



**CALGARY RANGERS
SOCCER CLUB**



APDL PROGRAM

Table Of Contents

WHAT IS APDL

APDL PROGRAMMING

WHAT IS NYCL

CRSC PROGRAMMING

CSA PLAYER PATHWAY

APDL FEES & STRUCTURE

YEARLY TRAINING PROGRAM

KEY DEFINITIONS



What is **APDL?**

ALBERTA PLAYER DEVELOPMENT LEAGUE

Alberta Soccer Vision: A centre of excellence for the game, providing opportunities for all players to reach their full potential

Alberta Player Development League Vision: To create a competitive development environment venue which provides opportunities for all participants at the highest level of amateur youth soccer in Alberta and Canada

The Alberta Player Development League (APDL) is a partnership between Alberta Soccer, seven (7) local District Members and ten (9) Canada Soccer National Youth Club License (NYCL) holders that is striving to achieve our vision while supporting the overall vision of Alberta Soccer.

Why was this League created?

This league is made up of clubs that have received the National Youth Club License (NYCL), the highest amateur youth club designation in the Canada Soccer Club Licensing Program.

This program is designed to raise soccer standards across the country, improve the soccer system and guide organizations toward best principles of development both on and off the field.

Canada Soccer wants to improve the calibre of soccer in Canada. Standards and credentials will result in better players and better coaching environments. The APDL program will elevate the quality of soccer while nurturing a love of the game. It will encourage talented, competitive players to stay engaged in the sport long term.

It will provide a clear pathway for players to advance to the next levels of the game – college/university, professional teams, and youth/senior national teams, as shown below. And specifically, for male players, membership in a National Youth Club Licensed club will provide them “homegrown” status in the MLS.

Why

APDL?



About Our NYCL



Summary of National Youth Club Licensing

- Nationally mandated and aligned standards



Governance



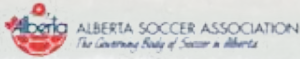
Administration



Infrastructure



Technical



www.albertasoccer.com

[CLICK HERE FOR VIDEO LINK](#)

NATIONAL YOUTH CLUB LICENSE

After collaborating with the Provincial and Territorial Soccer Associations, Canada Soccer has launched a licensing program; the Canada Soccer Club Licensing Program. For youth Clubs, the program has four classifications – the first program to be rolled out is the National Youth Club License (NYCL). The NYCL is designed as a development tool for all soccer clubs in Canada with criteria to assist clubs as they work to enhance their professionalism and guide organizations towards ‘best principles’, both on and off the field. Raising the standards of member organizations will enhance the daily playing environment, the participant experience, and the overall soccer system in Canada. This program will raise the level of operational, technical, financial and governance standards within member clubs.

THE GOAL OF THE LICENSING PROGRAM IS TO:

- Set clearly defined standards and expectations for member organizations.
- Recognize excellence in the soccer community.
- Raise the level of all soccer organizations in Canada.
- Drive change in the soccer system.
- Provide age-appropriate, high-quality soccer programs.
- Prioritize player experience to ensure children will stay in soccer.
- Focus on athlete-centred decision-making.
- Provide an accessible, inclusive and welcoming environment.

Why NYCL?



