



### **The philosophy:**

At the core of our philosophy is to strive to achieve your best at every session and demonstrate those skills through healthy competition, for those girls intrinsically motivated to train above recreational level soccer. We believe it is healthy and level specific "competition" that hones player's skills and personality and produces effective game players.

### **Squads vs Teams:**

This year, Firefox will not have set teams. To accommodate each player, a squad system will be used, whereas your child *may* play with different Firefox players each week. Where applicable, 2 squads (Target and Development) may be used for development purposes. Rosters will be sent in advance, where a parent may accept or decline their designated game night. Your daughter may play the same team twice.

### **Our goal is to:**

- **Develop each player to the best of their ability**, provide every opportunity, and provide the necessary skills on whatever level they represent in the future (Provincial → Soccer for Life)
- play our style of game [2-3-1 possession]- regardless of outcome. As an example, this includes playing from the back regardless if mistakes are made
- have serious fun- while giving 100% effort and remaining focused
- develop all of the participants to achieve their personal best on and off the field
- to develop the proper skills/habits that will act as their foundation for future years
- have all of the girls develop lasting friendships in the years ahead
- follow Ontario Soccer Association LTPD guidelines in age appropriate development

### **Simple guidelines/expectations:**

1. **Schedule:** It is up to you to ensure you know the official schedule ([www.ldysl.com](http://www.ldysl.com)) and what squad your child has been assigned to.
2. **Arrive Early:** Please make every effort to have your child ready to begin practice (not arrive) at the provided times- normally this means 15 minutes early. Prior exceptions can be made.
3. **Update TeamSnap:** As soon as you know your child is unavailable (i.e. vacation, illness etc.) please email [firefox@gcfclondon.com](mailto:firefox@gcfclondon.com) in the event of a change (especially within 48 hours).
4. **Changes:** Every effort will be made to ensure the schedule below is maintained however;
  - Changes may be made to the locations, groups, schedules at anytime
  - Changes may be made to the times – (earlier or later)
5. **School and family come first.** If your child needs a break please let a manager know.
6. **Uniforms:** GCFC provided practice shirt and black shorts/socks are obligatory for all practices.
7. **Remember:** Collectively hundreds of hours are being volunteered to help your daughter be the best soccer player she can. Mistakes happen. Please- **think – act – respect**.



German Canadian FC 2004 Firefox Girls  
**2014 SPRING & SUMMER DEVELOPMENT PROGRAM**  
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**POLICIES:**

German Canadian FC policies [including code of conduct and Rep Team Manual] can be found at [www.gcfclondon.com/documents.html](http://www.gcfclondon.com/documents.html)

**SPEED / AGILITY / QUICKNESS:**

This is an optional program for Firefox girls on Thursday nights and will focus on SAQ as well as physical literacy. In addition- recommendations for an alternative could be made for increased family time, hobbies, other coordination sports such as swimming, dance, or whatever other activities your daughter enjoys doing. Please do not feel obligated to have your child attend.

Please advise if you would like to opt out of this program. There is no additional cost.

**TOTAL COST FOR PLAYER DEVELOPMENT:**

**\$360** (GCFC base fee)



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May 2014						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6 FIREFOX TRAINING [6:30-8:00PM] RESERVOIR PARK	7	8 FIREFOX GAME FORMS [6:30-8:00pm] GERMAN CLUB	9 POSSESSION TRAINING [6:30-8:00PM] GERMAN CLUB	10
11	12	13 POSSESSION TRAINING [6:30-8:00PM] RESERVOIR PARK	14	15 FIREFOX GAME FORMS [6:30-8:00pm] GERMAN CLUB	16 FIREFOX V AG LONDON GERMAN CLUB [6:30-8:00pm]	17
18 FIREFOX V ST.THOMAS COWAN FIELDS [2:00-4:00PM]	19 HOLIDAY	20 POSSESSION TRAINING [6:30-8:00PM] RESERVOIR PARK	21	22 FIREFOX GAME FORMS [6:30-8:00pm] GERMAN CLUB	23	24
25	26 FIREFOX GAME FORMS [6:45-8:15pm] GERMAN CLUB	27 POSSESSION TRAINING [6:30-8:00PM] RESERVOIR PARK	28 FIREFOX V ST.THOMAS	29 FIREFOX V LONDON UNITED	30	31

