

# Capital Area Premier Academy

## Mission Statement/Player Expectations

### Purpose of the CAPA Program:

CAPA, the Capital Area Premier Academy, is the “premier level” arm of CASA with full time paid professional training and coaching. It is our intention to provide the players in the CAPA Program with the most challenging playing and training environment possible in order to:

- Enhance the players’ enjoyment of and appreciation for the game
- Raise the quality of play by improving the players’ technique and understanding of the game
- Improve the players’ training and preparation habits, including the ability to set goals and monitor their progress toward those goals
- Build leadership skills, social skills, and problem solving skills for application on and off the field
- Provide the opportunity for players to legitimately compete to win the state cup and regional and national level competitions
- Allow players to develop the capability and qualities necessary to compete at a high level beyond youth soccer and club soccer if they desire to do so
- At the older age groups, U-15 and above, continually reinforce the importance of scholarship in the college search and selection process, including the importance of time management with regard to balancing training, studies, and personal recreational time
- At the older age groups, U-15 and above, provide players with exposure to prospective college coaches and offer counseling with regard to the college selection process.

### Player Expectations:

It is important that everyone involved with the CAPA program and teams be aware of and ready to commit to certain obligations that will be placed on those players who are selected to compete on our teams. **The commitment level necessary from the players, and in many respects from their families, will be fairly significant. Our training and playing schedule will sometimes require that sacrifices be made.** If you are not willing to make these sacrifices, you should be up front with us. The players selected to the CAPA teams will have a significant time demand placed on them. As they will be asked to do individual fitness, technical work, and strength training in addition to practicing two or three times per week along with traveling to team events.

Due to the fact that we will want every CAPA team to be very competitive, training will need to be a top priority for everyone involved. Each player’s ability and willingness to attend training and team events is absolutely crucial if the teams are to be successful. The coaches and players must be able to trust each others’ commitment to the success of the group if we are to be able to get anything accomplished.

As play becomes more competitive, the skills and lessons learned in practice will have much greater bearing on the success of the team than they may have had in the past. Players who are not at training cannot learn and get better. Players who are not present for events can have no impact on the outcome of those events. It is also impossible for the coaching staff to consider using players who do not attend training in events when other players have been present and have earned the right to play as a result of their hard work and improvement. Here is a basic breakdown of what will be expected of the players:

- Players must be responsible to effectively budget time for their homework and school projects to be done properly and on time. Players and their families must plan for players to attend all practice sessions and competitions.

- Players will be expected to maintain their physical fitness outside of training. Players will be provided with an effective workout regimen when appropriate, and they will be instructed on how to properly use it. These demands will be practical and reasonable.
- Players and their families must understand and be willing to commit to both the annual financial obligation and the time obligation that accompanies membership on the team. Players must conduct themselves in an appropriate manner and stay out of trouble. If a financial hardship may prevent your participation in the program, you should discuss that matter with the CASA Technical Director as some scholarship or financial assistance may be possible.

The list of things that will be expected of the players is actually fairly short and straightforward; however, there are two very important items in it that may cause conflicts with players and their families. Those items are the time commitment and the fact that our training must be a higher priority than extracurricular school activities. The financial obligation may also be new to some people.

Making the team a first priority is necessary regardless of the talent level of the player for the reasons already mentioned. We will challenge the players and ask for a lot of hard work from them within the training environment, and in order to get the work rate we need to be successful, we will reward the players who are present and doing that work. The players will benefit from this process. It is not fair for players who are not present for training and matches to be selected to play ahead of those who have done the work.

In return for the overall commitment that the players and their families are making to the club and the team, they will receive:

- All the information as reasonably necessary to be informed and plan ahead for the practices and competitions whenever possible
- A monthly or quarterly statement/breakdown of the costs they are paying
- The best training and playing environment currently available in Central PA
- The opportunity to play in multiple college showcase tournaments (U16 and above) and other high-level tournaments and events that will provide them with exposure to potential college coaches
- Access to effective counseling on how and when to begin the college selection process
- An excellent playing experience that benefits the players on and off the field

It is important you realize the commitment and sacrifices that players will be asked to make will have many rewards in terms of life experience that we are not capable of listing here. It is also important to realize that the willingness to make this commitment is necessary for those players who have a serious desire to play with the team(s).

If you are accepted into the CAPA program and formally offered a roster position on one of the CAPA teams at the U13-U18 level, both the player and parent(s) will be expected to agree to and sign a Player/Parent Commitment and Agreement Letter which specifically details the above described program requirements.