

OAKVILLE SOCCER CLUB

2022-2023 ODPL U13 (2010) PROGRAM OUTLINE



Annual Cost	<ul style="list-style-type: none"> • \$ 4748.00
Registration/Payment Inclusions	<ul style="list-style-type: none"> • Ontario Soccer registration (includes player insurance) <p>Each registrant is required to purchase the prescribed 2023-24 OSC Uniform Package at an additional cost to registration in January 2024. The estimated cost of the package is \$300-\$350. Failure to purchase the package during the required order window will result in removal from the program; refunds will not be issued.</p>
First Installment	<ul style="list-style-type: none"> • First installment of \$2374 due by September 15th, 2023. • Second Installment of \$2374 due by October 20th, 2023. • Program Start Date: Week of September 25th 2023. • Program End Date: Week of October 14th, 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)	<ul style="list-style-type: none"> • Two (2) x 1.5 hour sessions per week Schedule • TBD
School Gym Training (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 in a gym (indoor) • 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) outdoor sessions
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 Sunday p.m. May - September 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

- 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 must 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 non-compliance.**

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