The Clubs



BTB
SOCCER CLUB

CALGARY
BLIZZARDS

CALGARY
FOOTHILLS

CALGARY
RANGERS

CALGARY SOUTH
WEST

CALGARY
VILLIANS

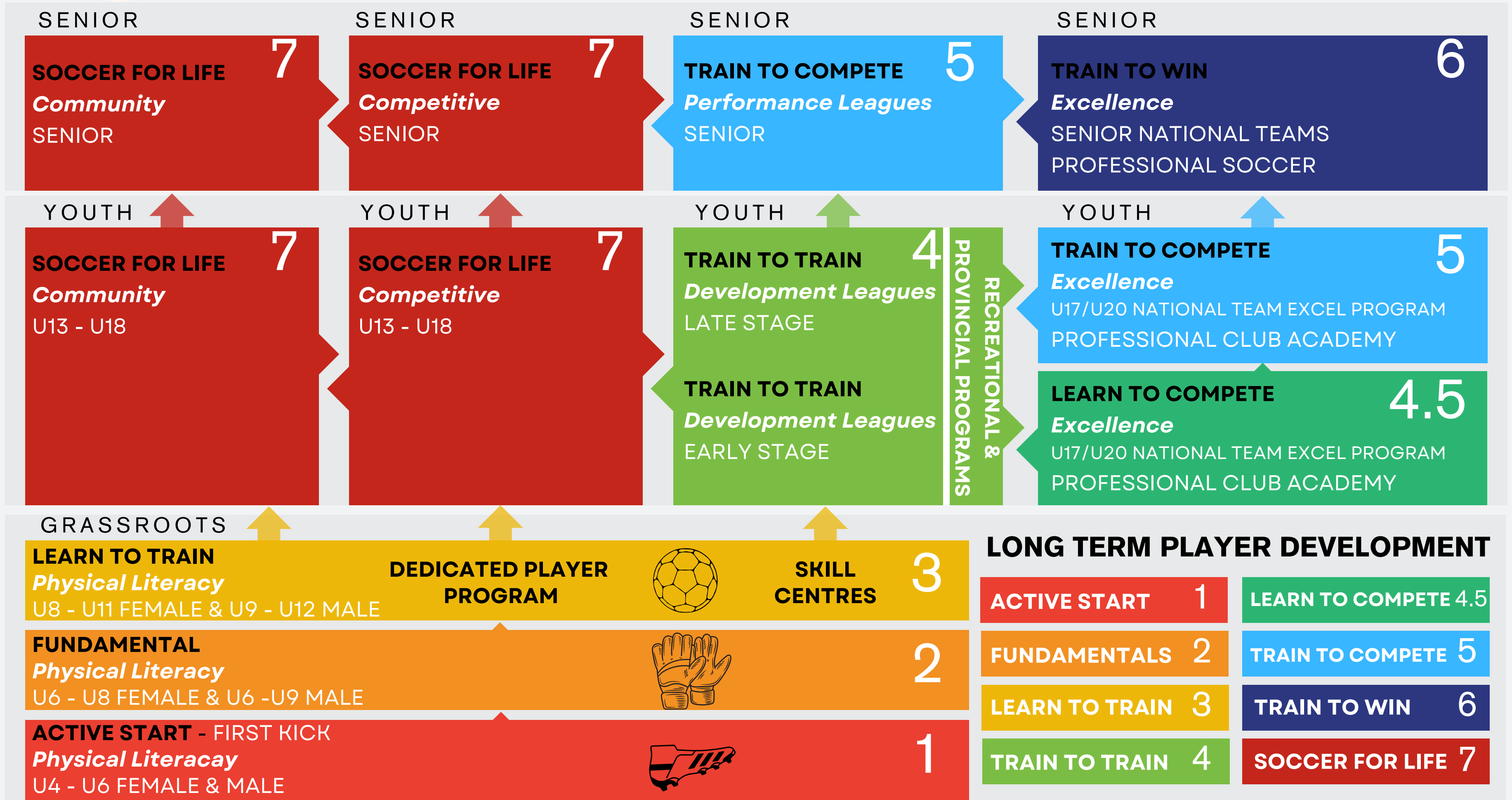
EDMONTON
SCOTTISH

MACKENZIE
UNITED

ST. ALBERT
IMPACT



CANADA SOCCER PLAYER PATHWAY



CANADA SOCCER PATHWAY

CANADA SOCCER PATHWAY IS A ROADMAP FOR PLAYERS OF ALL AGES WHO WANT TO PLAY SOCCER AT THE RECREATIONAL, COMPETITIVE OR EXCEL LEVELS. IT IS BUILT AROUND THE PRINCIPLES OF LONG-TERM PLAYER DEVELOPMENT AND ENCOURAGES LIFELONG PARTICIPATION.



LONG-TERM PLAYER DEVELOPMENT STAGES

LEVEL OF PLAY

■	EXCEL
■	COMPETITIVE
■	RECREATIONAL

PHYSICAL LITERACY

- 1 Active Start ♂ AGE 4-6
- 2 FUNdamentals ♂ AGE 6-8 ♀ AGE 6-9
- 3 Learning to Train ♂ AGE 9-11 ♀ AGE 9-12

- 4 Training to Train ♂ AGE 11-15 ♀ AGE 12-16
- 5 Training to Compete ♂ AGE 15-19 ♀ AGE 16-20
- 6 Training to Win ♂ AGE 18+ ♀ AGE 19+
- 7 Active for Life ♂ ♀ ALL AGES



YOUR GOALS. OUR GAME.



