



U10 AVALANCHE ACADEMY

Kiki Wallace

HCSA Director of Coaching
U10 Avalanche Academy Director
doc@hcavalanche.org

High Country Soccer Association

P.O. Box 3367
Boone, North Carolina 28605
828-355-5821
www.hcavalanche.org

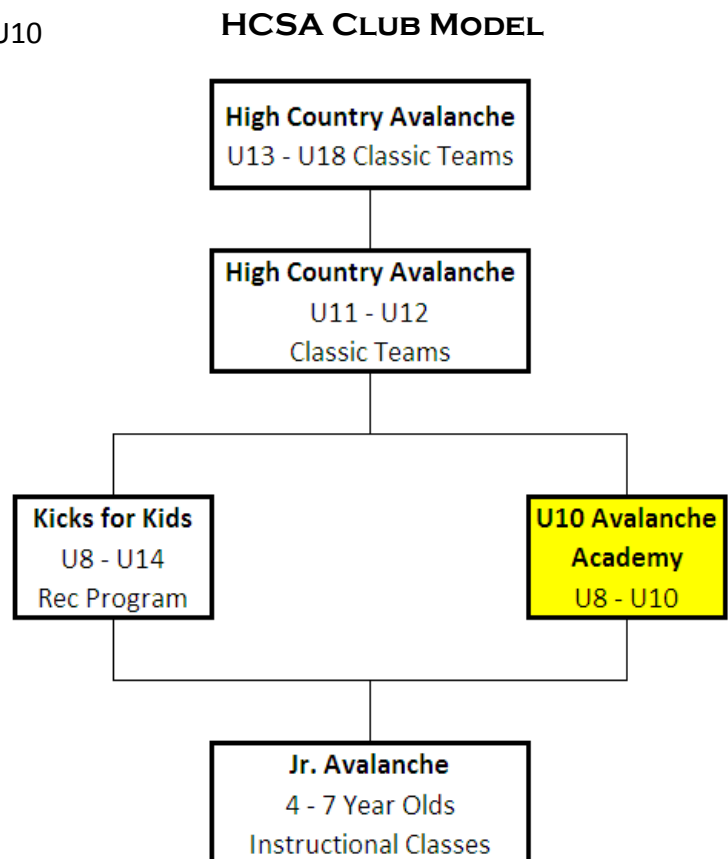
INTRODUCTION

The North Carolina Youth Soccer Association introduced the U10 Youth Academy program and its modern philosophy for player development in the fall of 2008. High Country Soccer Association has been a pioneer of the U10 Youth Academy having offered the program since the inaugural year. The HCSA version of the U10 Youth Academy is known as the U10 Avalanche Academy. U10 Avalanche Academy training sessions and home matches are held at the Ted Mackorell Soccer Complex, the premier soccer facility of western North Carolina. The TMSC has provided a spectacular atmosphere for hosting multi-club Academy events. We are very enthusiastic as we enter our third year in the program. We have seen participation increase and graduates of the Academy have enjoyed amazing success at the next competitive level. For those unfamiliar with the U10 Avalanche Academy Program, the following information is provided to help you learn more about our philosophy and the benefits of the program for aspiring young soccer players.



WHO SHOULD PLAY?

U10 Avalanche Academy is for the U8-U10 advanced player who is looking for a challenging soccer environment and the highest level of age appropriate coaching. U10 Avalanche Academy will best prepare players for advancing in the HCSA Club Model to U11 and U12 Classic level teams. The training environment and competition level in matches is more challenging than that of the Kicks for Kids recreational program. U10 Avalanche Academy players will participate in Academy matches versus similarly skilled players from opposing clubs in other communities.



PHILOSOPHY

HCSA pioneered the U10 Avalanche Academy Program as a way to facilitate the development of youth soccer players in the High Country. Our goal is to provide our young soccer players with the best possible start to their soccer experience. U10 Avalanche Academy will serve as the introduction to the travel soccer program intended to transition the club's U8-U10 player from recreational to the classic travel level which begins at U11.

