



## BRYST TECHNICAL PLAN

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### INTRODUCTION

The foundations of BRYST Technical Development Plan are the philosophies of Canada Soccer and Ontario Soccer Long Term Player Development (LTPD). LTPD is a player centred approach meaning that the individual development of the player is first and foremost. LTPD addresses the need to develop the core skills under a more educational and purposeful manner. BRYST mission is to create an inclusive, safe, responsible, and educational pathway for all BRYST participants and nurture within each participant a love of the game while developing them as people first

and player second.

The areas of player, coach and referee development are intertwined and codependent on one another. The aligning of these three pathways are crucial to BRYST player centred target. Without strong consideration to the coach and referee education, the player will not develop to their full potential.

This plan maps out a pathway for our players, coaches and referees to follow. The club membership will be able to see how the technical investment will enhance our communities ability to develop players, coaches and referees to be as strong as they can be without compromising their desire, passion, and love of the game. Sports Science and Community Outreach are also presented as important aspects for club and community development.

## **GUIDING PRINCIPLES**

### **1.Soccer for Life**

Our first and most important principle is to provide a fun environment which equips each player with a passion and the tools to play soccer for life.

### **2.Player Centered**

Development of the individual is the primary goal. Winning matches, tournaments, and other team accolades is nice but a tactical, reactive, results-based approach at the younger ages create an environment of anxiety and fear hindering personal development. Player advancement should be used as the measurable over trophies and results.

### **3.Coach Education, Development and Support**

Providing an environment where coaches have the ability to learn, develop and gain certification is crucial for them as individuals and more importantly to the development of the player.

#### **4. Referee Education, Development and Support**

Having a referee development platform which removes young people from an anxious, results-based environment into one where they are embraced and able to learn is far more positive than the current environment of fear. By taking the time to properly educate our young referees, not only will they see the opportunity for gain but just as importantly the by-product is a better game environment for BRYST players to thrive.

#### **6. Player Movement over Player Ownership**

Players are placed in a group (team) that is overseen by a steward for their development (coach). Volunteer coaches in the age group work as a team to advance each of the players in the age group. The goal of the coaching group in connection with the technical staff is only on the education, development, and advancement of players. Players are not the property of an individual coach to be used in the pursuit of trophies. The movement of players into different development groups are based on their current development. By picking teams once a year we produce roadblocks for our player development. Although the current system does not allow for completely free movement of players, we create a system of monitoring and oversight which allows the opportunity for advancement within and out of age groups.

## **7. Inclusion over Exclusion**

The focus is creating appropriate environments for each player to grow into whatever level of player they so desire.

The temptation can be to primarily focus on the perceived stronger players. This starts at very young ages and results in many players leaving the game. Players can be tiered in additional environments like an academy, where they can grow while being monitored responsibly as an age group.

## **8. Club= Community= Culture**

Our philosophies are intended to foster an environment of teamwork and cooperation among our volunteer coaches and technical staff with the focus on player development.

This group mentality creates a club or community atmosphere. This is a great by-product to our guiding principles. Also, by providing a consistent product across the age groups, the development of our players is not reliant on the expertise of the occasional parent volunteer with a background in the game. By creating a truly club mentality, a soccer culture will evolve that BRYST can be proud of for generations to come!

