



ISC Approach to the 13U-14U Players

&

Player Commitment Expectations for Advanced Level Players

2018-2019 Season

Background and the Philosophy of the ISC Approach for 13U-14U Advanced Year Round Players

The First Tryout Years in the ISC: 13U-14U:

In the ISC, WE HAVE PROVEN FOR OVER 22 YEARS that it is possible to run a professionally coached and developmentally focused, competitive program without implementing tryout procedures that "cut" young children or group players on "A" and "B" teams based on their ability at the 9U-12U level. Each year we help players grow and develop as soccer players without following the procedures of many of our competitors who "cut" young athletes or "track" them into "A" or "B" teams during the 9U-12U years of development. Instead of making "A" and "B" teams at the 9U-12U level, we group players based on their own commitment and interest level. If you consider the fact that most soccer clubs in the United States form "A" and "B" teams as early as 8 and 9 years old and at the same time we have over 70% of youth soccer players drop out of competitive soccer by 13, the early selection process clearly does not work. In the ISC, we don't believe that youth players need to be grouped by ability until they are 13U players.

Starting at the 13U Year, we make a shift from the approach outlined above in some important ways. We believe that the 13U year is the correct time to assign players to "A" and "B" rosters. We believe that at this age, unlike with children from 9U-12U, assigning the kids to "A" and "B" rosters for games is the best approach for player growth and improvement.

To be clear though, even as we assign the players to "A" and "B" teams, we do not abandon our approach to player development. The ISC is firmly committed to the development of all the soccer players in each age group in the ISC.

Listed below is a summary of the values and principles that remain consistent even as we move to "A" and "B" teams at the 13U year.

1) Once a player has completed at least one full year with our advanced year round program, we will always find a roster spot for them as long as they continue to meet our commitment expectations and as long as they adhere to our code of conduct. **(If you are new to the ISC Advanced Year Round Program starting at the 13U-14U years, you will need to tryout and be selected to either the "A" or "B" team within the Advanced Year Round Program.)**

2) All 13U-14U players regardless of whether they are “A” or “B” players have the same training/practice opportunities. Both the “A” and “B” players in the 13U-14U age group are given the opportunity to train with other ISC teams that are one age group below and one age group above their current age. Furthermore, the "A" and "B" players in the 13U and 14U age groups train together for ALL practices.

In fact, we limit the total players selected in each age group to about 36 players so that our age group numbers work to mix the “A” and “B” players together for ALL practices during the 13U and 14U practice sessions. Our focus in the ISC is player development, and "B" players must have the opportunity to practice with the "A" level players, if they want to truly develop into competitive players.

Due to the fact that we combine the “A” and “B” players for all training sessions, we DO NOT guarantee that there will be an even division of “A” and “B” players on each roster. We almost always have more players on our “A” roster and the “B” roster is therefore smaller. We feel that this works best because this keeps the age group small enough to train the “A” and “B” players together which we feel is vital for the development of the “B” players as well as the “A” players. Given that the “A” rosters have more players assigned to them than the “B” rosters, for most “B” games, we assign a small group of “A” players each week to play with the “B” team in addition to their “A” game. By doing this, the “A” and “B” players are always working together in training but also in matches as well. This is, in our opinion, far better for the development of the “B” players than if we had a full “A” and a full “B” roster.

In sum, we strive to create a “ONE TEAM” philosophy so that the “A” and “B” players are always together for training. Therefore, when the “A” players fill out the roster for the “B” matches, the teams are cohesive and the kids are comfortable with each other. To be clear though, the “A” team does have their own league and tournament schedule and typically “B” players are only invited to those games if the “A” team needs guest players.

3) We follow a "promote from within philosophy" for league and tournaments. If the "A" roster does not have enough players for a game, we look first for guest players from our own "B" roster rather than seeking out “A” players from other clubs to guest play with us.

4) As is consistent with our player development philosophy, we use the winter period to mix all of our players evenly for all winter games in a specific age group, whether they are "A" or "B" players. Therefore, during the winter months, we divide the entire pool of "A" and "B" players in the age group and assign them to teams without regard to ability or their developmental level. We have found this to be highly beneficial for the "B" level players to play more frequently with the "A" level players. In addition, the "A" level players are pushed by the "B" level players who are trying to move up to the "A" roster.

Listed below is a summary of some of the changes from the 9U-12U years to the 13U-14U years in the ISC.

1) Players cannot choose to be on the "A" team; they must be selected to the "A" team.