U10 Avalanche Academy is limited to advanced U8-U10 players. The HCSA coaching staff will do an assessment of registered players during the first week each season to determine whether players meet the skills requirements for acceptance into the U10 Avalanche Academy. Our goal is to bring interested players together in age appropriate and challenging, skill-building training sessions directed by the HCSA Director of Coaching. The training curriculum is designed to develop individual fundamental foot skills, advanced techniques, creative footwork, and basic team concepts which provide the foundations for soccer excellence. Creativity is encouraged in an environment that fosters a lifetime passion and enjoyment for the world's most popular game.

TRAINING & MATCH SCHEDULE

U10 Avalanche Academy will be offered in two seasons: a fall season from the end of August through October and a spring season from mid-March through the end of May. Players are also encouraged but not required to participate in HCSA Futsal which is held indoors over winter break at Appalachian State University's Sofield Indoor Training Facility. Training for U10 Avalanche Academy will be conducted twice per week in 1 hour 15 minute training sessions. Players will participate in the in-house Academy league on Friday evenings. We will divide our own Academy players into teams for this weekly game held at TMSC. An optional supplement to the in-house league will be opportunities to participate in Academy matches versus other clubs participating in the NCYSA Academy Program. We typically schedule 6-8 of these play dates per season with a balance of home and away matches. Travel and participation in Academy matches is optional on a game-by-game basis, but highly encouraged. Travel to these games is generally to Winston-Salem, Lenoir, Hickory, Statesville, and Asheville. Whenever we do travel each team participates in 2 Academy games per date. NCYSA Youth Academy matches are played in a 6v6 format including a goalkeeper. The small-sided game helps players maximize their touches and presence on the field.

COACHING AND FEES

The U10 Avalanche Academy program will be directed by HCSA Director of Coaching Kiki Wallace. The Avalanche Academy Director will serve as the lead trainer for training sessions and will be assisted by a professional and appropriately licensed U10 Avalanche Academy Training Staff. Fees for the Avalanche Academy are \$120 per season which includes registration, coaching fees, and referee fees and reflects the higher levels of commitment, training, and coaching provided compared to our recreational program. Uniforms for players who plan to participate in the Academy matches versus other clubs are \$45 and can be used for multiple seasons.

KICKS FOR KIDS VS U10 AVALANCHE ACADEMY

We are often asked what the difference is between these two programs and which is more appropriate for a U8-U10 player. While the two programs share many similarities in their philosophies they are designed for different levels of ability and commitment. In general Kicks for Kids is designed to be a fun recreational program that teaches basic techniques and skills. Kicks for Kids is a great program for beginning or less experienced soccer players and players looking for a more flexible commitment level. U10 Avalanche Academy is designed as a more challenging program that teaches more advanced techniques and skills for an advanced player and a player looking for a more competitive commitment level.

Kicks for Kids will practice 1 time per week for 1 hour, 15 minutes.

U10 Avalanche Academy will practice 2 times per week for 1 hour, 15 minutes.

Kicks for Kids will play 1 game per week.

U10 Avalanche Academy will play 2 – 3 games per week, though often on the same day.

Kicks for Kids games are played at TMSC, in house against other Kicks for Kids teams.

U10 Avalanche Academy plays some in house games but also plays against other club's Academy teams, some travel is involved but is optional.

Kicks for Kids practices are designed to be fun, less demanding, and teach basic techniques.

U10 Avalanche Academy practices are designed to be fun, more demanding, and teach advanced techniques.

SUMMARY

HCSA believes the NCYSA U10 Academy Program is the best soccer development option for the U8-U10 players. We feel the U10 Avalanche Academy Program and philosophy will benefit your child and increase his/her development while fostering a lifetime of enjoyment in the game of soccer. We believe the U10 Avalanche Academy training methods are unmatched for preparing players for Classic level competitive travel teams.

If you have any additional questions, please feel free to e-mail HCSA Director of Coaching and U10 Avalanche Academy Director Kiki Wallace (doc@hcavalanche.org).