APDL YEARLY TRAINING PLAN

**CLICK HERE FOR
YEARLY TRAINING PLAN**



APDL YEARLY PROGRAMMING

6

NUTRITION
SESSIONS

6

MENTAL
PERFORMANCE
SESSIONS

120

TRAINING
SESSIONS

*ESTIMATE 40-44WK

40

SPORTS
PERFORMANCE
SESSIONS

2

SPORT
TESTING
COMBINES

10

VIDEO
SESSIONS

CRSC PROGRAMMING



GOOGLE CLASSROOM

Players get access to a resource library covering the Rangers' game model. Additionally, resources are posted covering the four corners of development (Technical, Tactical, Physical and Psychological). Players will also have access to information covering position-specific roles and responsibilities as well as individual habits and concepts to improve performance.



PLAYER DEVELOPMENT PLANS

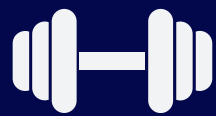
In collaboration with their coach, players develop individual plans with short and long-term goals within the four-corner model. Players set performance Key Performance Indicators (KPIs) and ways to increase technical and tactical proficiency.



VEO VIDEO ANALYSIS

Players can access the club's Veo platform to review individual and team performances. Teams will use video analysis to help implement the Rangers' game model. In addition, players will be given the tools to review their performances and position-specific roles and responsibilities.

CRSC PROGRAMMING



SPORTS PERFORMANCE

Soccer specific strength and conditioning professionals design, implement and deliver training appropriate for each athlete's sport-specific need - improving strength, power, aerobic capacity, endurance, speed, agility, coordination, flexibility, balance and reaction time. Strength and conditioning training is also crucial in injury prevention and returns to performance strategies.



NUTRITION

Our Performance Dietician team assesses athletes' individual needs and provides nutritional consultations and educational sessions. As a result, we equip athletes with the skills they need to help make changes and ensure they can train, compete and recover with the best possible fuel no matter where they are in the world.



MENTAL PERFORMANCE

Our approach to mental performance is to empower athletes by identifying, assessing and developing specific behavioural improvement strategies to help athletes attain peak performance consistently. Our goal is to provide the athletes and coaches with the tools to perform optimally daily in training and at the most significant competitions.

APDL FEES

REGISTRATION FEE AUG & FEB

This fee covers CMSA league, staff and facility fees for all Rangers players (regardless of tier). Everyone in Rangers pays this fee.

ACADEMY FEE NOVEMBER & JUNE

This fee covers academy sessions at the tier 1 level: 20 hours of academy, 10 Sports Performance sessions & additional facility fees for the extra academy time.

APDL FEE APRIL & SEPTEMBER

This fee covers the additional APDL league fees & facilities put out by ASA. In addition, the APDL fee also covers additional training/facility costs for the team that could include:

- Hours of additional academy.
- Sport performance sessions
- Nutritional Session
- Additional Sports Performance Sessions.
- Turf bookings for rainouts.
- The AYSL fee covers a portion of the VEO software costs.
- Physiotherapist costs.
- Charter Bus trips for individual teams.
- Additional fees directly involved to the APDL or individual team.

APDL FEE/INSTALLMENTS

AUG 23 - AUG 24





KEY DEFINITIONS

The following section outlines key content/messaging for APDL Clubs providing background information on the License, League and an FAQ for parents.

Acronym Guide & Key Definitions:

NYCL: National Youth Club License.

APDL: Alberta Player Development League.

ASA: Alberta Soccer Association.

CMSA: Calgary Minor Soccer Association.

LTPD: Long-Term Player Development.

Periodization: Accommodates appropriate rest and recovery time for athletes based on developmental stages (also referenced as Periodized Calendar).

Calgary Rangers Player Development Plan



RECREATIONAL

- GRASSROOTS
- U3 - ADULT
- CAMPS

SKILLS CENTRE

- ACADEMY
- PROSKILLZ

DEVELOPMENT

- U9-U12
- FUTSAL
- FESTIVALS

COMPETITIVE

- U13-ADULT
- CWSA/CUSA
- PROVINCIALS
- SGT

APDL

- U13-U17
- SHOWCASES
- CAVALRY
- MRU ACADEMY

SEMI PRO

- LEAGUE 1
- CAVALRY U21
- UWS

ACADEMIC

- USPORTS
- ACAC
- NCAA DIV 1

PROFESSIONAL

- NATIONAL TEAM
- MLS
- CPL

