



# GIRLS ACADEMY





# WHAT A TIME (FOR GIRLS) TO BE ALIVE

"The summer of 2019 changed girls' beliefs about  
who can be a leader and a hero in America"

*The Atlantic*





# WOMEN'S SOCCER SITS FIRMLY AT THE PINNACLE OF SPORTING EXCELLENCE AND FEMALE EMPOWERMENT

A status that began with Michelle Akers, Mia Hamm, and Julie Foudy is now shaped by Lindsey Horan, Megan Rapinoe, and Crystal Dunn.

Tomorrow, the mantle will be carried by another generation of young, talented, and driven female athletes.





# WELCOME TO THE GIRLS ACADEMY

The only development program focused solely on growing the female youth soccer player as both an athlete and person.



# CORE BELIEF

Through true collaboration with our players, clubs, and partners, we will lead the most dynamic soccer development platform imaginable.

# GOAL

Empower our players' pursuit of excellence as athletes and as people.



# FOUNDED IN 2020 TO ADDRESS THE NEEDS OF THE COMPETITIVE FEMALE PLAYER



**80** MEMBER CLUBS  
NATIONWIDE

**U13-U19** AGE  
GROUPS

**10,000**

**600+**

TOTAL  
PLAYERS

COLLEGE CAREERS  
LAUNCHED



# WE ARE FEMALE-LED

Spearheading the growth of the GA are some of the sport's foremost female leaders.



**LESLE  
GALLIMORE**

Commissioner



**AMY  
GRIFFIN**

President



**HALEY  
CARTER**

Board Member



**MEGHAN  
FREY**

Board Member



**SKYE  
O'GRADY**

Board Member



**AMANDA  
SCHMUTZ**

Board Member



**ALEXA  
DIAZ**

Director of League  
Development & Player  
Programs



**AMBER  
KLIMEK**

Director of Operations



# AND PLAYER-DRIVEN

The heart of the GA is the player-led Advisory Panel. The voice of the players is empowered by this foundational differentiator and separates the GA from other youth organizations.



"I am beyond grateful and honored to use my voice to represent not only myself, but the many female soccer players around me. I'm excited to give my all in strengthening this family of players."

JENNA ABOUSAAB | PA CLASSICS



# SUCCESS IS DEFINED BY FACILITATING ATHLETIC AMBITIONS

## PLAYER ASPIRATIONS:

93% want to play in college

43% want to represent their country





# AND SHAPING ENGAGED CITIZENS

*Regardless of the soccer player I become, I want to look back and say GA helped me...*

"Learn how to be a better person and give it my all."

"Experience new things and become a better leader with character development, confidence, and as a leader."

"Develop my character and whole person into someone who will change the world."

"Advocate for myself and other women around me to make an impact on those around me."

*"It is an honor to be a voice for this generation of powerful athletes. So many of them can continue to break down social barriers and pave the way for better local communities and a better society."*

MADISON O'SULLIVAN | LONG ISLAND SOCCER CLUB





# OUR UNIQUE CLUB COLLABORATION ENSURES WE CAN DELIVER

Our member clubs are true partners in the GA journey – an extremely important distinction that ensures we can deliver on our player commitments and partner promises.





# 2021-22 CONFERENCE ALIGNMENT



Northwest Conference



Mountain West Conference



Mid-America Conference



Northeast Conference



Southwest Conference



Frontier Conference



Mid-Atlantic Conference



Southeast Conference

# ELITE COMPETITION

In addition to a full season of intense league competition, the GA hosts multiple events for players and clubs to be seen by hundreds of college coaches and national team scouts:

3

National Showcases

3

Regional Showcases

2

Champions League  
Competition Windows

8

Conference Talent ID  
Showcases



# CHAMPIONS LEAGUE



The Champions League competition is an aspirational platform created to add additional quality competition for the most competitive clubs in the GA. Qualification is a reward for a consistent commitment to player development and overall success.

