

OAKVILLE SOCCER CLUB

2023-2024 OPDL U14-U16 (2010-2008) PROGRAM OUTLINE



Annual Cost	<ul style="list-style-type: none">• \$ 4998.00 – U15+ HST will be applied
Registration/Payment Inclusions	<ul style="list-style-type: none">• Ontario Soccer registration (includes player insurance)• Note: Uniform package must be purchased at an additional cost prior to the outdoor season. Failure to purchase a uniform by the deadline will lead to removal from the program. More information will be emailed once it is available.
Key Dates/ Registration Info	<ul style="list-style-type: none">• First installment of \$2499 (or payment in full) due within 72 hours of receiving OPDL Commitment Letter• Second Installment of \$2499 due by December 8th , 2023• Program Start Date: Week of November 13th , 2023• Program End Date: Week of October 14 ,2024• No refunds after registration/first installment as it is within 14 days of the program start date. Please note refunds will not be made available for the second installment as it is after the start of the program.• Please review OSC's Refund Policy here.• Failure to register and pay the fees by the deadline will result in forfeit of placement in the program.
Coaching	<ul style="list-style-type: none">• One Head Coach per gender• One Assistant Coach per gender• One Goalkeeper Coach• One Athletic Development Coach• One Sports and Performance Psychologist
Pine Glen Indoor Turf Training (September-May) Milton Dome	<ul style="list-style-type: none">• Two (2) x 1.5 hour sessions per week Schedule TBD• One (1) x 1.5 hour sessions per week
School Gym Training - Futsal (October-May)	<ul style="list-style-type: none">• One (1) x 1.5 hour session per week• Schedule TBD
Athletic Development (October – October)	<ul style="list-style-type: none">• 1 x week at Kings Christian Collegiate• 1 x week on grass field (outdoor)
Outdoor Turf/Grass (May – October)	<ul style="list-style-type: none">• Three (3) x 1.25-hour sessions• Location/Days/Times TBD
Sports and Performance Psychologist	<ul style="list-style-type: none">• Two (2) team sessions indoor / two (2) team sessions outdoor
Nutrition	<ul style="list-style-type: none">• Two (2) team sessions per year
Goalkeeper Training October to October	<ul style="list-style-type: none">• One (1) session per week during team training• One (1) session per week dedicated GK training October - May (indoor) Sunday p.m. May - September (outdoor) Friday p.m.
Video Analysis	<ul style="list-style-type: none">• Game Filming (outdoor league games)
More Information	<ul style="list-style-type: none">• www.opdl.ca
Requirements	<ul style="list-style-type: none">• All participants must complete their registration and accept the Informed Risk and Assumption of Risk Agreement, and the Release of Liability waiver before participating.• All players, parents, guardians, spectators, staff and coaches much adhere to Ontario Soccer, Peel Halton Soccer Association (PHSA) and Oakville Soccer Club organizational policies. A zero-tolerance policy for non-compliance is in place. Refunds will not be issued for noncompliance.

**Information contained in this document subject to change at the discretion of Oakville Soccer Club at any time*