

Director of Coaching / Director of Senior Teams Report – December 1st, 2018

- Our 2018 season has come to a successful conclusion. We had teams competing at the CSL, DRSL, OWSL, and OSL levels. All teams represented our club well.
- Heading into 2019, we are up 3 teams net from last season with minimal player migration. We have one additional team in the U13-18 Competitive division and two additional Development teams. This is a direct testament to the hard work our coaches have invested in making our teams FUN and ENGAGING.
- PCSA hosted Learn to Train and Soccer For Life courses in early March of 2018. Both courses were well attended and we will once again host Soccer For Life in early 2019 (date to follow). We are also in the process of trying to secure a “C” License course for Peterborough in April of 2019.
- Our Senior Program was re-structured and doubled in size this past season. We have teams in both U21 Men and Women as well as Senior teams in both divisions for the first time in many years. We do have coaches in place for all four divisions again for this coming season.
- We will be continuing with our Strength and Conditioning program lead by our Technical Coach Rianna Poskin starting again in January. This program will be for all players in our club with the goal of preventing unnecessary injury which typically may occur at the beginning of a season. This program was very successful in its inaugural year last season.
- We have standardized and streamlined technical coaching. Standard hourly rates have been set and we are saving our hours to be used more productively in the Winter/Spring and Summer when we require them most. Fall training has consisted primarily of “Free Play” which has helped improve overall attendance for most teams vs last season.
- We hired three new GK coaches last summer and held regular GK sessions from January to August. In addition, we allowed teams to use our three GK coaches for one-on-one sessions with their respective teams. Our plan is to continue to invest in goalkeeper training again starting in January.
- We had another successful year with our U8 program and this is evident by the fact that we will have 2 teams in both U9 B&G this coming season. We tried a different approach with our U7 program, using it more as a training camp at the beginning of the season. The concept was solid however it was dependant on the merger between PCSA and PYSC which was delayed. This concept can be tried again in the future when the two clubs merge.

- Finally, I have been proud and happy to serve PCSA in the capacity of Director of Coaching for the past two seasons. I have learned a lot and forged some invaluable relationships along the way. I want to thank all of the coaches who have volunteered tremendous amounts of time in order to make our club as great as it is today. I look forward to assisting our new Director of Coaching to allow for a smooth transition.