

School District No.22 Academies and Specialized Programs enhance the curriculum. Students are motivated to strengthen their skills and improve their abilities in programs that are offered both by the district and in partnership with community organizations. Participating students will receive specialized instruction and learning opportunities that increase student engagement and success.



## ACADEMIES/ SPECIALIZED PROGRAMS



**Who may participate?** Grade 8 to 12 male and female students/athletes that operates in the school timetable.

**What is the cost?** Average \$290 per month. \$1,450 plus tax for the semester. Also, \$160 plus tax apparel fee for all new players.

**How to apply?** Current players will be contacted by David Broadhurst regarding status. New players must register for an evaluation online.

**More details?** If you have any questions or need help registering, please contact:

For more information and to register visit [whitecapsfc.com/academy](http://whitecapsfc.com/academy) (select Okanagan School) or contact [dbroadhurst@whitecapsfc.com](mailto:dbroadhurst@whitecapsfc.com) or 250.550.5489



Take your game  
to the **next level.**



Committed to Academic and Soccer Excellence

# Soccer Academy



## Curriculum

Participants follow a Whitecaps FC curriculum that includes field technical development, complemented by strength and conditioning, sport nutrition and psychology supported by assessments and evaluation.

## Field Technical Development

- In addition to skill development there will be a focus on speed of play, team play including positional play, and movement of the ball.

## Speed, strength and power training sessions

- The goal will be to improve speed, agility and reaction times of the athlete, enhance flexibility, increase core strength and maximize the power potential.

## Sport Nutrition

- Eating right for performance, pre-game, post-game, hydration and more.

## Sport Psychology

- Sport psychology is sometimes called mental preparation or training, mind games, or mind over matter.
- The aim is to play at peak performance in every match.

## Assessment and Evaluation

- Formal assessments will be done that include a series of field tests to measure progress.
- Formal reports will be shared with students and parents.



## Structure

September 2019 through January 2020. Players must attend for the full program. No partial refunds. Please see website for refund policy.

The academy operates within the school timetable.

Attend home school in District #22 for other courses.

Train at the VantageOne indoor facility in Vernon for half day sessions, Monday through Friday (transport included). Whitecaps FC curriculum includes technical development, speed and strength training, as well as nutrition and sport psychology.

Select players may be given the opportunity for additional training or competitive opportunities with Whitecaps FC programs, training or competitive opportunities with Whitecaps FC programs.

The students receive credit for physical education and a board authority soccer course. Both are Ministry recognized.

## Benefits

Education and professional coaching all in a school day!

Get academic credit for Physical Education and one elective.

Work with Whitecaps FC Okanagan Head Coach DAVID BROADHURST. Visits from Whitecaps FC Vancouver head coaching staff.