



United DFC AAA Program 2020 Program Information

Practice Schedule Release Dates

January - March 14th

Already released

2x 1/2 11-aside Field Practice, 1x gym practice and 1x Strength & Conditioning per week

March 16th - May 29th

All times to be released by January 31st

2x 1/2 11-aside Field Practice, 1x gym practice & 1x Strength & Conditioning per week

June 1st - August 28th

All times to be released by April 30th

2x 1/2 11-aside Field Practice, 1x grass practice & 1x Strength & Conditioning per week

August 31st - October 31st

All times to be released by July 30th

2x 1/2 11-aside Field Practice, 1x gym practice & 1x Strength & Conditioning per week

Video Analysis Sessions

These dates may change depending on game and practice schedules

Vid Swap Instruction Presentation - Sunday March 22nd @ 50 Ritcey Crescent Church @ 6pm

U14aaa Boys - March 27th & July 3rd - Starting at 6pm

U14aaa Girls - April 10th & July 17th - Starting at 6pm

U15aaa Boys - March 27th & July 3rd - Starting at 730pm

U15aaa Girls - April 10th & July 17th - Starting at 730pm

U17aaa Boys - April 24th & August 7th - Starting at 6pm

U17aaa Girls - April 24th & August 7th - Starting at 730pm

Seminars

Introduction to Coaching

Hosted by Adam Miller

March 25th - 6:30pm start - Woodlawn Library

P.O.W.E.R. Up Your Inner Winner Program

Hosted by Karen Furneaux

June 3rd - 6:30pm start - Woodlawn Library

Strength & Conditioning

Hosted by Ian Rowan-Legge

June 17th - 6:30pm start - Woodlawn Library

Nutrition

Hosted by Mikaela Henderson

8th July - 6:30pm start - Woodlawn Library

ACCEL Classroom Sessions

All sessions at ACCEL Physiotherapy (137 Venture Run, Dartmouth)

Mental Preparation (4 Sessions per group)

U14 & U15 Boys

Mon Feb 10th 6pm - Mon April 20th 7pm - Mon May 11th 8pm - Mon July 27th 7pm

U14 & U15 Girls

Mon Feb 10th 8pm - Mon April 20th 6pm - Mon May 11th 6pm - Mon July 27th 6pm

U17 Boys & Girls

Mon Feb 10th 7pm - Mon April 20th 8pm - Mon May 11th 7pm - Mon July 27th 8pm

Physiotherapy (2 Sessions per group)

U14 & U15 Boys

Mon Feb 10th 7pm - Mon May 11th 9pm

U14 & U15 Girls

Mon Feb 10th 9pm - Mon May 11th 7pm

U17 Boys & Girls

Mon Feb 10th 8pm - Mon May 11th 8pm

University Seminars

All seminars start at 6:30pm @ Woodlawn Library

Dalhousie University - Wednesday March 4th

Saint Mary's University - Wednesday April 8th

Acadia University - Wednesday May 6th

UDFC Club Trip



United DFC will be travelling to Montreal Impact!

We will be having a parent meeting on Sunday March 1st starting at 6pm at 50 Ritcey Crescent in the Church to outline the trip, our plans, the costs and answer questions!

SMU HUSKIES

Presentation by SMU regarding general University application allowed by soccer program information led by Mesut Mert.



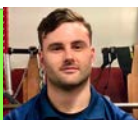
An introduction to Coaching led by Adam Miller, our Director of Soccer. Adam will give the pathway to get into coaching, and give some insight into what being a coach is all about.



Mikaela Henderson, P.D.T. is a Registered Dietitian in good standing with the NSDA. Mikaela works in private practice and specializes in sport nutrition working with both individuals and teams. Mikaela currently works with the Saint Mary's University Football, Women's Soccer, and Rugby teams.

A ACADIA UNIVERSITY

Presentation by Acadia regarding general University application allowed by soccer program information.



Ian Rowan-Legge will lead a Strength & Conditioning Seminar for Long-Term Athlete Development. How we can maximize player longevity and potential through sport and appropriate exercise prescription.



P.O.W.E.R. Up Your Inner Winner presented by Karen Furneaux. Karen is an Olympian, Sports Hall of Fame Athlete and International Speaker. I Promise Performance helps you and your team connect to the gold within, through conference keynotes, workshops, online courses and wellness programs.



Presentation by DAL regarding general University application allowed by soccer program information led by Cindy Tye



Vidswap is an online video sharing program that gives individual players the opportunity to see their games, cut them up and make highlight tapes. We will be putting on a seminar to explain out to use the program in the early new year



Four Mental Preparation for Sport classroom sessions led by Danielle Poulos & ACCEL Physiotherapy. Danielle's area of expertise is Mental Skills in High Performance sport. She loves working with athletes and helping them achieve their goals. She then worked in Europe from 2012-2016, coaching synchronized swimming and working as a Mental Performance Consultant with a Series B water polo team in Palermo.



Karen Decker at ACCEL Physiotherapy will lead the players through 2 classroom sessions based on Physiotherapy and ways to prepare the body for sport. Karen has a wealth of experience, including travelling with our Canadian athletes to 3 Olympics!

For questions about the program, email Mesut Mert at tdmesut@udfc.ca

In a different UDFC program, but want to take part? An email will be sent out in late January with all the information as to how to sign up! For questions, email dos@udfc.ca