



Fall 2005

Parents,

WELCOME TO PREMIER ATHLETICS CLUB (PREMIER AC). Thank you for choosing our club as one of the key components to your child's soccer education. We believe you will be pleased with the quality of training our staff has to offer your son or daughter.

Premier AC is a non-profit, federal tax-exempt organization committed to developing youth soccer and youth basketball for all abilities. It was established in 2003 as a soccer training organization offering camps and local clinics for youth soccer throughout the northern Virginia area, with teams and coaches that share our club-centric training approach. Premier AC seeks to offer a challenging, competitive, and educational program in which youth will develop their soccer skills to promote sportsmanship, integrity, leadership, self-discipline, and character development.

***Our mission is to provide:***

- A unique opportunity for young athletes of all abilities to participate in soccer; to encourage good sportsmanship; to encourage teamwork; and to learn the necessary skills to play competitive youth soccer throughout the United States.
- Exceptional youth soccer players with a challenging program that will offer opportunities to compete in national and international competitions, with a goal that these players will gain exposure to enhance their opportunities to further their development as student athletes at the college level.
- Exceptional youth soccer players with disabilities, a challenging program that will offer opportunities to compete in national and international Special Olympics competitions, with a goal that these players will gain exposure which will enhance their opportunities to further their development as student athletes at the college level.

"Premier AC" is unique in the fact that it completes a full soccer-playing pyramid, through its full commitment to a clearly defined "club-centric" player and coach development curriculum. There are several sports clubs in Northern Virginia that address player development through a "team" development structure. The team approach may not always ensure continuity in training and the age appropriate progression necessary for youth players to succeed at the higher levels of competition.

The attached information packet includes information about the Club and our travel program. We also invite you to explore our website at [www.premierac.org](http://www.premierac.org). Again, welcome to the Premier AC family.

Best Regards

***Sully Hamid***

Sully Hamid  
Director of Operations

4201 Wilson Blvd, #110648, Arlington, VA 22203-1859  
Phone: 703-477-6828 Fax: 703-642-5596  
[www.premierac.org](http://www.premierac.org)



## **Club Information Packet**

### **Board of Directors:**

Sully Hamid – Director of Operations  
Sully Hamid - (Acting) Director of Coaching  
Education and Camps  
Greg Bryant – Director of Coaching  
Lucy Jennings – NCSL Representative/VA  
Commissioner

Vacant - Club Administrator  
Mike Pfannenstiel - ODSL Rep  
Pam Holmes – Director of Finance  
Vacant - Registrar  
Steve Ruiz – Director of Special Olympics  
TBA – Fundraising

### **Mailing Address:**

Premier Athletics Club Inc.  
4201 Wilson Blvd; # 110648  
Arlington, VA 22203

**Club Phone:** (703) 477- 6828  
**Club Hotline:** (703) 923-3493

### **Parents Advisory Board: Chairman, Mr. Mark Holmes.**

Each team will nominate two parents to serve on the Parent Advisory Board. The Board Chairman is Mr. Mark Holmes. Advisory Board will be responsible to put ideas together for the Club fundraising activities and other activities to aid the club.

### **Semi-Annual Club Banquet:**

Premier AC will hold its semi-annual club banquet at the end of each season (in June and December) to honor its volunteers, parents, players and donors. The Parent Advisory Board will be fully responsible for these events. Guest Speakers will be invited from all works of life. Certificates, plaques and door prizes will be given. Dinner will be served.

### **Website address: [www.Premierac.org](http://www.Premierac.org)**

All Premier AC activities will be published through its website. Online registration is encouraged for training and clinics. Please visit the site often to stay abreast of training opportunities and important information about the Club. Each team has a site within the Club website. Each team will designate a team site manager. Team site manager is responsible to keep the team site with current information and photos etc. Potential players will see your site before visiting your team practice or Club. The Club will offer the required training to team site managers.

### **Membership Affiliations:**

Virginia Youth Soccer Association (VYSA)  
Old Dominion Soccer League (ODSL)  
National Capital Area Soccer League (NCSL)  
Ashburn Soccer Club (ASC) and Falls Church (FCH):  
We are currently playing our NCSL games under the FCH club umbrella while we are awaiting the opportunity to apply for independent membership in the National Capital Area Soccer League (NCSL).

