



# **ISC Philosophy for Development for the 13U-14U Players**

## **AND**

### **Player Commitment Expectations for 13U-14U Advanced Level Players**

### **2023-2024 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 26 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 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 are still committed to our player development philosophy which guides all ISC decisions. 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 if they continue to meet our commitment expectations and if they adhere to the ISC 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.)

2) All 13U-14U players regardless of whether they are “A” or “B” players have the same training/practice opportunities.

A. 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 older than their current age and also with teams one age group younger than their age.

B. The "A" and "B" players in the 13U and 14U age groups train together for ALL practices.

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 at this age.

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.

3) 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.

4) As is consistent with our player development philosophy, we use the winter period to mix the “A” and “B” players evenly in the age group for all winter games. Therefore, during the winter months, we divide the entire pool of "A" and "B" players in the age group and assign them to teams for both indoor leagues and the ISC Bubble Blowout 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.

5) Given the fact that the “A” and “B” teams train together, we do not assign a less qualified coach to work with the “B” team. Many youth soccer clubs assign less qualified and experienced coaches to work with their “B” teams, but we believe that by grouping the “A” and “B” together for training, all players receive the same level of coaching.

**Listed below is a summary of the changes from the 9U-12U years in the ISC 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 league games and tournaments, 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. In addition, players from the "B" roster may be included on an "A" roster if the "A" roster has less than 16 players for a league game or tournament.
- 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)

**Purpose for Training and Game Attendance Requirements for 13U-14U Players:**

The ISC supports and encourages our 13U-14U players to be active in other sports, activities, and organizations. However, we also have clear practice rules for our 13U-14U teams 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 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 have "C" level or 3<sup>rd</sup> level teams in the ISC Year-Round Competitive Program. Players must be selected to our pool of 36-40 players in the age group to participate on either the "A" or "B" team.

After you review all 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.

# ISC COMMITMENT REQUIREMENTS FOR 13U-14U PLAYERS

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## Summary of requirements:

- Tournament Game Attendance Requirements
- League Game Attendance Requirements
- Practice Attendance Requirements

## Summary of Tournament Attendance for all ISC 13U-14U Advanced Year-Round Players:

- Fall 2023 Season - Must attend 1 Full tournament.
- Winter -Must make every effort to attend the ISC Indoor Bubble Blowout Event
- Spring/Summer 2024 Season-Must attend 2 Full Tournaments
- **Total Required for 2023-2024 Season= 3**

## **FREQUENTLY ASKED QUESTIONS:**

### **What happens if a player does not meet the tournament commitment requirement for the Fall 2023 season?**

If your ISC soccer player does not attend one full tournaments in the Fall 2023 season, they will not be allowed to register for the FIRST SESSION OF THE ISC INDOOR LEAGUE for their age group.

### **What happens if a player does not meet the tournament commitment requirement for the Spring 2024 season?**

If your ISC soccer player does not attend two full tournaments in the Spring 2024 season, they will not be allowed to register for the FIRST SESSION OF THE ISC INDOOR LEAGUE for their age group during the following seasonal year.

**What happens if a player is unable to meet the tournament commitment in both the fall and spring season during the same seasonal year?**

If a player does not meet the expectations for tournaments in both the fall and spring season of the same year, the player would not be offered a roster position with the ISC for the following year.

**Summary for League Game Requirements for All ISC 13U-14U Year- Round Players:**

**FALL 2023**

Fall – 13U-14U – Each player must attend 55% of the Fall CDL League Games for their assigned team.

13U Players-Must also attend 50% of all EISYL Games for their assigned team. (Starting this year, the 13U teams will play in both CDL and EIYSL. The 13U players will play two EIYSL weekends with 2 games each weekend and they will play in the 9v9 format in the EIYSL. The CDL games will be 11v11 games and those will be played over 5 weekends.)

**Winter 2023-2024**

Winter – All Advanced Year- Round Players must register for 1 of the 2 sessions of the ISC Indoor league known as the ISC JR. BAGIL 13U-14U league. Session options are the November-December option or the January-March option. The leagues are set up so that for each session the kids play 9-10 indoor games. All indoor games are played in the HTRC in Iowa City and games are usually held on Friday, Saturday, and Sundays.