## **PLAYER DEVELOPMENT**

### **BRYST Realities**

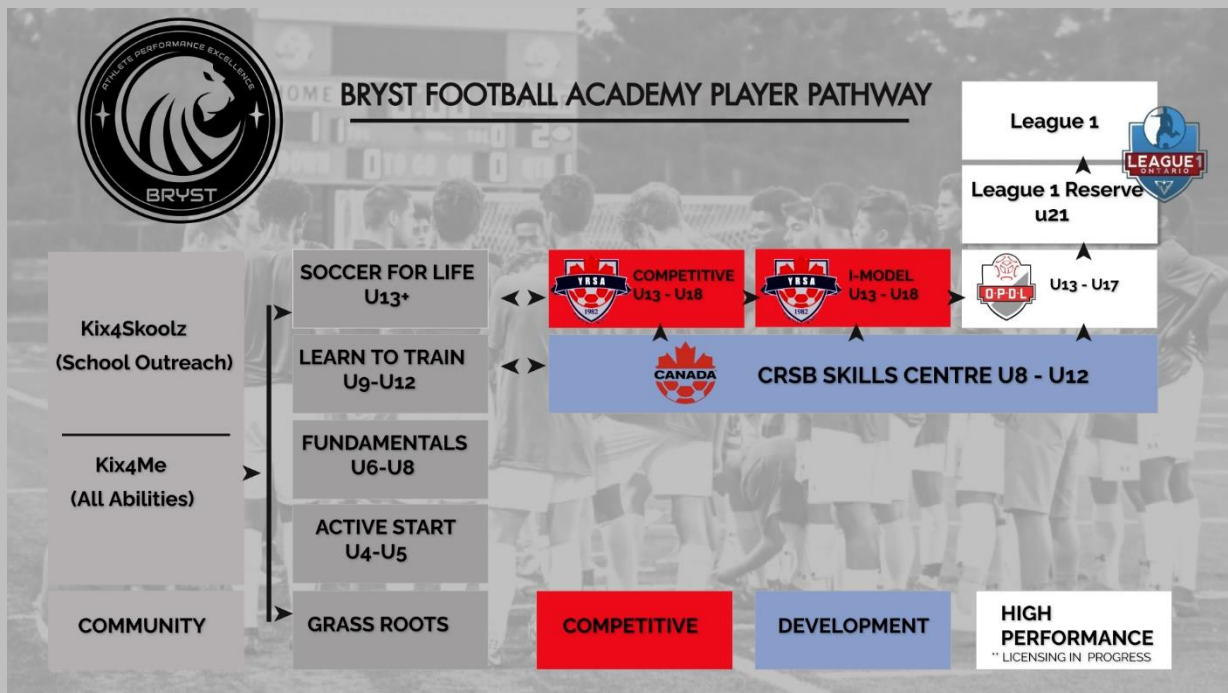
1. Approximately 350 player registrations. (30 Recreational, 320 Competitive). By 2024 the club will have 15 teams and 475 players in the Competitive program.
2. Facilities: 2x Indoor Turf Field, 1x Outdoor Soccer Turf Stadium, 4x Premium Grass Fields, 1x Central Training Venue, 2x Recreational Fields, 1x Clubhouse.

The club has the necessary facilities to provide enough training space for a High-Performance Program, while making sure all facets of the game at the Recreational Level is responsibly taken care of. A game play environment will fundamentally change the landscape of the club and a premier destination for youth players in the area

**No Adult Programming**

Currently BRYST does not have cradle to the grave soccer programming. The addition of adult programming will provide a pathway for participants to reengage into the club as coaches and volunteers. Also, there are potential long term club retention streams associated with adult programs.

**BRYST Player Development Pathway**



## **Player Development Pathway**

### **U4 – U5 Active Start**

BRYST Active Start provides the youngest players the opportunity to develop basic movement skills like running, jumping, landing, kicking, throwing, and catching in a fun setting built around informal play and positive reinforcement.

At this introductory level, the objective is to get children moving and to keep them active. The objective is for adults and children to play together informally. The children being active, together, with a well-known family member will give them a sense of security and safety and, as such, enhance their first group soccer experience. The physical literacy curriculum provides for learning fundamental movement skills such as running- jumping twisting- throwing- catching. The technical requirements are not about teaching the techniques of soccer — they are to encourage children to enjoy becoming friends with the ball in a social environment. Children will experience the following through fun and imaginative games: running with the ball, stopping and changing direction with the ball, dribbling, and shooting.

Volunteer Program Facilitators – BRYST recruit volunteers to act as program facilitators. Volunteers attend BRYST workshops prior to the start of the season and receive guidance and weekly updates on fun activities, Parents are expected to participate fully each week on the field with their child in support of the facilitator.

The volunteer's primary role is to ensure participants have a fun and rewarding experience while ensuring player safety.

## **U6 – U8 Fundamentals**

BRYST Fundamentals allows children to develop their movement ABCs— agility, balance, coordination and speed while they learn the basics of the game while emphasizing fun, cooperation, and maximum time on the ball. BRYST centralises all programming in the Fundamentals category to one location as this allows BRYST technical staff to have the greatest impact on all participants.

There are two (2) options available within Fundamentals

1. Basic
2. Extra

The Basic option provides a Fun game day experience in line with Ontario Soccer Matrices. Participants are grouped together in roster sizes compliant with the Matrices and are lead by a volunteer facilitator/Game Leader. The role of the Game Leader is to enable children to have a fun and rewarding experience while competing in small-sided games (5v5), ensure player safety and implement simplified rules while keeping the game moving (limiting stoppages and assisting the young players with restarts). BRYST staff are in attendance to mentor volunteer facilitators/game leaders.

The Extra option provides fun station-based activities once per week in addition to the Basic program. The Extra curriculum uses Ontario Soccer LTPD Grassroots practices and the 4 corner model as a base and is facilitated by BRYST technical staff and Junior staff

## **U9 – U12 Learn To Train**

BRYST understand This is the “golden age of learning,” when children become less self-centered and are more able to reflect on their actions and learn from mistakes providing an optimal window for further development of skills. The focus is on learning by doing, building a larger repertoire of soccer movements and teaching the basic principles of play in a fun and challenging environment.

