level possible.
- Inclusive: The program will have an open door policy and thus coaches and players may change from year to year under a plethora of circumstances - our focus will always be on allowing players the opportunity to play with VI Wave, especially if there is room to do so; as well as developing coaches.
- Culture: By seeking feedback from coaches, players and parents, we begin to take on information that builds a culture that is developed by everyone. This is a crucial step moving forward. This also includes local clubs.
- Environment: Ultimately we wish to create a safe learning environment for players, families, coaches and officials who are supported positively and free of any form of abuse.

POWERED BY  
**PACIFIC FOOTBALL CLUB**

## **2. VISION, MISSION & VALUES**

### **★ Our Vision**

Be the best destination for any person to look forward and grow themselves and the game

### **★ Our Mission**

Create a safe, fun, inclusive and equitable learning environment where a person can play and grow through positive experiences

### **★ Our Values**

**L** - Listen; **E** - Equity; **A** - Accountability; **R** - Relationships; **N** - Nurture

## **3. PROGRAM FOCUS**

Our program follows the Long Term Player Development (LTPD), “a model of athlete development that parallels what doctors and psychologists have long used to better understand human development”.

Why do we base our program on the LTPD guide? We do so in order for the young athletes to train and compete in an environment that suits their current stage of development. There must be synchronicity between activities/expectations and the developmental stage of young athletes so they don't feel overwhelmed and discouraged, which can lead them to failure and drop out, as well as development of bad habits and poor skills. Ultimately, they don't enjoy the game and that can become a lifetime frustration. We have adjusted some wording to suit our programming and direction while focusing on the main principles.

POWERED BY  
**PACIFIC FOOTBALL CLUB**

Learn to Train (U13-U14)

The onset of the adolescent growth spurt for most kids during this stage is an ideal time for endurance training. Players are also introduced to concepts like mental preparation, goal setting, and coping with winning and losing while learning more advanced soccer skills, including position-specific techniques. The team concept is not the main focus nor is results such as winning matches. Individual, combination and small group play are the major focuses.

Train to Compete (U14-U15)

Players are now working to hone their soccer skills under a variety of competitive conditions in an 11 v 11 game format that mirrors adult play but is not adult play yet. The training focuses on breaking the game down into small group play as well as attack vs. defense in the form of phases of play. Along with the continued refinement of advanced techniques, players work to develop their tactical awareness, discipline and mental toughness.

Compete to Win (U17-U18)

With most of their soccer skills now fully established, the focus for players at the Club team level will be more on university, college, semi-professional and professional levels shifts to performing at their best. They work on adapting strategies quickly to suit changing demands, establishing a pre-training and pre-match routine, and maintaining optimal physical and psychological fitness.

#### **4. TEAM PROGRAM PLANNING**

For the purposes of Team Planning, below is a suggested breakdown of activities/events/tournaments that each program can offer in each of the double age-bracket bands in consultation with the club, coaches and families. The club's involvement in this process is purely offering ideas for the program content.

POWERED BY  
**PACIFIC FOOTBALL CLUB**

U13-U14 Age groups

Team Activities - such as BBQ's, Day at the Beach etc

Weekend Team bonding event - such as Camping,

Canadian Based Tournament (such as Calgary/Edmonton) OR US Based Tournament (such as Seattle/Portland)\*

U15-U16 Age groups

Team Activities - As above expanding to video review and college prep

Weekend Team bonding event - such as pre-season football fitness, local tournament

Canadian Based University Tour (such as BC/AB/ON)) OR US Based University Tour (WA/OR/CA)\*

International Tour - this could be CONCACAF based OR UEFA based trip\*

U17-U18 Age groups

Team Activities - as above

Weekend Team bonding event - as above

Canadian Based University Tour (such as BC/AB/ON)) OR US Based University Tour (WA/OR/CA)\*

\*For tournaments outside BC and Canada the club must be notified, with a minimum of 30-day notice, by the head coach. The reason being an application must be submitted to BC Soccer for approval.

