

## **Ottawa Internationals Girls U13 L5 (Div 1) Team**

Welcome to the 2010 season. We are looking forward to a fun and successful season. The head coach of the team will be Roland Wippel. Assistant coaches will be recruited from the parents of the selected players.

### **Tryouts**

There will be one L5 team this season. Three tryout sessions will be used to select 18 players. Players will be selected based on their skills, fitness and attitude. Feedback from last year's coaches will factor into the selection process. The assessing team will include the coaching staff and independent assessors supplied by the Club. Tryout dates are as follows:

Louis Riel Dome field 1	Thursday	25-Mar	6:00 PM	7:00 PM
OTLC	Saturday	27-Mar	9:00 AM	11:00 AM
Gloucester Dome field 2	Sunday	28-Mar	10:00 AM	11:00 AM

Attendance at all sessions is required.

### **Expectations**

L5 is a competitive program. Players must be prepared to commit to a competitive program.

### **Practices**

There is an expectation of 80% attendance at practices. We will be doing considerable team drills at practice. We want to grow and improve as a team and thus without your daughter's attendance her individual development as well as the team's overall development will be impaired. There will be 2 practices per week. Practices will be 2 hours long. Practices will start and end promptly so your daughter will need to arrive on time, ready to begin.

### **Games**

The team will play in the ERSL L5 division. There will be one game each week. Game night for U13L5 is Thursday.

### **Camps**

All players are expected to attend the Ottawa Internationals soccer camp in early May. There is also a girl's soccer camp that is run by the club July 12-16 which is highly recommended.

### **Vacations**

Summer is the time for vacations. It is however impossible to run a successful team with limited attendance. There is an expectation that no player will be absent for more than 3 weeks total during the season.

### **Fitness**

The girls will be asked to do some fitness training on their own to supplement what they receive at games and practices.

### **Cost**

In addition to the registration fee there will be additional costs for tournaments, team clothing and skills camps.

### **Positions**

The assignment of positions will be done by the coaches based on matching skills with team needs and hopefully the player's preference.

### **Tournaments**

The team will participate in 3-4 tournaments including the OISC Icebreaker (May 29/30). One of these tournaments will be out of town. We will enter tournaments that are in the early part of the summer as it is usually difficult to align with vacation schedules after that.

### **Volunteers**

The team cannot operate without parent volunteers. All parents are expected to participate. In addition to formal positions like manager, trainer, treasurer, tournament coordinator and equipment manager, there are numerous tasks that will need to be done throughout the season.