

Youth Academies



Capital Region Soccer Academy

The Capital Region Soccer Academy Program is designed with two goals in mind. The first is to support and guide players who may wish to make the transition from recreational to competitive soccer. Secondly, to build and improve individual technical skills which we believe are the basis and foundation of a player's success.

Our Academies focus on the individual skills required for the team game. Sessions consist of basic or advanced instruction of a skill, practice of that skill, and games which incorporate that skill.

We also adhere to a curriculum that provides our academy members the necessary tools to develop as a strong player. This skill training is presented by a highly motivated and professional staff that creates both a nurturing and fun environment which enhances our program.

Junior Academy

(ages 6 – 12) – This program consists of six, seventy-five minute training sessions over a period of six weeks. The sessions are divided into three components: a brief warm up, individual technical work (a specific topic is covered each session), and we always finish with small sided games either 4v4 or 5v5.

This academy is geared to the recreation player looking to improve their skills for a possible transition to a more competitive level of play or the less experienced travel player just getting started.

Academy of Excellence

(ages 8 – 12) – The "A.O.E." is aimed at the more competitive and experienced player within your club. This program consists of ten, sixty minute training sessions over a period of six weeks.

The technical requirements are more advanced than in the Junior Academy and the pace of instruction is greater. Some tactical aspects of the game are introduced as well as higher level defensive and attacking concepts. The players attending the A.O.E. have played at a higher level of competition for at least two seasons.

Coaching Staff

"Its all about the coaching"

Here at Guilderland United we believe that statement is the key to being a successful soccer club. That's why our coaching staff possesses licenses from both the U.S. Soccer Federation and the National Soccer Coaches Association of America (NSCAA). This makes Guilderland United one of the highest trained coaching staffs in the area.

If you would like to read more about our professional coaches, log on to our website and refer to the coach's biography link.



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Facility:

The Guilderland United Soccer Club plays there home games and practices at Di-Caprio Park in Guilderland New York.

Considered one of the best facilities in the upstate, DiCaprio Park is fully maintained by the Town of Guilderland Parks Department and possesses over 10-12 fields for all age groups.

This year the club completed a new restroom and concession facility with a pavilion which can accommodate over 100 people.

Guilderland United hosts numerous events including their Memorial Day and Halloween Tournaments as well as the CDYSL Empire Cup. The club hopes to host the State Cup Tournament and the Section II All-Star Games in the future.

Contact:

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www.guilderlandunited.com



The 3 Levels of Guilderland United Soccer

www.guilderlandunited.com



Travel Soccer

The Guilderland United Travel Program is our entry level for competitive soccer. There are no "try-outs" for these teams and they are created based on the interest level demonstrated at each age group.

These teams are coached by licensed volunteers, normally a parent of one of the players on the team. The club helps each team to find

local gym time for practice until the spring season arrives. These teams are welcome to rent indoor practice time or to play in one of the local indoor soccer leagues throughout the winter but this is not a requirement to participate.

If interested, these teams may hire a trainer through the club to help with their player development.

When the outdoor season begins the travel program teams participate in the Capital District Youth Soccer League (CDYSL). Parents can expect to travel less than thirty minutes for most of their games.

Select Soccer

Guilderland United Select Program is for the players who have the ability and desire to play at a higher level. These players wish to spend more time focusing on their development.

At this level the time, costs, dedication, and travel is significantly greater than in the travel program. The coaches are a licensed staff

selected by the clubs director of coaching. These coaches must have achieved a specific level of coaching education and experience to be considered for the Select Program.

Select teams play in both local and out of town tournaments in which all team members are required to participate. Expenses such as indoor practices, league play, coach's salaries, outdoor season expenses, and registration costs are included in the fee. Tournament and uniform costs are not included. Select fees are different based on your age group and are explained on the clubs website or by contacting the club directly.

Select level teams are chosen through a tryout process for both boys and girls ages U9 through U17.

FC Dutchmen - Premier Lever

Beginning in June of 2008, Guilderland United will introduce "FC Dutchmen," the clubs "new" Premier

Program. These teams will compete in the Western New York Premier League with many of the top soccer clubs in the state.

Players who are chosen to play on a team in this program have dedicated themselves to improving their game and have decided that soccer is their main interest. These teams train more often and have a longer season. The coaches who work within the Premier Program possess some of the highest credentials and coaching experience in the Capital District.

Families of a player in the premier program understand the greater time, travel, and expense requirements of a premier program. Expenses such as indoor soccer practices, indoor games, coach's salaries, outdoor season fees, speed and agility training, and registration costs are included in the Premier Program Fee. Tournament and uniform fees are not included. These teams will possibly attend National, Regional, and Local tournaments and when appropri-

ate, College Showcases. The Premier Program has the option of entering teams for both boys and girls from ages U13 through U17.



Joe Duffy- Coach of GUSC Team

"Guilderland SC offers the best exposure to futbol as well as teaches the players valuable lessons on becoming a quality member of the community."

Jim Sepowski - Parent of GUSC Player

"The Guilderland United SC as a program is the most well put together program in the Capitol District, and most likely beyond."

Jared Rubin- GUSC U10 Player

"I enjoy playing soccer in Guilderland because we get to play different teams and we learn a lot from our coaches."