## **5. TEAM ROSTER AND PLAYING TIME**

It is important to understand that over the course of an individual's development they will be faced with many challenges that range from physical limitations to speed of thought and speed of execution scenarios based on the **5 moments of the game (Attacking and Defending Organization, Attacking and Defending Transitional Play and Restarts)**. It is here where the development takes place from month to month, quarter to quarter and obviously year to year. It is said, as a general rule of thumb, that

POWERED BY  
**PACIFIC FOOTBALL CLUB**

players reach their full potential by the age of 21. With that being said we will have three levels of playing time for specific age bands that will address the playing time. This is as follows:

The Learn to Train Age Band (U13-U14)

During these years the players will be rewarded with equal playing time in all matches throughout the year, unless there are issues with attendance, which must be addressed with the Head Coach and the family directly.

The Train to Compete Age Band (U15-U16)

During these years the players will be rewarded with equal playing time in all league matches throughout the year. When entering into the cup competitions, players must play a minimum of 30 minutes per match (divided as the coach sees fit), unless there are issues with attendance, which must be addressed with the Head Coach and the family directly.

The Compete to Win Age Band (U17-U18)

During these years the players will be rewarded with equal playing time in all league matches throughout the year. When entering into the cup competitions, players must play a minimum of 30 minutes per match (divided as the coach sees fit), unless there are issues with attendance, which must be addressed with the Head Coach and the family directly.

**6. TALENT OBSERVED PLAYERS (TOP)**

U16/U17/U18 top talents train together - this program will be a key component in developing both female and male players who are considered to be playing at the highest level of consistency across 3 age brackets (U16, U17 and U18). These players will all train once a week together in order to develop further in all aspects of the game

POWERED BY  
**PACIFIC FOOTBALL CLUB**

with top identified coaches within the club - these sessions are all free of charge and numbers are limited to 16-20 players including GK's.

## 7. PROGRAM FINANCES

### a. Program Deliverables

- i. Technical Foundation
- ii. Player Pathway
- iii. Performance Coaching
- iv. Structured Training Environment
- v. Cohesive Match Model
- vi. Safe and Inclusive Learning Environment
- vii. Competitive Play (League Play and Cup Play)
- viii. Additional Program Planning
- ix. Coach ⇌ Player Feedback Session

**Note: U16 and U17 groups will be automatically entered in the FTF Wave Winter Tournament in December.**

### b. Program Cost

For the 2022-2023 BC SPL Season, the program total fees are \$3195+GST.

### c. What is covered by the program fees\*?

- i. BC SPL Fees - Team Registration Fees; Insurance; BC SPL General Manager Compensation; BC SPL Portal
- ii. Coaching staff compensation - head, assistant and goalkeeping
- iii. Program staff compensation - Admin/Operations/Executive
- iv. Facility Rental - for practice, team meetings and matches
- v. 2 local exhibition matches per team - one per phase
- vi. Training equipment

POWERED BY  
**PACIFIC FOOTBALL CLUB**

- vii. Video Recording - software and hardware
- viii. Referee Costs
- ix. Wave Apparel - training and match
- x. Travel Expenses for BCSPL matches - bus and ferry fares for players/coaches/1st team manager
  - 1. In the event **athletes** need hotel accommodation for any BCSPL-related activity, the cost is not included in the program fees and will be under families' responsibility.
  - 2. The team staff (head + 1st assistant coach + 1st manager) hotel cost will be covered by the club.

\*not limited to.

**NOTE: Additional tournament fees apply if teams sign up for tournaments outside of the league.**

d. Method of payment

Families will be able to opt between 3 methods of payment: credit card, cheque or e-transfer. Please carefully read below the conditions for each payment method so an informed decision can be made before completing your payment.

- i. Credit Card - families can opt between **one upfront full fee payment (due at registration)** or **10 monthly payments (every 15th day September to May)**
  - 1. The registration system (Teamsnap) charges the following fees for payment processing: the credit card processing rate (3.25% of total fees) and credit card processing fees (\$1.50 per transaction).