The foundation of BRYST Learn to Train programming is the Ontario Soccer Four Corner Development model understanding that each corner of the model reflects a wide aspect of a players development and places the player at the centre of the process. BRYST Learn to Train programming complies with the Ontario Soccer Matrices.

### **BRYST operates (4) streams**

- Grassroots U8-U12
- Soccer4Life Talented/Competitive U13+
- Development/Skill Centre
- Community

### **Development/Skill Centre**

Developmental programming provides fun sessions in line with Ontario Soccer Matrices (7v7 U9-U10 & 9v9 U11-U12). Participants are grouped together in roster sizes compliant with the Matrices and are led by a volunteer facilitator/coach. Participants are encouraged to develop their existing skills and build new skills while enjoying the social and team building aspect of the game. Additional practices are optional and at the discretion of the Volunteer facilitator/Coach. All players participate in an end-of-season Festival Day in which they play, receive their medal and celebrate the season with fun games and



activities provided by BRYST and corporate partners.

BRYST technical staff provide additional development programs for those individuals that wish to engage further. Participants are grouped development stage specific rather than age. The sessions employ GAG (Game activity Game) methodology understanding at the Learn to train age groups small-sided game play is key to development. By playing in more game situations players are forced to deal with and solve realistic game like situations and problems more than ever before. Games are more enjoyable for players and the challenge is suitable and appropriate to the abilities of the participants. BRYST technical staff via the additional development programs and recreational gameday observations invite families to participate in competitive practice environments to gauge if there is an interest to participate within the competitive stream.

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### **U9 – U12 Learn To Train**

A 9x week SKILLS CENTRE program is part of the competitive curriculum during the winter months. The SKILLS CENTRE syllabus covers a wide range of technical elements with focus on 1v1 moves, passing/receiving and game play. Each player will receive a report at the end of the 9 week sessions. The report gives them current scores, future

targets and general feedback for improvement.

IDPs (Individual Development Plans) are created at the start of the program for each player the coach meeting with player

and parents to create. Further meetings take place mid program and end of program to review and adjust the IDP. The

IDPs are considered when formulating the squads for the following program year.

### **Grassroots (U8-U12)**



Development\_MAT Development\_MAT  
RIX\_Outdoor\_grass RIX\_Indoor\_grassro



### **U13+**

As children move into adolescence, official league standings are introduced and the game becomes more competitive, with more emphasis on strategy and tactics. With a steady increase in training time over the next three LTPD stages (4-6), a move to larger-sided games and year-round play, the most advanced players within BRYST are provided opportunities for further development within I-Model which in turn provides further opportunity to enter provincial projects and the Canada Soccer Pathway's EXCEL program. Others may decide to continue playing recreationally, moving straight to LTPD soccer for life.

### **Competitive for Life (U13 – U18)**

Is for the player who is more driven and motivated to progress in soccer that is prepared to dedicate more time to soccer through training to compete at a higher level. BRYST teams compete at a district or regional level.

BRYST competitive squads train 1-2 times per week and play

games once per week. BRYST technical staff recruit, support and mentor volunteer coaches (minimum 2 per age group) who lead the squad through the games and practices.

At the U13 level squads in addition to their training participate in a 9x week SKILLS CENTRE program during the winter months. The SKILLS CENTRE syllabus covers a wide range of technical elements with focus on 1v1 moves, passing/receiving and game play. Each player will receive a report at the end of the 9-week sessions. The report gives them current scores, future targets, and general feedback for improvement. Players within the Competitive for life stream are observed and monitored by BRYST technical staff and can move between the competitive pathway (I-Model & Competitive) depending on their development and progression in the game.

### **BRYST FA <sup>\*\*</sup>(Pursuant to National Youth License)**

OPDL – Train to Train

Is for the aspiring Christine Sinclair or Alphonso Davies! It is for the player who has the potential, motivation, and aspirations to play at the highest levels of the game in Ontario, Canada or overseas. OPDL is the first step on “The Talented pathway” a high-performance environment introduced in 2014. The OPDL requires players ensure soccer is their focus where they will train 3-4 times per week and play once per week for a 28-week period with the appropriate support and periodization.

Players undergo ongoing monitoring and development as they are identified for Regional Talent Centres, Provincial Projects and CS National Programs.

Each BRYST OPDL Squad will have a maximum of 18 players and are supported by the following paid staff members

- Head Coach
- Assistant coach 1
- Assistant coach 2
- Goal Keeper Coach

And supported by the following volunteer members

- Junior Strength and Conditioning coach
- Squad Manager

BRYST will have a full-time High-Performance program Manager who oversees the OPDL program, supports, mentors and communicates directly with OPDL squad staff.

