

LAKE NORMAN SOCCER CLUB



ECLIPSE

Elite



LNSC MISSION STATEMENT

"The Lake Norman Soccer Club strives to create a balanced and comprehensive experience through a competitive soccer environment."

ECLIPSE ELITE GOALS

- Build a unique and strong community of diverse individuals with common goals
- Instill a high standard of work ethic, expectation and self respect in all players
- Create a holistic training environment
- Provide players and families with the resources and opportunities required to reach their individual goals

OVERVIEW

LNSC introduced its Eclipse program in 2008. At the time, this was an ambitious move by a small club of just 250 players. Eight years later, the effects of this initiative are visible throughout Lake Norman Soccer Club and girl's soccer in the state. LNSC has grown by over 500% and its Eclipse teams have won numerous national and international competitions, fielded state champions, sent a higher percentage of its players to play in college than any other club in North Carolina and raised the bar for girl's soccer in the area. It is well known that LNSC is considered one of the major programs for girl's soccer in the state and region.

But, it's also true that the national landscape of youth soccer has changed a great deal in the last eight years. The standard for top-level training and competition has increased. And with the advent of numerous new leagues and programs, the "noise" for parents and players to sort through in choosing the right club and program to be a part of has become increasingly distracting.

With this in mind, we are pleased to announce the development of LNSC's newest and most extensive program ever – LNSC Eclipse Elite. The Eclipse Elite program is a top-level player development program designed for the most committed and serious players. In this program, players will train in a professional environment that focuses on total player development that includes:

Technical Soccer Development
Development of Superior Tactical Understanding
Athletic and Physical Development
Mental and Psychological Development

The Eclipse Elite program will allow players and teams to compete in the highest-level national leagues, tournaments and events. Players will have opportunities to gain national exposure and next level player identification and promotion will be a key component of the Eclipse Elite program.

WEEKLY TRAINING PLATFORM

The number one value that a club can provide to players and families is a high-quality, organized and professional training environment. While there are many leagues and programs that clubs participate in, it is a proven fact that the best teams come out of the best training environments. And ultimately, the best teams wind up playing against the best teams, regardless of their original platform of participation. This biggest evolution of Eclipse Elite program is the enhancement of this training environment. While we feel that the Eclipse program has always set the gold standard for training environments in the state of North Carolina, the Eclipse Elite program will take the training environment to a whole new level. Each week, individual sessions will be dedicated to technical development, tactical development, functional development and physical development. An example of a week's training plan is below:

Day 1 – 1hr. Recovery/Upper Body
30 min. Technical Work (Training Groups)

Day 2 – 45 min. Fitness / Endurance
45 min. Functional Work (Training Groups)

Day 3 – 1.5 hr. Tactical Team Training (Individual Team)

Day 4 – 20 min. Explosive Strength Work
1hr. Team Training
10 min. Core Work

Day 4 Alt. – Classroom / Film Study

Weekly trainings may be altered or reduced based on the weekend's game schedule. All Elite teams will train at the same time, on the same fields, Monday, Tuesday, Wednesday and Thursday.

Training v Game Ratio

4 : 1 Ratio

Heavy Game Week → Light Training Week

Light Game Week → Heavy Training Week

Elite Senior Girls Training Load

June	July	August	September	October	November
Light	Medium	Heavy	Heavy	Heavy	Heavy

December	January	February	March	April	May
Medium	Medium	Light	Light	Light	Light

Teams are assigned in “training pairs” and the head coach of one team will serve as the assistant coach for the other team in that training pair.

Training Pairs: U14 – U15 ; U16 – U17 ; U18 – U19

Players in the Eclipse Elite program will follow a carefully constructed training curriculum and periodization program that will be designed to manage their ongoing fitness level. Injury prevention, nutritional education and speed and strength training will be integral parts of the program as well.

Teams will participate in monthly classroom sessions. Additionally, each player and family will receive a customized player development plan that is reviewed and adjusted on a quarterly basis with the player, family and coaches.

We feel that the training environment is the most important factor in player development and the goal of the Eclipse Elite program is to further raise the already high bar set by LNSC in the past few years. Competition in training will be encouraged and attention to details demanded by all staff. Players will be expected to be at their best every session and continuously raise their own expectations for performance.

COLLEGE RECRUITMENT

A cornerstone of the Eclipse Elite program is our college planning and recruitment. While playing college soccer is not the goal of every player, we recognize that this is the goal of many of our top level players. Over the past 5 years, the Eclipse program has seen a greater percentage of our players go on to play college soccer than any other club in the state. Players receive one-on-one college counseling, access to College Fit Finder (an advanced search tool in which players can manage their own college profile), exposure to top level recruiting events and a vast network of current and former college coaches able to assist players in the process.

Since the first graduating class of 2010, the Eclipse program has sent players on to play at the following schools, many with multiple Eclipse players playing.



F.A.Q.'s

CAN MY CHILD PARTICIPATE IN HIGH SCHOOL SOCCER?

Yes. The Eclipse Elite is a 10-month program. But at the same time, we recognize that playing school soccer is an important social aspect for many players. Therefore, we provide training and playing opportunities for players wishing to play high school ball that are designed to fit within the high school season and mesh well with the time demands of high school soccer so as not to physically or mental “burn out” players. For players who do not wish to play high school soccer, a full-time training and playing platform also exists, at no additional cost.

IF SELECTED TO PLAY ON AN ECLIPSE ELITE TEAM, HOW MUCH PLAYING TIME SHOULD MY CHILD EXPECT TO SEE?

