

NATIONAL TRAINING CENTER PROGRAM

The National Training Center Program is an elite program centered in five National Training Centers across Canada. These centers offer advanced training for young soccer players who have been identified by National Coaches at the National Age Group and National Club Championships.

The purpose of these centers is to prepare young players for possible entry into the National Teams Program. Each center throughout the country is under the direction of nationally qualified coaches who follow specific training guidelines as set by the National Teams Coaching Staffs.

In Atlantic Canada the National Training Center is in Halifax. Because of costs our Nationally Identified NTC Players only get to attend the Halifax Center 5 or 6 times a year. However, because of our geographic uniqueness, the Canadian Soccer Association has allowed the Newfoundland and Labrador Soccer Association to operate a Regional National Training Center. This center follows the same strict standards and guidelines as all other centers across the country.

This program is very important to the overall development plan of the NLSA. Through the dedication and diligence of the center's coaching staff, the program has grown from a barely funded once a week operation to a three time fully funded program with physiotherapy service. With the desire to continue to improve the program, the center has been able to acquire a professional fitness consultant as part of its staff. This expert will assess the fitness levels of each player in the program and thus, provide and monitor programs accordantly.

Although training is the primary focus of the National Training Centers, it is also important that national coaches get to see players perform. The NLSA has recognized this important component of the development process, and, has made it possible for National Coaches to visit our province and see our players perform three of four times a year.

As a result of being a National Training Center, we are now on the North American University Athlete Search List. Being on this list means, universities can now contact us directly to see if we have players that might fit their athletic needs.

Because of the importance of this program to the overall development of the game in this Province and role the NTC Players play in motivating others, the standards set for being part of the National Training Center are very high. If you are chosen to be part of this elite program you must abide by these standards.

How does one get to be part of these centers you might ask? Well, there are a number of ways. First, players can be identified at one of the national age group tournaments by National Team Scouts. Second, players can be identified at the Atlantic Championships by National Team Scouts or the head of the Atlantic Training Center. Finally, Provincial

Technical Directors in consultation with the head of the Atlantic Training Center and National Coaches can make recommendations for players to be considered.

If you are chosen to be part of the NTC Program, you and your parents will be expected to sign a contract agreeing to **all** the rules and standards laid down by the training center. Failure to comply with these rules and standards may result in dismissal from the program and a return of all equipment and materials issued by the center.

Standards and Expectations

1. Due to the extensive training requirements of this program, all players will train only with the NTC. (Club and school soccer will not be permitted)
2. The number one priority for all members of the NTC is the NTC Program. All other activity (except academic studies) must be secondary and take a back seat. (Other sports, dance, etc.)
3. All players will have to attend **all** training sessions. (Technical, fitness etc.)
Players who are injured or sick will be expected to attend training unless they are physically unable to attend or the coach has given special permission to be excused. Therefore, players must contact coaches if they have a problem with attending training.
4. Players will be expected to keep a breast of all technical and fitness standards.
5. Players will be expected to be at the designated training site dressed and ready to train at least 10-15 minutes prior to the start of training.
6. All players in the program will be given a training uniform. Players will be expected to wear the program issued training strip at all times when they train as an NTC group.
7. Players will be expected to be ambassadors of the CSA and the NLSA.
Therefore, good behavior and respect should be present at all times.

Players who fail to meet or comply with any of the above standards or expectations may find themselves being released from the program.

I hereby agree to the above standards and expectations and fully understand that if I fail to comply with any of the above, I may be released from the program.

Player signature _____

Parent(s)/guardian(s) _____