Year-round strength and conditioning is provided by BRYST partner organisation HPWC. All OPDL players receive individual programs. Fitness testing is conducted 4x per season by HPWC and results communicated to parent/player and input into Ontario Soccer central database. Nutrition seminars are provided to each squad three (3) times per season.

BRYST High performance Manager and Technical Director work alongside OPDL squad Head Coaches to produce the periodized training program. On a weekly basis parents/players are issued with the training/game objectives for that week. At the end of the week a de-brief is conducted in a classroom environment at which time video analysis is used. BRYST OPDL use video analysis BRYST ensure a minimum of 10 games per squad per season are filmed and analyzed.

BRYST OPDL squads receive 20 league competition games plus minimum of 4 pre-season exhibition games. Training to game ratio is 3:1 plus the strength and conditioning session.

BRYST High performance Manager and Technical Director meet with player and parent at the start of the program and create IDP's (Individual Development plans). Mid-season and end of

season meetings take place to review and modify plans. In addition twice (2) times per season players progress is measured by BRYST High performance Manager, Technical Director and squad Head Coach the results of which are communicated to player/parent and uploaded to OS central database.

BRYST provide each OPDL player/family with access to University Search online platform and four 4x tutorials conducted by University Search staff.

In addition, OPDL squads attend showcase tournaments within Canada and USA to expose players/families to other competition, University life/opportunities.

## **Coach Development Pathway**

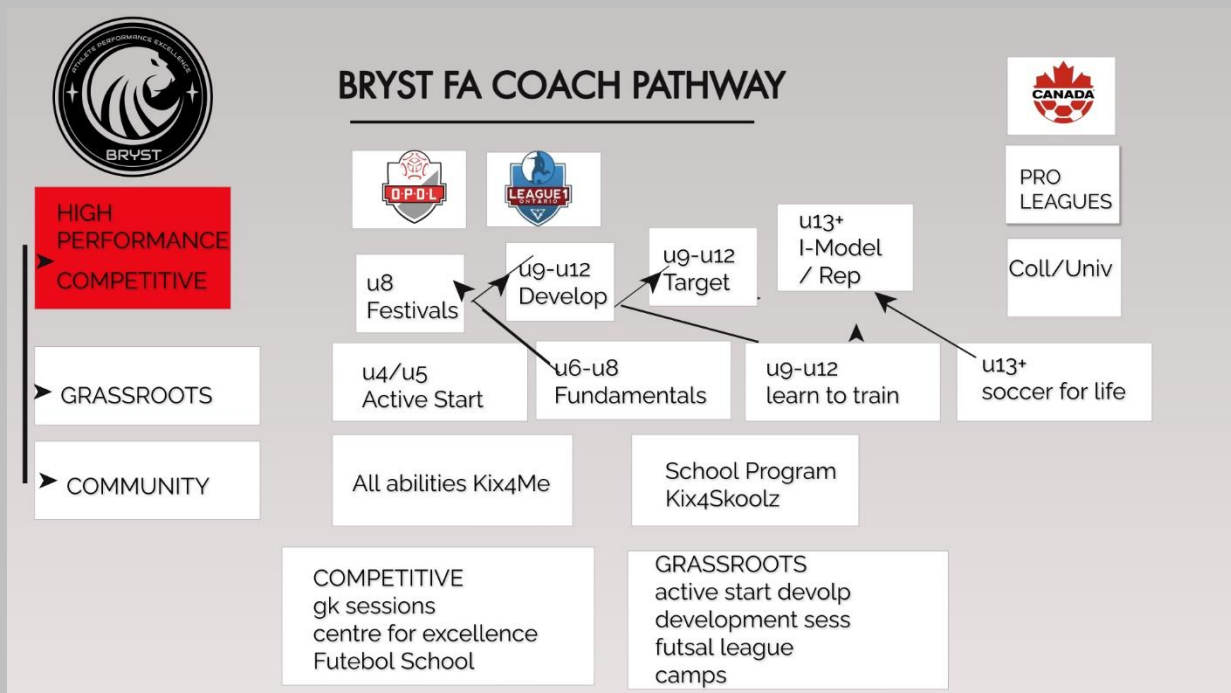
With player development and education at the heart of our guiding principles, it is of the utmost importance for BRYST to create a family of coaching support to guide our players through their youth soccer experience. BRYST recognise it is very important to create a fun filled environment in order to engage participants further down the road. Concerning the coach however, it is critical to create a pathway of support, education, and certification.

