

# **BRYC Soccer Progression from Rec to Travel – Coaches**



Program Overview

## Recreational Soccer Club Goals:

- **Improve basic athletic ability**
- **Learn soccer technique and skills**
- **Learn and practice good sportsmanship**
- **HAVE FUN!**

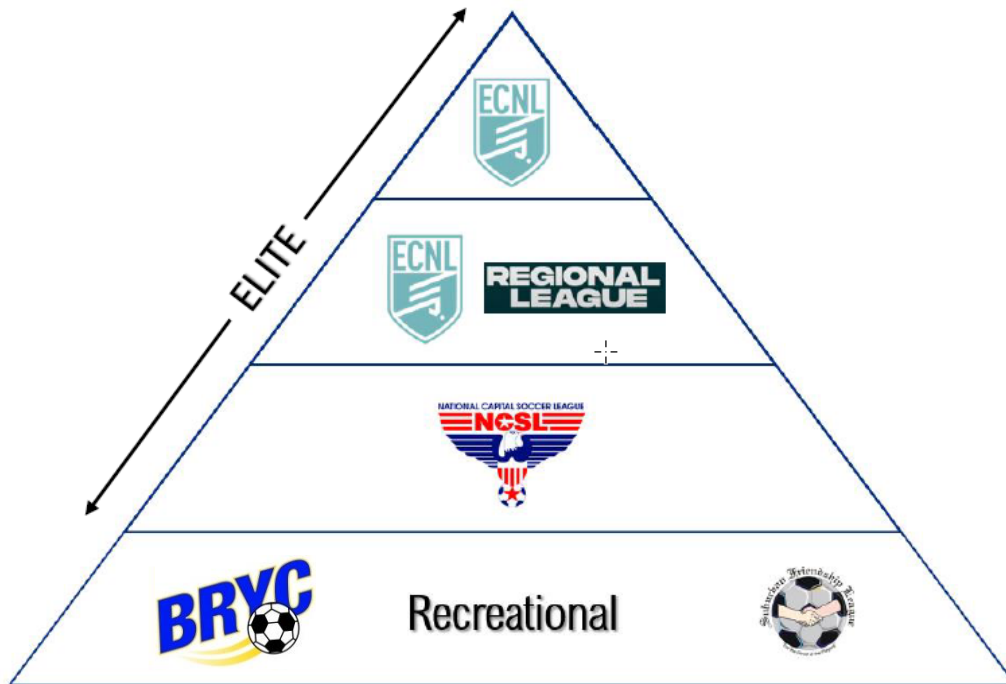


**My team does REALLY well and would like to play at more competitive level! What is the next step?**



# Player Development Structure

## COMPETITION PYRAMID



- 10 to 12-month commitment
- One Sport Specific
- Consistent out of State Travel
- 3 mandatory practices per week

**U13-U19**

- 10 to 12-month commitment
- Time to Play Multiple Sports
- 1-2 out of State Travel
- 3 practices per week

**U11-U19**

- 2 Seasons (6-8) month commitment
- Time to Play Multiple Sports
- Limited of State Travel (VA, MD, DC, WV)
- 2 practices per week

**U9-U19**

- 2 Seasons (6-8) month commitment
- Time to Play Multiple Sports
- 1-2 practice per week

**U4-U19**

# What is Travel Soccer?

- **Higher Level of Play**
  - Play against teams in other clubs
  - Play in leagues that are only for travel teams
- **Higher Commitment Level**
  - Not just for fun & fitness
  - Players need a desire to improve their game and play at a higher level
  - The commitment is for fall AND spring season
- **Higher Cost**
- **Travel Outside of the BRYC Area for Games**

# What are the Travel Options at BRYC?

## Elite Bridge Team

- **Coaches:** Volunteer coaches
- **Practices:** 2 local practices per week
- **Seasons:** fall and spring; most travel teams play a winter league as well.
- **Cost:** \$655 (for fall & spring season)
- **League:** NCSL
- **Game Locations:**
  - Half of games on local fields
  - Half of games are away (could be Alexandria, Arlington, DC, Winchester, or fields in Maryland)
- **Features:**
  - Tryouts: Players are selected through open tryouts.
  - Maintains the community feel of the team.
  - Players are chosen for the team and may stay with the team and the coach.