In a competitive environment, playing time is something that needs to be earned by each player. At the same time, we feel that players need to see field time to grow – if we do not plan to play a player, then we will not select them. Players will not all see equal time on the field. Some may see their time grow or decrease as their performance changes. As significant changes in playing time occur, this will always be communicated to the player. At a *minimum*, every player should expect to play 1/3 of total minutes in league and cup competitions and a *minimum* of 1/2 of the total minutes in showcase events. We recognize that this program represents a large financial and time commitment for families and feel that this is our commitment back to families. We want to see every player grow. Players who miss an inordinate amount of training sessions or games may see a reduction in playing time, but this will always be clearly communicated to the family and player in advance.

WHAT VALUE AM I GETTING FOR MY CLUB FEES?

At first glance, the cost may seem high for players who participated in the Eclipse program last year. However, we have packaged all team fees, uniform fees, coaches’ expenses, and club fees together to make a more streamlined and professional cost structure. We have added weekly training sessions, enhanced the speed and agility program and added in many extras. Overall, most players who participated in the Eclipse program last year will see less than a 10% increase (in some cases, no increase at all) for a highly enhanced program. This program is, without a doubt, the most affordable program of this caliber in the area – where some comparable programs will cost *more than double* what the Eclipse Elite program will cost. A detailed breakdown of cost and benefits is outline in subsequent pages of this document. Financial aid is also readily available for qualified families. The only additional costs for families will be individual travel costs.

TELL ME MORE ABOUT THE SPEED AND AGILITY PROGRAM?

As we look to continue to develop our players’ performance level, we have developed a customized, soccer specific, speed and agility program to enhance the Eclipse Elite program and its players. Speed and agility will be a weekly part of on-the-field training, offered by a dedicated professional who will work exclusively with the Eclipse Elite program and travel with it’s teams. The program will be tailored and monitored to mesh with the rhythms of the playing season and events to maximize our players’ performance and output.

F.A.Q.'S (CONT.)

WHAT ARE THE CORE VALUES OF THE LNSC ECLIPSE ELITE PROGRAM?

Player development is the key component of our values. Our mission is to help talented young athletes reach the potential, achieve their goals and have a great experience along the way. Sportsmanship, hard work and teamwork are paramount to success in the LNSC Eclipse Elite program, as we believe it is to success in life. We strive to build a community in which players enjoy healthy competition, value success through their own efforts and can be objectively self reflective. Older players mentor younger players, and all players celebrate the success of their peers.

WHAT SHOULD I EXPECT FROM THE LNSC ECLIPSE ELITE STAFF?

While each team has its own head coach, it is the LNSC Eclipse Elite staff that is ultimately responsible for the success each and every player. The LNSC Eclipse Elite staff is responsible for the following:

- Help players improve both technically and tactically
- Manage all games and training sessions properly
- Maintain lines of communication with team
- Communicate regularly with players and families regarding player progress
- Maintain and update quarterly player development plans
- Provide a safe environment for all players to train and play in
- Model respect and sportsmanship
- Assist and counsel players and families in the college recruiting process
- Communicate with potential college coaches to arrange visits and coach attendance at games

LEAGUES AND EVENTS

In order to compete at the highest possible level, teams will participate in the highest available levels of play in several formats.

National Premier League

Teams will also participate concurrently in the National Premier League. LNSC teams play in the South Atlantic Premier League which has just been tapped to be an ENPL qualifying league. Below is a statement from the US Club Soccer website explaining ENPL and its place in the soccer universe:

“The ENPL will include both member Elite Clubs National League conferences (ECNL conferences) and member National Premier Leagues (NPLs), providing multiple entry paths into the competition. ENPL competition will include ... (i) qualifying teams from designated National Premier Leagues across the country; and (ii) qualifying teams from ECNL club-based conferences across the country. These teams will come together to compete for the ENPL National Championship in a two-stage postseason event in 2018.” – usclubsoccer.org

USYSA

Teams will compete in the NCYSA Premier League, Southern Regional Premier League, and/or the USYSA National League. Teams will also participate in the USYSA National Championship Series.

Showcase Tournament Series

The LNSC Eclipse Elite teams will participate in some of the largest and most prestigious showcase events in the country. The tentative 2017-2018 showcase tournament schedule is shown below:

Women’s Premier Soccer League

LNSC also owns a semi-professional women’s soccer franchise – the Lake Norman Eclipse – who plays during the summer months in the WPSL. The team is open to older high school players as well as current and former college players. Players who are selected to the main team 18-player roster participate on the team for no charge. Senior level girls players at LNSC (U15+) can participate in the Elite Training Academy in the summer (for an additional fee) and train all summer long with the WPSL team. Some ETA participants will be selected to serve as reserves for the WPSL team as well.

STAFF

Head Coaches

U19 – Tammy DeCesare

U18 – Nick Brown

U17 – Kate Hammes

U16 – Chad Metzler

U15 – Jimena Rojas

U14 – Kate Hammes

Staff Coaches

Jason Strange

Adam Denton

Greg Ashton

Stephen Chaconas

Adam Tipper

Dani Papas

COSTS

The cost for players participating in the Eclipse Elite program in ages U14 – U17 is \$2750 per player, per year. This is an inclusive cost as there are NO TEAM FEES and NO UNIFORM FEES. This club fee is divided into 4 installments – a \$350 commitment fee due at the time of commitment, and then three equal installments of \$800 due on August 1, October 1 and December 1.

U18 and U19 players pay a \$2450 per player with a \$350 commitment fee and three equal installments of \$700.

Monthly payment plans are available for players as well. Financial aid is also readily available for qualified players.

Player fees cover:

Weekly Training
Goal Keeper Training
Uniform Kits (on a 2-year cycle with 3rd kit of off years)
League Entry Fees
Tournament Entry Fees
Coaches' Travel Expenses
Speed and Agility Training
Player Carding
College Fit Finder Access
College Planning
Elite players will receive a \$150 ETA credit