



## **ISC Approach to the 13U-14U Players**

**&**

## **Player Commitment Expectations for Advanced Level Players**

### **2020-2021 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 23 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. 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 do not 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 and both the "A" and "B" players always practice together.

**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 age, you will need to tryout and be selected to either the "A" or "B" team within the Advanced Year Round Program.) Please note that due to the COVID GLOBAL PANDEMIC, we are not allowed to hold "in-person" tryouts this year. Therefore, selection in the month of June will be an invitation to join the age group pool of 36-40 players. Once selected, we will have to wait until mid-August to divide the players into an "A" and "B" team. Normally the players are divided into an "A" and "B" team during the June Tryouts.**

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 36-40 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.

We DO NOT guarantee that there will be an even division of “A” and “B” players on each roster. In some age groups we have more players on our “A” roster and the “B” roster is therefore smaller. In those situations, we may need to 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. However, in many age groups, the “A” and “B” team rosters are of similar size and we do not mix players for outdoor games. If the “B” team has at least 16 players, we would not invite “A” players to fill out the roster.

We strive to create a “ONE TEAM” philosophy so that the “A” and “B” players are always together for training. Therefore, if an “A” player is needed to fill out the roster for the “B” matches, the teams are cohesive and the kids are comfortable with each other. In the same way, if a “B” player is needed to fill out the roster for the “A” team, the “B” player is already familiar with all the players and the way they play.

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 may join the "B" roster to provide for adequate numbers if the “B” roster has less than 16 players. We require the “A”

level players to help the “B” team for at least 2 games each outdoor season if the “B” roster numbers are low.

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.) Please note that given the unusual and unprecedented circumstances related to the GLOBAL COVID PANDEMIC, we are only selecting the pool of the top 36-40 players in June and then in August we will divide the pool of players in an “A” and “B” team.

**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. However, we do have practice rules for our 13U-14U teams in order to maintain 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 take responsibility 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. Therefore, both the “A” and “B” 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 or intermediate program at 13U-14U, the ISC offers a Lightning Program that practices one a week and is meant for skill development. However, we do not support “C” level teams in the ISC. Players must be selected to our pool of 36-40 players in the age group to participate on either the “A” or “B” team.

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.

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," "POPPI," or LIGHTNING program for other options

If players make a commitment to our program by following the rules below, we guarantee that the 13U-14U soccer player will play half of each half for all 13U-14U league and tournament games.

Please note that given the circumstances related to the COVID GLOBAL PANDEMIC, for the 2020-2021 season, the game requirements will be treated as recommendations. The game requirements will be listed in this document so parents understand what our normal commitment requirements are for games and tournament attendance, but with the safety and well-being of our players and their families in mind, we are not imposing game requirements on players for the 2020-2021 season. Of course we fully intend to have a league and tournament schedule, but we are just giving parents more flexibility to back out of games when they believe the health of their kids or family is at risk by attending a certain event.

## **Summary of Game Attendance for the 2020-2021 Season for 13U-14U ISC Advanced Year Round Players:**

### **Fall Outdoor Season Game Attendance**

- August-October 2020
- 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. IF the “B” team has sufficient numbers, this requirement is not relevant for the particular age group 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 60% 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.

## Spring/Summer Season Game Attendance

- April-June 2021
- 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. IF the “B” team has sufficient numbers, this requirement is not relevant for the particular age group team.

---

### Summary of Practice Requirements for the 2020-2021 Season:

**Please note that practice rules will apply for the 2020-2021 season even though the game attendance rules are not being strictly enforced.**

However, we are prepared to offer kids options to meet their practice obligations with at home workouts or virtual LIVE ZOOM WORKOUTS when the request is approved by the Director of Coaching. We have no idea what situations will arise in the fall and by providing some flexibility with distance learning, we will still be able to help players improve. If we get in a situation where all practices need to be held virtually, the players will still need to attend the practices to meet practice obligations.

### **All Rules Below apply to both our “A” and “B” players on each roster.**

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.

Practices for all 13U-14U teams will start at the beginning of August, but practice attendance rules will not take effect until the week which starts on August 17, 2020.

All players in the 13U-14U age groups are required to practice two times per week during the period from Monday, August 17, 2020 -October 29, 2020. In addition, they are required to practice 1 time per week from Monday, November 4, 2020 through April 16, 2021. Finally, they must also practice 2 times per week from April 19, 2021 through the end of May 2021.

Please note however, that during this time period, there are 4 weeks that practices will not be required. Those weeks are the week of Thanksgiving break, 2 weeks of winter break, and spring break 2021.

August 17, 2020-October 29, 2020: 2 Times Per week required

Monday, November 2, 2020 -April 16, 2021: 1 time Per week required

April 19- May 28, 2021: 2 Times per week required

## Frequently Asked Questions for Practice Attendance

- What happens if the 13U-14U player does not meet their weekly practice obligations?