BRYST created a 5-year Coach Development strategic plan (2018 – 2023) here are the objectives

- 100% of OPDL Coaches to come through the existing BRYST System
- Continue to identify and develop Junior Staff coaches from within our club membership
- Maintain minimum of 75% of competitive coaches to have completed the C Licence

- 75% of Active Start volunteer Game Leaders to have taken Active Start course prior to sessions
- All Fundamentals volunteers to have taken the Game Leader course prior to sessions
- LTPD 4x station format adopted for all Active Start & Fundamentals programming
- CR SOCCER BRYST employed and trained convenors located at the 4 grassroots Active Start venues

## Coach Development Pathway



### U4-U5

MAY & OCTOBER prior to each of the summer and winter programs

BRYST Technical Director and Grassroots Head coach host

Orientation meeting (classroom) and 3x workshops (classroom & field)

During the program on a weekly basis email blasts are sent to all game leaders with program format reminders and suggested activities.

BRYST Grassroots Head Coach is present at all on field sessions to assist & guide game leaders

2019 onward – BRYST have selected and will train 6 – 8 volunteer game leaders who have experienced and graduated from the U5 – U6 programs to act as convenors to improve the quality of the program.

### **U6 – U8**

MAY & OCTOBER prior to each of the summer and winter programs BRYST Technical Director and Grassroots Head coach host

- Orientation meeting (classroom)
- 3x workshops (classroom & field)

During the program on a weekly basis email blasts are sent to all game leaders with program format reminders and suggested activities. BRYST will implement a U7 pilot program (1 game + 1 practice) delivered by BRYST Grassroots Head Coach and BRYST junior staff coaches. BRYST will invite 4 – 6 volunteers game leaders who have experienced and graduated from the U4 – U5 programs to assist with this U7 pilot program. The program will be extended to the U6 & U8 age groups (1 game + 1 practice).

BRYST Technical Director, Grassroots Head Coach & Technical Staff take the lead with this competitive entry level program during MAY, JUNE & JULY which provides approximately 45 – 50 participants attending 4 practices and 4 festivals.

Selected potential competitive stream coaches (between 8 – 10 male/female) are invited to shadow BRYST technical staff during practices and festivals. In addition, the potential competitive stream coaches take the lead and conduct 4 further practices as part of their development.

### **U9 - U12 Competitive**

U8 Festival shadow coaches form the basis of BRYST U9 – U12

competitive coaching staff (head coach/assistants)

Identified coaches are provided with all the necessary information to complete the required coaching certifications

BRYST Technical Director provides mentorship in the form of program structured development sessions (8 winter & 8 summer) conducted by BRYST technical staff assisted by program coaches.

Provided with 6 classroom/field workshops per year conducted by BRYST Technical Director and/or grassroots Head Coach

Open door policy to meet with Technical Director to discuss any personal development that the coaches wishes to pursue.

### **U13 - U21 Competitive**

U9 – 12 grassroots competitive coaches form the basis of BRYST

U13 – U21 competitive coaching staff (head coach/assistants)

Identified coaches are provided with all the necessary information to complete the required DISTRICT & REGIONAL coaching certifications

BRYST Technical Director provides mentorship to the U13 – U15 coaches. Invited to attend all development sessions conducted by technical Director and technical staff

Invited to Observe OPDL practice sessions

Provided with 3 – 4 classroom workshops per year conducted BRYST Technical Director and/or grassroots Head

Open door policy to meet with Technical Director to discuss any personal development that the coaches wishes to pursue.

### **OPDL (PURSUING)**

Provided with all the necessary information to complete the required coaching certifications

BRYST Technical Director provides mentorship preparation prior to taking required license

Workshops conducted by technical Director (Individual & small



group)

### **Competitive Coach End of season Reviews**

All BRYST competitive coaches are required to attend an end of season review with the Technical Director and at least one member of the Technical Committee (Competitive Director, Grassroots Club Head Coach).

During this review the Technical Director will assess the past season and whether the coach achieved personal goals and goals set by the club.

### **Competitive Coaching Application process**

Beginning on August 1st each season, all competitive coaches who wish to coach the following season must apply to the club.

The applications are available for download from the website but are also emailed out to each coach in the program.

Coaches have until September 1st to submit their application, as interviews are held during the week period following Labour Day.

All interviews are set up by the Technical Director and are facilitated by the Technical Director and members of the BRYST Technical Committee ( Director, Grassroots Club Head Coach)

All coaches who coached the previous season and wish to return can be acclaimed for the following season without a coach interview, provided they successfully complete the end of season debriefing with the Technical Director.

### **Coach Access To Appropriate System Support**

#### **Recreational Coaches**

All coaches in the BRYST Recreational program have Technical support from both Grassroots Club Head Coach and

Technical Director. In addition, those coaching in the Active Start age groups can rely on field convenors for support during their programs. All field convenors will have attained the Active Start certificate.

The club also runs sessions before, during and after the season for all Recreational coaches.

All recreational coaches receive either a team shirt (Active start) or a BRYST polo (U7 and above). These coaches are expected to wear this apparel during all BRYST events they are taking part in to both identify themselves and create brand awareness for the club.