2) For the outdoor leagues games and tournaments rather than dividing the players evenly for all games as we did at the 9U-12U years, we assign the group of 18-22 players that are furthest ahead in their development to an "A" roster and they have a schedule of league games and tournaments. We assign the players that are further behind in their development to a "B" roster and they are required to attend certain

league games and tournaments. As was mentioned above, players from the "A" roster will join the "B" roster to provide for adequate numbers. We require the "A" level players to help the "B" team for at least 2 games each outdoor season, but players that are assigned play willingly also.

3) (If you join the ISC Advanced Year Round Program at the 13U year or older, you will need to tryout and be selected to either the "A" or "B" team within the Advanced Year Round Program.)

Explanation of our Purpose for Training and Game Attendance Requirements for 13U-14U Players:

The ISC supports and encourages all of our 13U-14U players to be active in other sports, activities, and organizations. We do our best to offer our year round programs in such a way that all of our year round players on the 13U-14U teams have the flexibility to pursue the other activities that they want to be involved with even as our program runs throughout most of the year. Our coaches understand and support the kids in their interest to sample many of the junior high sports. However, we do have practice rules for our 13U-14U teams in order to maintain some accountability for our players to their team and teammates and to maintain a high standard for our players. Moreover, this is an optional program. Kids choose to join a serious and dedicated soccer club and therefore our players are expected to have a high level of commitment.

We are staunch advocates for the development of ALL of our advanced year round players, which includes both "A" and "B" level players in the 13U-14U age groups, but all players must be accountable to the same standards. Our "B" players are not recreational players, they are treated as developing competitive players and therefore, they need to practice as much as the top competitive players in their age group. If you are looking for a recreational program at 13U-14U, the ISC does not offer recreational soccer programs at this age. Both our "A" and "B" players are always required to meet the same basic requirements for practice and game attendance.

In order to follow a truly comprehensive approach that focuses on player development for both "A" and "B" players in this age range, we will train the "A" and "B" players together for ALL practices throughout the year. **If players of different ability levels are going to practice together, then ALL players must make the same minimum commitment to training.** It would not be appropriate in a player developmental approach that groups both the "A" and "B" players in training together to expect anything less from either the "A" or "B" level players in regard to a minimal practice requirement standard.

We are confident that the 13U-14U training and game attendance rules are not so extensive or overwhelming that your son or daughter will be forced to choose between playing junior high sports and club soccer with the ISC. For most months, the practice rules during the academic school year are minimal. We tried to require less practices during the main periods when junior high kids play junior high sports in order to allow for time for the kids to pursue these other sports. In contrast, the practice rules during the non-school year or toward the end of the school year in May, when junior high sports are winding down, are more extensive.

After you review all of these practice rules, please note that if these rules do not work for your child, they could also look at our "POP" or "POPPI" program for other options. More information on these programs can be found on our website at www.iowasoccerclub.com.

If you make a commitment to our program by following the rules below, we will provide playing time guarantees for all players in the age groups from 13U-14U for all league games and tournament games.

Summary of Game Attendance and Practice Requirements for the 2018-2019 Season for 13U-14U ISC Advanced Year Round Players:

Fall Outdoor Season Game Attendance

- August-October 2018
- 1 Full Tournament
- 60% Attendance for league games. Most teams typically have 5-7 outdoor league games per season.
- Players must make a commitment to league games in locations that are both close to Iowa City such as Cedar Rapids and Muscatine and further away in locations such as Cedar Falls and Des Moines. Commitment to the ISC year round program at this age requires travel. Families that do not make that commitment, will be asked to switch their kids to “POPPI” or “POP.”
- If your child plays on the “A” team, you must play in 2 league games in the fall season with the “B” team. The “B” team’s success is vital to the success of the age group and this is a mandatory requirement. Attendance at these 2 games with the “B” team is in addition to your league requirement of 60% of games for your assigned games with the “A” team.