June 2014						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 POSSESSION TRAINING [6:45-8:15pm] GERMAN CLUB	3 POSSESSION TRAINING [6:30-8:00PM] RESERVOIR PARK	4 FIREFOX V LAMBETH FIREFOX V ILDERTON	5 FIREFOX SAQ [6:30-8:00PM] NORTH LONDON FIELD 2 (side)	6	7
8	9 FIREFOX GAME FORMS [6:45-8:15pm] GERMAN CLUB	10 FIREFOX TRAINING [6:30-8:00PM] RESERVOIR PARK	11 FIREFOX V LAMBETH	12 FIREFOX SAQ [6:30-8:00PM] NORTH LONDON FIELD 2 (side)	13	14
15	16 FIREFOX COERVER TRAINING [6:45-8:15pm] GERMAN CLUB	17 FIREFOX TRAINING [6:30-8:00PM] RESERVOIR PARK	18	19 FIREFOX SAQ [6:30-8:00PM] NORTH LONDON FIELD 2 (side)	20	21
22 LDYSL FESTIVAL	23 POSSESSION TRAINING [6:45-8:15pm] GERMAN CLUB	24 FIREFOX TRAINING [6:30-8:00PM] RESERVOIR PARK	25	26 FIREFOX SAQ [6:30-8:00PM] NORTH LONDON FIELD 2 (side)	27	28
29	30 FIREFOX COERVER TRAINING [6:45-8:15pm] GERMAN CLUB					



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July 2014						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 FIREFOX V BYRON	3 FIREFOX V OAKRIDGE	4	5
6	7 FIREFOX GAME FORMS [6:45-8:00pm] GERMAN CLUB	8 FIREFOX TRAINING [6:30-8:00PM] RESERVOIR PARK	9 FIREFOX V NORWEST	10 FIREFOX SAQ [6:30-8:00PM] NORTH LONDON FIELD 2 (side)	11 FIREFOX V ST THOMAS LIGHTNING	12
13	14 FIREFOX COERVER TRAINING [6:45-8:00pm] GERMAN CLUB	15 FIREFOX TRAINING [6:30-8:00PM] RESERVOIR PARK	16 FIREFOX V BYRON	17 FIREFOX SAQ [6:30-8:00PM] NORTH LONDON FIELD 2 (side)	18 FIREFOX V DORCHESTER [to be rescheduled]	19
20	21 FIREFOX GAME FORMS [6:45-8:00pm] GERMAN CLUB	22 FIREFOX TRAINING [6:30-8:00PM] RESERVOIR PARK	23	24 FIREFOX SAQ [6:30-8:00PM] NORTH LONDON FIELD 2 (side)	25	26
27 LDYSL FESTIVAL	28 FIREFOX COERVER TRAINING [6:45-8:00pm] GERMAN CLUB	29 FIREFOX TRAINING [6:30-8:00PM] RESERVOIR PARK	30 FIREFOX V ILBERTON	31 FIREFOX V LONDON UNITED		

August 2014						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 FIREFOX GAME FORMS [6:45-8:00pm] GERMAN CLUB	5 FIREFOX TRAINING [6:30-8:00PM] RESERVOIR PARK	6 FIREFOX V WOODSTOCK	7 FIREFOX SAQ [6:30-8:00PM] NORTH LONDON FIELD 2 (side)	8	9
10	11 FIREFOX TRAINING [6:30-8:00PM] GERMAN CLUB	12 FIREFOX V DORCHESTER	13 FIREFOX V NORWEST	14 FIREFOX SAQ [6:30-8:00PM] NORTH LONDON FIELD 2 (side)	15	16
17	18	19 FIREFOX TRAINING [6:30-8:00PM] RESERVOIR PARK	20 FIREFOX GAME FORMS [6:45-8:00pm] GERMAN CLUB	21	22	23
24 LDYSL FESTIVAL	25	26 POSSESSION TRAINING [6:45-8:15pm] GERMAN CLUB	27	28 FIREFOX V OAKRIDGE	29	30
31						



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