Recreational coaches are not compensated by the club. However, those who wish to pursue coaching licences have those paid for by the club.

### **Competitive Coaches**

All coaches in the BRYST Rep program are given technical access by the Grassroots Club Head Coach, Technical Director, Staff Coaches, and OPDL coaching staff.

Additionally, the club pays for licences for all BRYST Staff using Sports Session Planner. All BRYST coaches can share session plans amongst each other and the Technical Staff of the club can follow their session planning in real time.

Each competitive team from u9-u16 has 14 development sessions during the season that are facilitated by a BRYST Staff Coach. The role of the team coaches in these sessions is not only to actively participate, but also to observe how the Staff Coach conducts the session. It is hoped that our Competitive Coaches can take what they have observed in Staff Coach conducted sessions and implement them in the team training/game-play environments.

All Competitive coaches receive two training shirts from the club.

A long sleeve training shirt in the fall and a short sleeve training shirt in the spring. All additional items must be purchased. Many teams use sponsorship dollars to outfit their coaches. The club's policy is that all BRYST coaching staff must wear apparel from the official club supplier that has been approved by the club.

Competitive coaches are all volunteers. However, the club actively promotes opportunities to coaches to further their development by completing courses that are sanctioned by Ontario Soccer/Canada Soccer/NCCP/Sport For Life.

The club has budgeted \$12,000 per year for coach development.

### **OPDL Coaches**

All OPDL coaches are paid by BRYST and have an employment contract covering the duration of the OPDL season.

OPDL coaches are encouraged to further their coach education by attending seminars and workshops hosted within the soccer community. The club will also work with them to attain national certification.

All OPDL coaches receive track suit, winter jacket, rain jacket, multiple training shirts, shorts, socks, and polos. The club feels that it is very important that OPDL coaches are visible on and off the field in club gear.

### **Staff Coaches**

Staff coaches are all under contract to the club and perform sessions for both our rep teams and specific recreational programs (i.e., Futsal and Development).

All staff coaches must have a minimum of a C Licence. All staff coaches are compensated based on their individual qualifications.

All Staff coaches receive track suits, two training tops and some cool weather gear (sweat shirts, hoodies).

It is the staff coaches responsibility to carry out training sessions/ programs as directed by the Grassroots Club Head Coach and Technical Director.

The club always looks to hire Staff Coaches from within and continually offers those who have completed the C Licence designation opportunities to become a Staff Coach.

The club also has Junior Staff Coaches on the payroll as well. For the most part these are competitive level players between the ages of 16-21 who show a desire to further their soccer education within the coaching stream. Currently, the club employ as many as 10 people in this role.

### **Channels of Communication**

During the season BRYST Technical Staff contact squad coaching staff (e-mail/phone) with the intention of inviting communication and dialogue on various topics. During the course of communication coaches may be required to meet with the technical Director to discuss/assist in the program. There is an open door policy for any BRYST coach to seek direction/assistance on any theme. Coaches are aware that they can contact the technical staff at any time to discuss any subject that they wish. Technical staff attend practices/games (announced and unannounced to observe/critique/review and offer feedback)

### **Formal Communication**

- Competitive Squad/Team Head Coaches End of season Meetings August/September
- Competitive Squad/Team Head Coaches Interviews - September
- Competitive Team Parent meetings with Squad/Team Head Coaches (September/October)
- Competitive Squad/Team Head Coaches Meetings January – Expectations

- Competitive Squad/Team Head Assistant Coach only Meetings

January

- Competitive Coaches workshop – Further Education (Ontario

Soccer C Licence information – February

- Player/Parent/Coach Workshop March

- Competitive Squad/Team Head Coaches and Managers

Meetings April – Squad rosters/rotations

### **BRYST Yearly Coach Development Objectives**

- Put 1x in house coaches through Ontario Soccer C licence
- Put 1x in house coach through Ontario Soccer B Licence Part 1
- Put 1x in house coach through Ontario Soccer B Licence Part 2
- Mentorship program provided by BRYST Tech Director to Ontario Soccer B License candidates
- 4x Guest Clinicians Workshops
- Tech Director to complete coach assessment for all Competitive stream coaches
- Tech Director to conduct assessment feedback meetings with all competitive stream directors

### **Referee Development Pathway**

BRYST strives to maintain quality officials for all of our recreational and rep programs. We are committed to developing young officials from within the club using the following objectives:

- Continue to promote the pathway to LTOD by exposing BRYST Rep Players to Laws of the Game seminars at age U13.
- These seminars are also mandatory for all parents of U13 athletes to expose them to the Laws of the Game as well