### **Club Representatives:**

ODSL – Mike Pfannenstiel  
NCSL – Lucy Jennings (FCH)  
U8 Transition Teams Director –  
Tom Hamblett

Club Tournament Coordinator – Bill Ledger  
Club Hotel/ Lodging Coordinator – Tarey Houston  
Club Chairman Parent Advisory Board – Mark Holmes

## Current Teams:

<u>Team Name (Fall 2005)</u>	<u>Club Umbrella</u>	<u>League</u>
Premier AC Rangers '89 – U16 Boys	FCH	NCSL, Div. 1
Premier AC '91 Blue – U14 Boys	FCH	NCSL, Div. 2
Premier AC '91 White – U14 Boys	FCH	NCSL, Div. 1
Premier AC '92 – U13 Boys	FCH	NCSL, Div. 3
Premier AC '92 Impact - U13 Boys	FCH	NCSL, Div. 3
Premier AC '92 SOTH - U13 Boys (DC)	Premier AC	ODSL
Premier AC '94 Blue– U11 Boys	FCH	NCSL, Div. B
Premier AC '94 White – U11 Boys	FCH	NCSL, Div. L
Premier AC '94 Attack - U11 Girls	Premier AC	ODSL
Premier AC '95 – U10 Boys	FCH	NCSL
Premier AC '96 – U9 Boys	Premier AC	NCSL

## Training Opportunities: Residential Camp

Premier AC offers its teams various camps and clinics to accommodate the different age groups and schedules within the club. Premier AC hosts an annual residential “team” camp in late July/early August for its U10-U19 teams. Residential camp is **Mandatory** for all Premier AC teams, particularly in these age groups. This camp provides nearly a full season (~40 hours) of field and classroom training.

## Training Opportunities: Non- Residential Camps

Premier AC non-residential camps are held in April and July called School Out camp. Spring and Fall Clinics are offered as part of Premier AC’s program and is covered by player dues. Mini-camps run throughout the summer vacation to help developed and developing players in and out of the club that will want to stay involved with soccer development throughout the year. Individual and teams are encouraged to sign up.

## Training Opportunities: Winter Indoor Training

Winter Indoor training is mandatory for all Premier AC players. This training is geared towards identifying and moving players up or down on the curriculum ladder. The opportunity to be coached by coaches you might not have been exposed to during your regular season training. There are opportunities to train with players a year or two older, depending on your skill level. Re-emphasis is placed on our player individual skills and how they apply it to game situations. Premier AC is not against Indoor soccer league but do not encourage it. Premier AC encourages training in the off- season to refine skills.

## Coaches:

Our coaching staff includes licensed and certified coaches from the U. S., Europe, South America, Africa, the Caribbean, Latin America and Australia. This international staff shares a common coaching philosophy to ensure our players achieve their highest playing potential. It is our objective to develop all our players so they may have a better chance of playing at the collegiate level and beyond. This requires that our staff be properly educated themselves and have proper coaching certifications to train our players. Premier AC is in a unique situation as our Director of Coaching Education has authority from NSCAA to educate, train and issue Regional Coaching Certifications to our club coaches.

## Uniforms:

There are two **standard** uniforms of Navy Blue and White with corresponding socks for players in Premier AC. Team bag is the Nike nutmeg. The estimated cost of the 2 game uniforms is \$150.00 for both kits. The estimated cost of the soccer bag is \$32.00, and optional warm-up kit is \$81.00. Each team selects one person who will be in charge of taking the orders from individual players and submit one order for the entire team. *All teams are to use numbers 1-18 for their players’ numbers.* Premier AC purchases uniforms and accessories from Matt Godek Rugby and Soccer, located on Gallows Rd, Vienna, VA. Premier AC’s POC at Godek Rugby and Soccer is Simon.

### **Practices/Training:**

Premier AC recommends 2 to 3 practices a week for its teams. Field allocation permits received from Community and Recreation Services of Fairfax County will dictate days and times of practice. Players are encouraged and expected to attend all practices and any prescribed club classroom training.

### **Field Closings and Practice Cancellation:**

Inclement weather field closing will be determined by Fairfax County. Inclement weather hotline is 703-342- 5533. The Coach of our team will determine practice cancellation other than inclement weather.

### **Practice Fields:**

Practice and Game fields are allocated by Fairfax County to Premier AC. Premier AC teams will set their practice times around the allocated times. Currently, the county has levied a per player charge of \$5.50 for usage. More field space will be allocated with an increased in player count. Premier AC currently trains at Shreveview Elem., Timberlane Elem., and Larry Graves Park. Occasionally, practices may be held at Bishop Ireton High School turf field. (Pay to play).