Players must attend 55% of all indoor league games.

**Spring 2024**

Spring/Summer -13U-14U -Must attend 55% of the Spring CDL League Games for their assigned team.

13U Players will also play 2 league dates for EIYSL in the Spring and they must attend 50% of those games for their assigned team.

(Please note that if an outdoor game is rained out and you committed your child to playing in that game, that commitment is counted toward your requirement.)

## **FREQUENTLY ASKED QUESTIONS:**

### **What happens if a player does not meet the league game commitment requirement for the Fall 2023 season?**

If your ISC soccer player does not meet their league game requirements for their assigned team during the Fall 2023 season, they will not be allowed to register for the FIRST SESSION OF THE ISC INDOOR LEAGUE for their age group.

### **What happens if a player does not meet the league game commitment requirement for the Spring 2024 season?**

If your child does not meet their league game requirements for their assigned team during the Spring 2024 season, they would not be allowed to register for the FIRST SESSION OF THE ISC INDOOR LEAGUE for their age group during the following seasonal year.

### **What happens if a player is unable to meet the league game commitment in both the fall and spring season during the same seasonal year?**

If a player does not meet the expectations for league attendance in both the fall and spring season of the same year, the player would not be offered a roster position with the ISC for the following year.

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## **Summary of Practice Requirements for the 2023-2024 Season:**

### **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 on Monday, July 31, but practice attendance rules will not take effect until the week which starts on August 21, 2023.

#### **Practice Attendance Periods for 13U-14U Players:**

**August 21, 2023-October 27, 2023: 2 Times Per week required**

**October 30, 2023 -March 8, 2024: 1 time Per week required**

**March 18, 2024- May 24, 2024: 2 Times per week required**

Please note however, that during the time periods above, 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 2024.

## Frequently Asked Questions for Practice Attendance

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

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” to meet their weekly practice obligations?**

Yes. The ISC provides 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 ISC team practices or other ISC optional practices such as “super skills” to meet their practice obligations. Kids cannot count a soccer practice from another organization such as junior high soccer practice to meet their ISC practice obligation.

Players can also attend an ISC team practice that is 1 age group older or even 1 age group younger and count that practice to meet the practice requirement. With this said, 13U-14U players should put a priority on team practices as often as possible and players must communicate effectively with their team coach. In addition, if your team practice is scheduled at the same time as another team practice, you MUST always practice with your team and not the other ISC team.

- 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 multiple weeks due to injury will NOT need to make up missed practices from weeks that have passed. 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 passed.

- 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**

### **2023-2024 Season**

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

- 2 Practices per week required-August 21, 2023-October 27, 2023.
- 1 Practice per week required October 30, 2023-March 8, 2024.
- 2 Practices per week required-March 18, 2024 -May 24, 2024.
- No practices required during Thanksgiving break week.
- No practices required during 2 weeks of Winter break.
- No practices required during spring break 2024.
- Practices start on Monday July 31, but required practices start on Monday, Aug. 21, 2023.
- Practices may be offered in June and July of 2024, but players are not required to attend.

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

If 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.**



## **2023-2024 Season**

### **13U-14U ISC Teams**

Listed Below is the tournament schedule for the fall, winter, and spring/summer season for our **ISC 13U-14U boys' and girls' teams for the 2023-2024 Season.**

#### **Fall Tournaments for Boys and Girls "A" Teams**

- September 2-4, 2023 -Scott Gallagher Friendlies (St. Louis, MO) (Labor Day Weekend)
- September 30-October 1, 2023: Sporting Iowa Tournament-Des Moines, Iowa.

#### **Fall Tournaments for Boys and Girls "B" Teams**

- August 19-20, 2023 - Tournament at TBK Complex-Bettendorf, Iowa
- September 16-17, 2023-FC United Midwest Classic (Cedar Rapids at Tuma Complex)

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

- ISC Bubble Blowout- Mid January-2024 -Iowa City, Iowa. Tournament Held in HTRC.