- Actively advertise officiating opportunities to all BRYST Rep Players
- Offer one Small-Sided and one Entry Level referee course each year (more if demand necessitates)
- A system of referee mentoring for all Recreational officials in both indoor and outdoor soccer that helps identify those officials ready to move into the competitive soccer environment

As retention levels for officials continue to reach all-time lows the club has invoked the following initiatives in order to keep as many young officials on the field:

- Host education sessions in-house with Club Head Referee. These sessions will incorporate both classroom and field time (indoor). The club will host 6 sessions during the indoor season
- Host monthly referee fitness sessions. One hour per month on 1/3 of an indoor field from November through April
- Invite special guest presenters to come up to three times per indoor season to provide on-field and classroom sessions to officials
- Partner with other clubs in the district to develop a series of instructional sessions open to all young officials in the district
- Partner with other clubs in the district to ensure that recreational and grassroots rep games are covered, as we continue to experience a shortage of officials as youth soccer officials continue to be drawn to the higher paying adult soccer leagues
- Referees will continue to be mentored by older, experienced officials throughout the course of the indoor and outdoor season. Those officials that exceed the standard will be assigned more challenging games.

TBRYST Club Head Referee will attend all meetings run by the District Head Referee. The club CHR will recommend officials to

be included into the District program and those officials with aspirations for provincial assignments

## **Technical Structure**

A club's Technical Plan may be carefully crafted on paper, but a dedicated team of knowledgeable staff are required to execute it. Below are the Technical Staff employed by BRYST:

### **Technical Director**

The Technical Director is a senior leadership position. The Technical Director reports directly to the board. It is not primarily an on-field coaching role, although there is a coaching component to provide coaching leadership to all volunteer coaches and technical staff within both the Recreational and Competitive environments. The role of the Technical Director is to implement and provide staff for all Technical program administered by the club.

### **Grassroots Club Head Coach**

The Grassroots Club Head Coach reports to the General Manager. This position is responsible for overseeing all program interaction with the community at large. Programs directly overseen by the GCHC include Active Start Spring and Fall Sessions, Elementary School partnerships, special needs program

As the liaison within the GTA and other community groups, the GCHC takes an active role in promoting the organization and the benefits of physical activity to the community.

From a coaching perspective the GCHC sets the club curriculum for Active Start, Fundamentals and Learn to Train Recreational programs and is heavily involved with the Technical Director in

all Grassroots competitive team selection and program development.

### **High Performance Manager**

The High-Performance Manager is entrusted with overseeing all technical aspects of the OPDL programs within the club. This position requires both on and off field responsibilities.

The High-Performance Manager in collaboration with the Technical Director must organize, plan and execute all facets of the OPDL program and make sure that OPDL staff are following proper protocol as expected from Ontario Soccer. The High Performance Manager is also the key contact for parents within the OPDL program. A key element of the position is marketing the program outside of the club to attract talented players and coaches to BRYST.

### **Staff Coach**

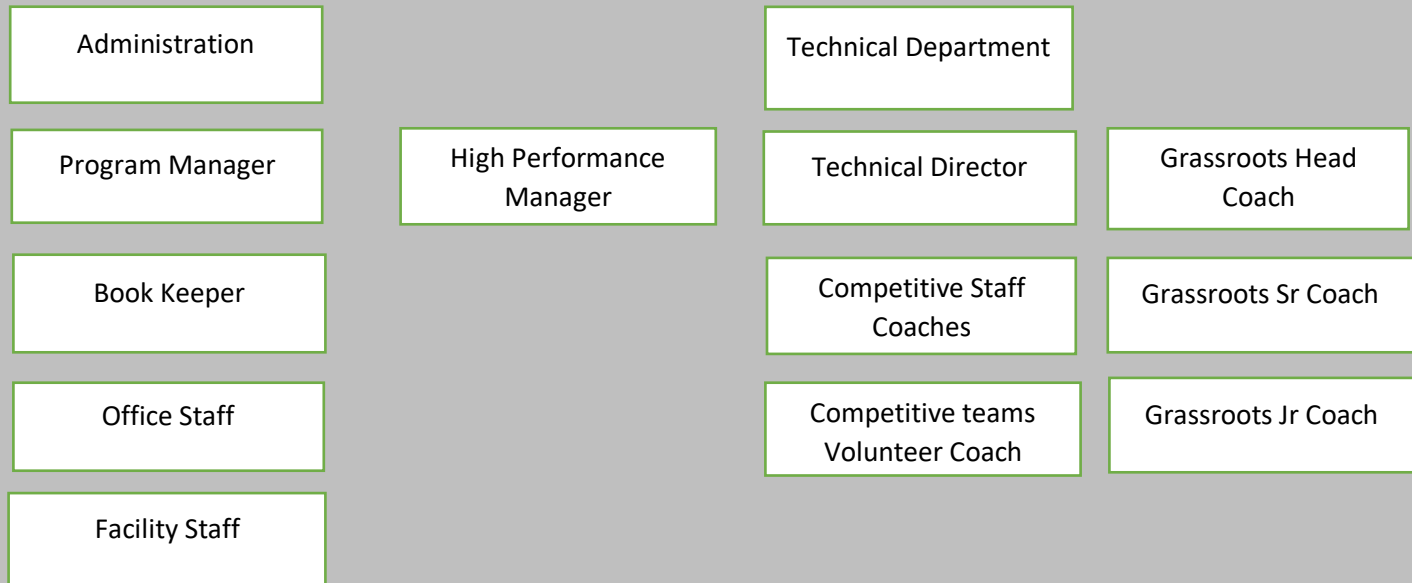
The Staff Coaches report directly to the Technical Director. Each Staff Coach has a minimum C Licence Trained certification and is responsible for executing all Development Sessions for BRYST Grassroots Competitive teams.