### **ODSL Games:**

The ODSL game schedules for each season are prepared and published by the Old Dominion Soccer League (ODSL). Premier AC is allocated field space for training and games by the County. Game fields are identified and provided to ODSL. The league makes the game schedule based on field loading and referee availability. Parental input for game schedules or field locations for travel soccer is not considered by any of the travel leagues. Most, but not all of the ODSL travel games are scheduled for Sunday afternoons. HOME games for ODSL U9 – U10 players may be played at **Shreveview or Timberlane Elem.** If our home fields are closed and our Opponents fields are open, there is likely tendency that the game will be moved to the Opponents field. The reverse is true for us.

### **NCSL Games:**

The NCSL game schedules for each season are prepared and published by the National Capital Soccer League (NCSL) Premier AC is allocated field space for training and games by the County. Game fields are identified and provided to NCSL. The league makes the game schedule based on field loading and referee availability. Most, but not all of the NCSL travel games are scheduled for Sundays. Parental input for game schedules or field locations for travel soccer is not considered by any of the travel leagues. HOME games for NCSL (FCH) U9 – U11 may be played at **Larry Graves Park or other fields that are shared between Falls Church & /Mclean.** HOME games for NCSL older ages may be played at **Shreveview ES or Bull Run.**

**NOTE: Only Div. 1 and Div. 2 Teams in age groups of U14 & higher may have the option to play at Bull Run.**

### **Premier AC Tournament Participation:**

Premier AC prides itself in our club-centric approach and creating a club to player identity. To foster the relationship between club and player, club teams will typically play in the same tournaments during the season. Premier AC will coordinate with coaches to determine which tournaments the club will enter. This decision will be based on which tournaments provide the best level of competition for our teams and occasionally which tournaments provide Premier AC proper club exposure. After the tournaments are selected, the Tournament Coordinator becomes the POC for all tournament-related activity. Certain teams in Premier AC qualify for the Elite tournaments in the country while other teams in the club may not qualify. Premier AC will make sure sufficient tournaments are offered to accommodate every teams playing level. Depending on the location where the tournament is played, overnight lodging may be required. In this case, the PAC Housing Coordinator for the Club makes the arrangements for hotel/lodging for all of the teams, etc. PAC's Housing Coordinator will then contact each team's manager or Tournament Coordinator and provides the lodging details. Credit cards will be required from each family to hold the reservation. Each team will then be responsible for preparing a Hotel Rooming List and submitting it to the PAC Housing Coordinator. Hotel lodging is the full responsibility of the family, not the Club.

### **Current Fees / Dues:**

Premier AC's fees are structured to cover Club operational costs and League fees. There are three major fee categories:

- 1) Individual Membership Dues of \$125 per player (for U9 & U10), and \$175 per player (for U11 and higher) per season.** Membership dues cover a variety of services for each player and family, including the club website. The majority of the fees cover coaching and administrative costs associated with the weekly Spring and Fall clinics, club equipment, and club administrative costs. Membership fees also help offset operational costs.
- 2) Team Fees of \$250 (for U8-10 teams) and \$300 (for U11-U19 teams) per season** cover field maintenance and repairs, field usage and rental fees, county field usage fees, and coaching education/certification course work and multi-media training aids for our staff, and repairs. Team fees also help offset operational costs.
- 3) League Fees** are mandatory for participation in NSCL, ODSL and VYSA. NSCL fees vary by age group on a graduated scale ranging from **\$340** (per U9-U10 team) to \$686 for U19 teams. The ODSL fee structure is slightly less than NSCL and team fees are adjusted accordingly by age group on a graduated scale ranging from **\$510** (per U9 team) to **\$740** for U11 teams and higher. VYSA membership fees are mandatory and collected by NSCL and ODSL Leagues at the time of paying league fees.

**Club Associated Fees:** Falls Church charges a club associated fees to Premier AC players and teams. FCH charges \$ 150/club which is split between the teams that are playing under the FCH banner. These are fees that the individual teams have to pay to FCH depending on the banner under which your team is playing.

### **Fee Due Dates:**

Fall Season fees are due the 2<sup>nd</sup> week of July.

Spring season fees are due the 2<sup>nd</sup> week of January.

Membership and league fees are paid at the due date to the Club. The Club in turn pays appropriate fees for all teams to the various soccer entities associated with Premier AC. Teams should make all checks payable to Premier AC. Mail to Premier AC, c/o Pam Holmes, 10501 Blackstone Ave., Cheltenham, MD 20623.

### **Teams Specific Costs**

In addition to the above set fees, each team will also incur team specific costs such as for uniforms, tournament fees, coaching fees, and any specialized trainers such as goalie training.