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

- Mid to late April-CRSA CHILLOUT- Hiawatha, Iowa-North of Cedar Rapids-At Tuma Soccer Complex
- May 2023- Mother's Day Classic-Kansas City
- State Cup-Two Weekends (Memorial Day Weekend and First Weekend of June) (Must be selected to roster of 17 Players.)
- Mid-June 2023- Steven's Point, Wisconsin (Open to both "A" and "B" team. We will likely take a mix of players from both teams.

#### **Spring/Summer Tournaments Boys and Girls "B" Teams**

- April Fool's Day Tournament-First Weekend of April 2024 -TBK Complex-Bettendorf, Iowa
- State Cup-Two Weekends (Memorial Day Weekend and First Weekend of June) (Must be selected to roster of 17 Players)
- Mid June 2024-Cedar Valley Moonlight Classic. (Cedar Valley Soccer Complex-Waterloo, Iowa)
- Mid-June 2024- Steven's Point, Wisconsin (Open to both "A" and "B" team. We will likely take a mix of players from both teams.

## **ISC 13U-14U REWARDS INDOOR PROGRAM**

**The players who choose to participate in the 2023-2024 ISC 13U-14U INDOOR Rewards program must:**

- 1) Meet all practice, tournament, and league game requirements outlined above as required by all 13U-14U Advanced Year-Round ISC players.

**AND**

- 2) They must also meet an increased practice attendance requirement during the months from November-middle of March. Players that register for the ISC 13U-14U Rewards must practice 3 times per week during all practice weeks from November through the middle of March. (Thanksgiving week and the 2-week winter break are not considered practice weeks during the indoor period.)

In addition, of those 3 required practices per week, 1 practice per week must be “super skills,” one must be with your assigned team, and the other practice can be with another team or another “super skills” or “incentive plan” practice

- 3) In addition, all ISC Rewards players must play in both sessions of the JR. BAGIL. Non rewards players must play in only one session of JR. BAGIL, but Rewards players must play in BOTH sessions of JR. BAGIL in addition to the ISC 13U-14U REWARDS INDOOR LEAGUE.
- 4) Register and play in BOTH SESSIONS OF the ISC 13U-14U REWARDS INDOOR LEAGUES. The games will be played in the HTRC on the Hawkeye Turf and the players in the 13U-14U Rewards league will play 1, 45 minute league game each week except for the weeks when we are on Thanksgiving break, winter break, and of course no games will be held during the Bubble Blowout weekend.

## **REWARDS FREQUENTLY ASKED QUESTIONS:**

### **1) What is the additional cost?**

There are 2 additional costs:

- A) Additional Rewards Uniform Fee-Total Fee TBD (Should not exceed \$80.) The Rewards Uniform will be added to the Soccer.com site and can be ordered directly.
- B) Additional Fee for ISC INDOOR REWARDS LEAGUE FOR 13U-14U SCRAMBLE-There is a fee for each session. The per session fee last year was \$80 per session for 8 league games.

### **2) How does the ISC 13U-14U REWARDS SCRAMBLE LEAGUE WORK?**

Players in the ISC 13U-14U REWARDS PROGRAM will be assigned to a team each week. If the team that they are assigned to wins a game, the players on that team are assigned 3 points. If the team that they are assigned to loses the game, the players on the team are assigned 0 points. If the team that are assigned to ties the game, all players are assigned 1 point. Each player's points will be tracked each week and the top 5 players in the standings will be listed on the website each week. At the end of the season, the players in the top 3 spots in the league will be recognized.

### **3) Is there a separate tryout process for the ISC 13U-14U INDOOR Rewards program? NO**

We do not select by ability for this program. Those players that are willing to make a much greater time commitment to practice and are supported by their parents in doing so will be included in the program.

### **4) Why doesn't the ISC 13U-14U Rewards program travel like the 11U-12U Rewards players do?**

After much consideration, the coaching staff considered the overall travel that our 13U-14U players already do throughout the year and we believe that more travel and even a greater expense related to travel is not the answer to elite player development. We feel that our 13U-14U Year-Round players already are given sufficient travel opportunities for high level development and what we believe this program does is group highly committed players together and allows them to compete weekly in the winter without increasing travel.