Winter Season Game Attendance

- November-March
- 2 Full Indoor Tournaments. (NOTE that 2 of the 3 INDOOR events are held in Iowa City.)
- All 13U-14U players are required to play in **ONE** session of the “BAGIL JR” league which is an ISC intra-club league which is held in Iowa City. All games are played in the HTRC in Iowa City, so no out of town travel is required. For players that receive financial assistance from the ISC, limited financial assistance is available to help offset the cost of “BAGIL JR.” Each session costs about \$90 per player. Players need to play in 50% of the indoor games for the session that they decide to play in during the winter season. Please note that these fees are in addition to the club fees and team fees. Please check out this page on the ISC website for more information: <http://www.iowasoccerclub.com/node/63>

Spring/Summer Season Game Attendance

- April-June 2019
- 2 Full Tournaments
- 60% Attendance for league games. Most teams typically have 5-7 outdoor league games per season.
- Players must make a commitment to league games in locations that are both close to Iowa City such as Cedar Rapids and Muscatine and further away in locations such as Cedar Falls and Des Moines. Commitment to the ISC year round program at this age requires travel. Families that do not make that commitment, will be asked to switch their kids to “POPPI” or “POP.”
- If you play on the “A” team, you must play in 2 league games in the spring season with the “B” team. The “B” team’s success is vital to the success of the age group and this is a mandatory

requirement. Attendance at these 2 games with the 'B' team is in addition to your league requirement of 60% of games for your assigned games with the 'A' team.

Practice Attendance Rules for all 13U-14U ISC Advanced Players:

Please note that all practice rules below apply to both "A" and "B" players.

There are 3 main periods in which players must practice:

- Late/July-August Pre-season-12 practices for the pre-season period
 - Regular Training Months-Only 1 practice per week required
 - May -Accelerated Training Month-12 practices for the month
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Detailed Account of Practice and Game Requirements

Tournament Attendance for all 13U-14U ISC Year Round Players:

Fall and Spring /Summer Season:

All players, both "A" and "B" players in the advanced year round program, must commit to at least **1 full weekend tournament in the fall season and 2 full tournaments in the spring/summer season.** This means that the player must be in attendance for all games of the tournament. A complete schedule of fall tournaments and spring/summer tournaments for 13U-14U teams can be found at the end of this document. This schedule may be subject to some revision.

Winter Season:

All players, both "A" and "B" players in the advanced year round program, must commit to at least **2 full tournaments in the winter season.** This means that the player must be in attendance for all games of the tournament. A complete schedule of winter tournaments can be found at the end of this document. This schedule may be subject to some revision.

League Game Attendance for all 13U-14U ISC Players:

All ISC 13U-14U advanced year round players are required to participate in a fall and spring league with their ISC teammates.

Fall Season and Spring Season:

Players **do not need to attend all league games** with their team in the fall and spring season. We want players to have some flexibility to play other sports or miss some weekend games due to other activities that arise. However, each player must make at least 60% of their team's league games in the fall and spring seasons.

Winter Season:

All 13U-14U Players must play in 1 of 2 INDOOR soccer sessions of the ISC "BAGIL JR." intra club league offered in Iowa City.

In Depth Look at the Practice Rules:

There are 3 main periods in which players must practice:

- Late/July-August Pre-season-12 practices for the pre-season period
- Regular Training Months-Only 1 practice per week required
- May -Accelerated Training Month-12 practices for the month

Pre-Season in late July and early August

Players need to complete 12 practices in the time range from late July 2018 through the month of August 2018. In order to be eligible to play in games in September, all players need to have finished 12 practices by August 31. Pre-Season team practices for the 13U-14U teams will start on Monday, July 30, 2018. Please note that we will allow some of the special events in late July, such as the "ISC IRON CAMP" count toward the 12 practices that must be completed by August 31.

- ❑ Team Practices will start at the beginning of August. However, you do not need to officially start that early especially if you are on vacation. Your only requirement is that you complete 12 Practices by the end of August. Often team practices during the 1st two weeks of August are held in the mornings.
- ❑ All 12 Pre-Season sessions must be completed by August 31, if you want to play in games in September and in the remaining months of the year.
- ❑ During the pre-season phase, you can count up to 6 "super skills," another team practice, "IRON CAMP" Practices, or an "incentive plan" practice in order to count as a part of your mandatory 12 practices for the month of August. This means that 6 of your total of 12 required sessions MUST be with your assigned team.
- ❑ If you have not completed the 12 sessions by August 31, you will need to make them up in September, but you will not be allowed to play until the sessions are completed.
- ❑ If the team has games in August, the players do not need to have met the 12 practice requirement rule in order to participate in any August games with the club.
- ❑ If your child sustains an injury during this month, we will make exceptions to the 12 practice rule. We do not want to make an injury worse. If your son or daughter can demonstrate that a

physician recommends that they need to take a break from training, we will not require your child to complete the 12 practices or make them up at a later time.