In order to be eligible to play in games, the 13U-14U player must attend their required practices per week. If they are not able to participate fully in the required practices during a given week, the player will not be allowed to play in any game scheduled on the weekend.

- What happens if the player does not meet practice requirements due to illness or injury?

If a player is sick or injured and that prevents the player from meeting their weekly practice obligation, they are ineligible to play in the games for the entire weekend. The exception to this rule is if the head coach of the team makes the decision to sit out a player the week prior to state cup, regionals, or a college search tournament to give the player more rest for these events.

- Can the 13U-14U player attend other ISC team practices or optional practices such as “super skills” in order to meet their weekly practice obligations?

Yes. The ISC needs to provide flexibility for our athletes to give them opportunities to participate in the other activities that are important to them. Therefore, we allow 13U-14U players to attend other team practices or other optional practices such as “super skills” to meet their practice obligations. Players can attend a team practice that is 1 age group older or 1 age group younger than their own age, but they would not be able to count a practice with a team that is 2 years younger and players are not approved to attend a team practice this is 2 years older. With this said, 13U-14U players should put a priority on team practices as often as

possible and players that want to earn playing time must communicate effectively with their team coach.

- Does the 13U-14U player need to meet their weekly practice obligations even during weeks when there are no scheduled games on the weekend?

Yes. If players do not meet their practice obligation during the week preceding a weekend without a game, they will not be eligible to play in the games for the following weekend.

- Does the practice rule apply during weeks when kids play in the ISC Indoor leagues?

Yes. If players do not participate fully and meet their weekly practice obligations during the indoor season, they are not eligible to play in our indoor league games.

- What happens if a practice is rained out or cancelled?

If the practice is cancelled, all players on the team can count that practice as if they attended. However, if the practice is moved indoors at a time reasonably close to the normal scheduled time for the practice, the practice is not considered cancelled. This means that players are responsible to check the practice updates and always have indoor and outdoor shoes available.

- How is the practice rule enforced?

Players are expected to self-report to the head coach via email and they must also copy the Director of Coaching on the email to notify the coaches that the weekly practice obligation was not met. If a player does not **self-report** to both their head coach and the Director of coaching via-mail by 10:30 pm on the Thursday night prior the weekend games, the player will be suspended from all matches for 2 weeks. If this happens a 3<sup>rd</sup> time during the same soccer year from August 1-July 31, the player will be removed from the ISC roster.

- What happens if a player misses multiple weeks due to injury?

Players that miss weeks due to injury will NOT need to make up missed practices from weeks that have past. The player that is returning from an injury must meet their practice obligations

during the week preceding the match that they want to play in, but they will not need to make up missed practices from previous weeks. It is not in the best long-term health interest of an athlete that was injured to try and make up missed practices for weeks that have already past.

- Does the club offer make ups as an option during the next week after a player missed a practice? In other words, can a player request to do 3 practices the next week to make up for 1 missed practice during a given week?

NO. For those players that do not have an injury and miss a practice during a week preceding a weekend without games, we do not allow for a provision for players to make up those practices in the following week in order to be eligible to play in the matches for the upcoming weekend.

## **Summary of Practice Attendance Requirements**

### **2020-2021 Season**

#### **ISC Advanced Year-Round Players: 13U-14U**

- 2 Practices per week required-August 17, 2020-October 29, 2020.
- 1 Practice per week required November 2, 2020-April 16, 2021.
- 2 Practices per week required-April 19 -May 28, 2021.
- No practices required during Thanksgiving break week.
- No practices required during 2 weeks of Winter break.
- No practices required during spring break 2020.
- Practices start at the beginning of August, but required practices start on Monday, Aug. 17, 2020.
- Practices may be offered in June and July of 2021, but players are not required to attend.

#### **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.



## 2020-2021 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 2020-2021 Season.

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

- August 22-23, 2020 - Tournament at TBK Complex-Bettendorf, Iowa
- September 19-20, 2020: FC United Midwest Classic (Cedar Rapids at Tuma Complex)
- October 3-4, 2020: Sporting Iowa Tournament-Des Moines, Iowa

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

- August 22-23, 2020 - Tournament at TBK Complex-Bettendorf, Iowa
- September 19-20, 2020: FC United Midwest Classic (Cedar Rapids at Tuma Complex)
- October 3-4, 2020: Sporting Iowa Tournament-Des Moines, Iowa

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

- ISC Bubble Blowout- Mid January-2020 -Iowa City, Iowa. Tournament Held in HTRC.
- Indoor Tournament at TBK INDOOR FACILITY -Bettendorf, Iowa -Girls play in January and Boys in February.
- U of I Indoor Tournament-Iowa City, Iowa -Second weekend of Spring Break in March 2021

### Spring/Summer Tournaments Boys and Girls "A" Teams

- Sporting Iowa Tournament-Early April-Des Moines, Iowa
- TBD-Dependent on Conditions Related to the COVID PANDEMIC
- 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.
- Cedar Valley Moonlight Classic-Mid June