### **Junior Staff Coach**

Junior Staff coaches are young, energetic current or recent youth soccer players who have been identified as having the skills necessary to move into a coaching capacity. Junior Staff Coaches are utilized in programs such as Futsal, Active Start, Fundamentals and Skills Development at the recreational level.



Managing Director



## SPORTS SCIENCE

BRYST is proud to partner with 180 Degree Fitness as

part of our Sport Science program. The team of highly educated and motivated staff at 180, led by

Ahjton Roberts, carry out their goal of inspiring and empowering teams and organization with the tools to pursue their next level of performance, health, and fitness.

Our athletes participate in the following activities provided by 180.

### **Strength and Agility Training**

All athletes participate in weekly fitness training sessions from January through until May. Sessions then go biweekly for the remainder of the season. 180 staff are highly qualified in working with soccer athletes and have developed a program regimen in which players and parents thoroughly enjoy.

U12 Grassroots players will be attending biweekly sessions with 180 from January through August. This program will be expanded to the U11 age group as well.

### **Fitness Testing**

Fitness testing occurs with athletes four times per season. Several strength and agility measures are attained based on program requirements from Ontario Soccer.

### **Injury Prevention and Rehabilitation**

All injured players within the program are assessed by 180 staff and training programs are modified based on the severity of injury/recovery level. All 180 staff are required to disclose information to the coaching staff regarding injuries (with parent approval via signed waiver

### **Nutrition seminars**

Nutrition seminars are facilitated three times per season to all program athletes and their parents. It is imperative that athletes learn how to properly fuel and hydrate their bodies for peak performance in a performance environment.

A licensed professional in the field delivers all sessions in a creative way that our athletes and their parents can easily understand.

### **Sport Psychology sessions**

Applying mental strategies to sport is sometimes forgotten but is becoming more important for elite athletes looking to gain an edge on the competition. Dr. Cassidy Preston, a Sport Psychologist delivers three sessions per season to our program athletes and their parents in pre, mid and post season intervals.

## **COMMUNITY**

BRYST 's main objective is to promote within its community the values inherent in sport particularly its role as an educational tool capable of contributing to the comprehensive development of the personality of those who participate.

In addition, BRYST understands the value of offering social integration to those who find themselves suffering from any form of marginalisation.

BRYST endeavours to promote and disseminate all the cultural aspects linked to sport.

## **INITIATIVES**

### **BRYST Kix4Me (All Abilities Celebrated Soccer)**

Since 2020 CR SOCCER BRYST has been running an All-Abilities soccer program three (3) times per year each program lasting 8 weeks one (1) time per week. BRYST currently has 5 registered local children. All abilities Celebrated Soccer is a program designed for participants between the ages of 5 - 15 with intellectual and/or physical disabilities who are interested in learning more about the FUNdamentals of physical literacy and soccer.

BRYST certified coaches along with devoted volunteers create developmentally appropriate programming. BRYST Grassroots competitive players are invited to volunteer and interact with Kix4Me participants making it a true All Abilities program.

This program offers willing learners an opportunity to enjoy & learn more about the sport of soccer in a positive & inclusive environment.

### **School Outreach programming**

There are numerous elementary schools within the District. BRYST provides no cost in school programming as part of an effort to increase physical literacy within local youth who may not have the opportunity to join local sports clubs. The in-school visits are designed specifically for children in Grade 2, 3 & 4.

BRYST offers the schools 4 – week & 8 – week in school programming for grades 5 – 8 for a low cost.

BRYST also organises and facilitates school field trips to our indoor facility for large groups of 60 – 80 children per visit.

### **Festivals and Events**

BRYST attends several local events to promote the game. BRYST staff and Grassroots players volunteer their time to attend the events to support local schools, charities and organisations.