POWERED BY  
**PACIFIC FOOTBALL CLUB**

- ii. **Cheque** - one upfront full fee payment (due August 15th)
  - 1. Cheques must be **dropped off in person** at 3024 Glen Lake Road (care of the Manager of Youth Operations - Giuliano Caseiro)
  - 2. Cheques are not to be mailed to the address above.
  - 3. Cheques received by mail will not be accepted as payment of program fees.
  - 4. If the cheque is not received by the due date (August 15th), the family will be contacted through email by the Manager of Youth Operations and the player(s) will not be authorized to train or play games until the cheque is received.
  - 5. Monthly payments through cheques are not accepted.
  
- iii. **E-transfer**: one upfront full fee payment (due August 15th)
  - 1. Email to e-transfer: [dfriend@pacificfc.ca](mailto:dfriend@pacificfc.ca)
  - 2. Upon completing the e-transfer, the family must send an email to [wave@pacificfc.ca](mailto:wave@pacificfc.ca) to confirm the email address used to transfer the amount.
  - 3. If the e-transfer is not received by the due date (August 15th), the family will be contacted through email by the Manager of Youth Operations and the player(s) will not be authorized to train or play games until the full payment is received.
  - 4. Monthly payments through e-transfers are not accepted.

POWERED BY  
**PACIFIC FOOTBALL CLUB**

e. Discounts

**1. Upper Island Player Discount**

- a. 10% OFF = \$335.47/player;
- b. athletes must live north of Ladysmith or in Salt Spring Island;
- c. athletes must attend all practices and games;

Exception: if you are an Upper Island Player and have siblings registering at the same time for the program, the Upper Island discount does not apply. Instead, you must choose between the sibling discount options that apply to your case.

**2. Multi-Child Discount**

- a. Two-sibling Discount - if you have 2 siblings registering at the same time
  - i. 10% OFF = \$335.47 per sibling
- b. Three-sibling Discount - if you have 3 siblings registering at the same time.
  - i. 20% OFF = \$670.94 per sibling

**8. UNPAID FEES AND COLLECTION**

For players on a monthly installments payment model, should they fail to complete any payments, they will receive an automated message from Teamsnap warning the payment has failed. Teamsnap will try twice to run the payment on the credit card on file. After that, a FINAL PAYMENT NOTICE message will be sent by Teamsnap to inform the family they need to manually login into Teamsnap and make the payment themselves. The email will be sent to the registrant's email address.

After that, the family will be contacted by a club official on three (3) instances over a 30-day period following the due date of the fees. Failure to communicate with the club

POWERED BY  
**PACIFIC FOOTBALL CLUB**

official and/or failure to pay the outstanding balance will result in their suspension from all program activities.

## **9. FINANCIAL ASSISTANCE**

Our program believes that in the case the player(s)/family cannot partially/fully commit to the program fees, this should solely not be a reason to withdraw from our program. Families are encouraged to first contact our Manager of Youth Operations ([wave@pacificfc.ca](mailto:wave@pacificfc.ca)) so we can internally look at options before considering external assistance in conjunction with the family and player.

As external options for financial assistance, families will find multiple organizations, such as KidSport, JumpStart and Athletics for Kids. The financial assistance process runs independently through those institutions, which means we can support the applicants, but ultimately it's entirely up to the organizations to decide whether or not the application will be accepted and how much will be covered towards program fees.

## **10. PROGRAM STAFF**

### **a. Operations and Executive Staff**

- i. Executive Director for the Youth: Mari Friend - [mfriender@pacificfc.ca](mailto:mfriender@pacificfc.ca)
- ii. Director of Football: Stuart Neely - [sneely@pacificfc.ca](mailto:sneely@pacificfc.ca)
- iii. Manager of Youth Operations: Giuliano Caseiro - [gcaseiro@pacificfc.ca](mailto:gcaseiro@pacificfc.ca)
- iv. Head of Goalkeeping - Mark Village - [mvillege@pacificfc.ca](mailto:mvillege@pacificfc.ca)
- v. Equipment Manager: Renato Caruso - [rcaruso@pacificfc.ca](mailto:rcaruso@pacificfc.ca)

### **b. Coaching Staff**

- i. The coaching staff announcement will come soon.

## **11. SCHEDULE**

- a. The practice schedule announcement will come soon.