## Elite Pool

- **Coaches:** Paid coaches
- **Practices:** 2-3 local practices per week
- **Seasons:** 10 month program
- **Cost:** Determined by level of play and age group
- **League:** NCSL, ECNL RL, ECNL
- **Game Locations:**
  - NCSL - Half of games are home/local fields. Half of games are away (could be MD, Winchester)
  - ECNL-65% local
  - ECNL Regional League-75% local
- **Features:**
  - Tryouts: Players are selected through an open tryout process
  - Players train in a pool (all the players at that age group). They are separated by skill level for games.

Age Group		Leagues						Coaches	Estimated Cost (annual)
		Intra-club games	Suburban Friendship League (SFL)	HS Girls House Soccer League (HSGHSL)	National Capital Soccer League (NCSL)	ECNL Regional League (ECNL RL)	Elite Clubs National League (ECNL)		
RECREATIONAL	U4-U8	X						Volunteer*	\$176-\$236  Registration (per season) Early - \$88 On Time - \$98 Late - \$118
	U9-U10	X							
	U11-U14	X (U11-U12)	X (U13-14B/G)						
	U15 and Up		X	X (U16-19G)					
TRAVEL	U8 Elite Development Program	No Games – Training Only Three 8-week sessions (fall, winter, spring) – Can participate in addition to rec team play						Paid	\$300 ((\$100/8 wk session)
	U9-U19 Bridge Program				X			Volunteer*	\$655 (plus team tournament fees)
	U9-U12 Junior Academy				X	X (U11 & U12)		Paid	\$545 (U9) \$1000 (U10) \$1995 (U11-12)
	U13-U19 Elite Program					X	X	Paid	\$2300

\*Volunteer coaches receiving club training and work to receive their VA Youth Soccer Association (VYSA) coaching licenses.

# Responsibilities of a Bridge Travel Coach:

- **Process:**
  - Complete the Application
  - VYSA coach license – You need to have your VYSA license for the age group you are coaching. You don't have to have it when you apply to coach a bridge team, but you need to obtain it within a year.
  - Annual Safe Sport training and background checks
- **Choose your players:**
  - Usually a team or an All Star team goes to travel, so you have a core group of players who want to move up together.
  - You may hold open tryouts for other players to join you.
- **Choose a manager** – The manager is usually parent of one of the players. They are rostered to the team. They must also do annual Safe Sport training and background check. They work with the Club Representative to make sure the team is set up in the VYSA database and the league database. They organize all aspects of the team, or arrange other parents to handle certain aspects (uniforms, snacks, game communication with opponents, team activities).
- **Practices** – Set practice schedule.
- **Tournaments** – Choose tournaments that your team will participate in.



# What is the Path to a Bridge Team?

## How to Apply & Timeframe:

### **Fall/Winter of U8 Season –**

1. Complete application (coaching background, team vision, team philosophy)
2. Submit to Committee for review. If approved...

### **Spring of U8 Season –**

- Determine your core players
- April - set up your tryout, have players register for tryout
- May - choose your team. Submit list of players to Elite registrar. She sends invitations to the players.

### **Summer Prior to U9 Season –**

- Uniforms
- Manager
- Team set up (VYSA, NCSL)

# What is the Path to an Elite Team?

- **Players** register for tryouts on the Elite website.
  - Elite staff evaluate players and send invitations.
  - Players are trained as an age group.
  - Players are separated by skill level and assigned to a team.
- **Coaches** may request to coach with Elite, but Elite hires their own staff.
  - Coaches follow Elite curriculum.
  - Coaches are assigned the teams they will coach and the level (head coach, assistant coach).
  - Coaches may/may not work with the same team through the season. They may be moved as needed.
- **Contacts for Elite:**
  - Tyler Mishalow, Director of Coaching – Girls
  - Joe Dougherty, Director of Coaching – Boys

At BRYC we care about every player and coach that is part of our family, and we want to KEEP them in our family.

Coaching youth sports is such a reward experience. We work hard at BRYC to offer paths for our coaches so that they can grow as their team grows.

We offer a broad program from recreational to bridge travel to elite travel so that every player can play at the level they would like and in an environment where they can thrive.

We hope you enjoy your experience with Braddock Road Youth Club.

If you have any questions, don't hesitate to ask!