The top two clubs per conference based on final league standings and two wild card teams per age group qualify annually for the competition, culminating with a Champions League winner crowned per age group in the spring of each year.



"When asked what they wanted as part of their Girls Academy experience, the players were excited about implementing an aspirational competition within the league and Champions League was formed. It gives teams and clubs the opportunity to earn more high-level playing opportunities, provides a memorable experience, and will be fun for everyone."

LESLIE GALLIMORE | GA COMMISSIONER





# IDENTIFYING TALENTED PLAYERS

Our mission is to highlight, identify, and improve top talent competing in the Girls Academy, while exposing players to opportunities to succeed at the highest level. Participating players across all Talent ID events will be evaluated using the same rating scale.

Getting players out of their comfort zone into the optimal training environment to compete against other exceptional players in a U.S. Soccer Youth National Team-aligned evaluation pushing them to be the best technically, physically, and mentally is key.





# NATIONAL TEAM & COLLEGIATE EXPOSURE

Every Girls Academy National, Regional, and Talent ID event welcomes in coaches and scouts from colleges across the country at all levels – DI, DII, DIII, NAIA – as well as national team scouts to take in the action.

Through robust partnerships, key player information is shared with over 400 scouts to provide GA athletes as many future opportunities as possible to continue playing the game.



# ABOUT OUR CLUB

- RNYFC competes in the Northeast Conference of the Girls Academy (GA).
- We play a home and away series with each member of the conference (16 games)
- We participate in GA Showcase Events with 300+ college coaches in attendance



## PHYSICAL TRAINING LOAD MANAGEMENT

### PHYSICAL PERIODIZATION CYCLES

#### Extensive

- Long sets, from Medium sessions
- Covering 80% normal size space
- Normal high actions, repeated on a regular basis

#### Intensive

- Medium-short sets, Short Recovery
- Medium-small spaces
- Quick actions, repeated rapidly

#### Speed/Interval

- Long Full Recovery between sets
- Normal size space, Small Numbers
- Actions that allow full speed

#### Rest

- Short, long duration Long recovery between sets
- Medium size space
- Varied actions

## FITNESS MACROCYCLES



## PHYSICAL MICROCYCLES



## PHYSICAL PLAN MACROCYCLES

## TACTICAL PERIODIZATION



## PRINCIPLES OF PLAY



## MACRO CYCLE TACTICAL PLAN



## AGE-APPROPRIATE TACTICAL PERIODIZATION

## SESSION PLANNING



## YEARLY PLAN



## DAY-TO-DAY/WEEKLY PLANNING



## FORMAL SESSION PLANS

## MATCH/TRAINING



## 4 SESSIONS PER WEEK (EMPIRE FACILITY)



## MEANINGFUL MATCHES



## LIVE MATCH FOOTAGE



## VIDEO STORING

## PERFORMANCE ANALYSIS



## GPS PHYSICAL DATA



## MATCH FILM LIBRARIES

Individual Development Plan	
Player Name	Position
Technical Session	Goalkeeping
Physical Session	Goalkeeping
Tactical Session	Goalkeeping
Motivation Session	Goalkeeping
Individual Development Plan	
Key Quality of Game	Player Review
Technical Session	Goalkeeping
Physical Session	Goalkeeping
Tactical Session	Goalkeeping
Motivation Session	Goalkeeping
Personal Notes	Goalkeeping
Personalized Instructional & Analytical Feedback	Goalkeeping

## FORMALIZED IDP & PLAYER ACTION PLANS





# INTERESTED IN LEARNING MORE?

Please reach out to:

LOUIS GUILFOIL  
GIRLS ACADEMY DIRECTOR

585-880-2393

[Louis.Guilfoil@empireunitedgea.org](mailto:Louis.Guilfoil@empireunitedgea.org)

[girlsacademyleague.com](http://girlsacademyleague.com)