Accelerated Training Month in May

Players need to complete 12 practices in the time range from May 1-until the end of May. The sessions DO NOT need to be completed by the first weekend of state cup, which is Memorial Day weekend. In order to be eligible to play in games in June or to try-out for the following season all players need to have finished 12 practices in this time period.

- ❑ During the "May Accelerated Training Month," you can count up to 6 "super skills," another team practice, or an "incentive plan" practice in order to count as a part of your mandatory 12 practices for the month. This means that 6 of your total of 12 required sessions MUST be with your assigned team.
- ❑ All other rules that applied during the August Accelerated training month, apply during the May Accelerate training month.

Regular Training Months

Our soccer season starts in the month of August. All ISC teams in the age range from 13U-14U receive 70 practices starting in early August through mid June. We guarantee that all 70 sessions/practices are scheduled and completed for your team even for sessions rained out.

(Please note that if practice attendance isn't met, your child will not play in the games on the weekend. For example, if your child does not attend at least one practice per week, they are NOT eligible to play in the games on the weekend. If a player is sick or injured and that prevents your child from attending at least one practice per week, they are still not eligible to play in the games that weekend. The only exception to this rule is if the coaches choose to sit out a player the week prior to state cup to give them more rest for the STATE CUP TOURNAMENT.) Please also note that even if your team does not have a game on the weekend, the practice requirement must be met.

ISC PRACTICE MONTH SUMMARY

Regular Required Training Months when players must practice 1 time per week are highlighted in green, extra training months are in red, and the months with no requirements are in yellow:

- August -Follow the pre-season practice rule (You must complete 12 practices by the end of the month.)
- September -1 Per Week
- October-1 Per Week
- November -1 Per Week
- December-1 Per Week until winter break starts
- January -1 Per Week
- February -1 Per Week
- March -1 Per Week except for the week of Spring Break
- April -1 Per Week
- May -Accelerated Training Month-12 Practices Required:
- June- 1 Per Week for the first two weeks. Tryout attendance counts as a practice also.
- July-NONE REQUIRED.

THE ISC Guarantee to our 13U-14U players:

As long as each player meets our minimal standards of commitment outlined above and they follow all provisions of the ISC CODE OF CONDUCT, we will provide the following playing time guarantees for all outdoor games:

All players are guaranteed half of the minutes in each half for all league and tournament games.
The minutes of guaranteed time per half is played in a block of time without interruption.



2018-2019 Season

Listed Below is the proposed tournament schedule for the fall, winter, and spring/summer season for our ISC 13U-14U boys' and girls' teams for the 2018-2019 Season.

This includes the schedule for both the "A" and "B" teams. This schedule is subject to revision.

Fall Tournaments for "A" Teams-Boys and Girls-13U and 14U Boys

- St. Louis Scott Gallagher Friendlies-Labor Day Weekend-September , 2018
- Nike Classic Cup Fall 2017-Chicago Area (Schamburg, Illinois)- October 2018

Fall Tournaments for "B" Teams-Boys and Girls -13U and 14U Boys

- Elite Elevens-Iowa City -Kicker's Soccer Complex-August 2018
- FC United Midwest Classic-Hiawatha, Iowa-North of Cedar Rapids-Mid to Late September 2018

Winter Tournaments-For Boys and Girls "A" and "B" ("A" and "B" players mixed for winter events.)

- ISC Bubble Blowout- Mid January-2019 -Iowa City, Iowa. Tournament Held in HTRC.
- Indoor Tournament at UNI Dome in Cedar Falls, Iowa. Girls in January and Boys in February.
- U of I Indoor Tournament-Iowa City, Iowa -Second weekend of Spring Break in March 2019

Spring/Summer Tournaments Boys and Girls "A" Teams

- WDM Tournament-Early April-West Des Moines, Iowa
- Mother's Day Classic-Kansas City-Mid May
- State Cup-Two Weekends (Memorial Day Weekend and First Weekend of June) (Must be selected to roster of 17 Players.) Some players may only play in 2 events, if they are not selected to join the team at state cup.

Spring/Summer Tournaments Boys and Girls "B" Teams

- Mid to late April-CRSA CHILLOUT- Hiawatha, Iowa-North of Cedar Rapids-At Tuma Soccer Complex
- State Cup-Two Weekends (Memorial Day Weekend and First Weekend of June) (Must be selected to roster of 17 Players) (Players on "B" team are competing with players on "A" team to be in top 17 roster spots.) Some players may only play in 2 events, if they are not selected to join the "A" team at state cup.
- Muscatine Summer Classic-Mid June