### **Premier AC Fundraising:**

Premier AC will hold a fall and spring fundraising activities for the benefit of the Club. Parent and player participation are both key. Your contribution will enable Premier AC to implement our training and coaching plans.

Corporate donations enable the Club to achieve its goals both short term and long term.

However, corporations want to see 100% of our families making a personal charitable contribution to the club, no matter how small. Premier AC is 501(c) 3 and will provide a tax-deductible letter for individual and corporate donation. Furthermore, corporate donations will earn each company display on the Premier Athletics Club website. The website receives an average of 3,000 hits/month and is increasing.

### **Individual Team Fundraising:**

Teams can help to reduce team and individual costs by hosting team fundraising activities.

Individual teams have raised in excess of \$3000 per team per year through car washes, garage sales, pizza and cookie sales, donut sales, raffles and other donations.

Corporate donations to our teams are encouraged. Tax-deductible letter will be given to our corporate donors. Depending on the amount of the corporate donation, the corporate sponsors' website can be linked to the individual team site for public recognition. A plaque will be presented to all our donors at the semi-annual banquet in recognition of their support.

**Team Registration Process:**

**Registration Materials:** Immediately after the teams are selected, a TEAM MANAGER is needed for each team. The Team Manager collects and processes data to Premier AC, ASC, FCH, NCSL and VYSA to register the team for the upcoming seasons. VYSA requires all team rosters and player passes be electronically prepared and maintained using the RosterPro software. The RosterPro software is supplied by VYSA and is available at no charge to VYSA members. The team manager maintains the software on his/her own personal computer.

**New Player Pass:**

For new travel players, each family needs to submit the following to their team manager:

- Previous Travel Player OR Original birth certificate or passport
- One recent “passport type” picture (about 1 by 1.5 inches)
- Notification if the player has lived outside the country.
- Name – that player goes by on a daily basis.
- Address including zip code.

The birth certificate and picture are necessary to make a player pass for the player to participate in the NCSL or ODSL. Each player must sign his/her pass by the end of July. The birth certificate will be returned to the parent AFTER the team has been properly registered and accepted.

## **Helpful Tips to Structure Team Responsibilities:**

The team parents manage the travel teams. The parents are responsible for all of the administrative positions listed below. Each team needs a volunteer for each position.

1. **Manager** - The team manager serves as the general manager for the team organization, coordinating all the tasks that need to be done, making sure communications are clear to all affected individuals.

This person is the team roster administrator, coach liaison, game-day coordinator, score reporter, Premier AC representative, etc. This person will work closely with the Club officials, to ensure the team understands and follows the "Club-centric" approach to soccer. It is important that the team manager sits down early and often with the team coach to assure expectations are clear and that any outstanding issues are clarified on a timely basis. The manager should also ask for help from the other team parents in carrying out various other jobs. This keeps the parents involved and active. Hold frequent team meetings.

Team managers must know the rules and the expectations for team management and conduct. Managers should review information available on the PREMIER AC website, the (travel) league in which the team is slated to play (NCSL, WAGS, ODSL), and the VYSA Website. The primary information to pull from these sites includes rules, schedules and deadlines, contact information, medical release forms and codes of conduct.

2. **Assistant Manager** - Back-up to manager; may share in the above responsibilities.

3. **Uniform and Equipment coordinator** – Take team order for uniforms, order and distribute uniforms, maintain/carry first aid kit, corner flags, game balls, etc.

4. **Treasurer** – Open and maintain a bank checking acct. for the team. Prepare and sign checks to pay team's expenses. Prepare and distribute a team budget.

5. **Social and phone tree Coordinator** – Plan parties, special occasions; prepare phone tree and make calls to team parents as needed.

6. **Fundraiser Coordinator** – Plan, coordinate fundraising activities.

7. **Tournament Coordinator** - Coordinate with the Club and team coach to register for tournaments.

8. **Housing Coordinator** – Coordinate with Club hotel coordinator for out of town tournaments. Get credit card numbers information from team families; maintain an EXCEL spreadsheet with each of the family's hotel preferences.

9. **Snack Coordinator** – Prepare, distribute, and maintain snack/beverage list.

10. **Team Website/Webpage Manager** – Coordinate with Club Site Managers to set up and maintain team webpage within Club site: **[www.premierac.org](http://www.premierac.org)**

11. **Videotape Coordinator and Photographer** (optional) - Club can use videos and shots taken in our semi-annual club banquet.