



# AC Salisbury, Soccer Club

## Information Packet



### PROGRAM GOALS

At AC Salisbury our primary goal is to cultivate a love for the game of soccer among our athletes. Through the collaboration of like-minded coaches and our player-centric model, we aspire to create an environment where the joy and excitement of playing soccer are paramount. Our ultimate aim is to develop not only the best athletes but also the best individuals, instilling values of sportsmanship, teamwork, and personal growth in each player, overall, helping them rise to their highest potential.

### THE AC SALISBURY WAY – OUR CULTURE

Our culture will serve as the heart and soul of everything we do. We pride ourselves on fostering a collaborative environment that embodies the true spirit of what it means to be a club. When players join us, they become part of a tight-knit family where support, encouragement, and growth are paramount.

Our culture is defined by our commitment to providing unparalleled training opportunities. Unlike traditional setups, our players have access to a diverse array of coaches, each bringing their unique expertise and perspective to the table. This approach allows us to tailor training sessions to meet the individual needs and characteristics of each player, ensuring that they receive the personalized attention required to thrive.

Central to our culture is the belief that every player has the potential to excel and develop into the best version of themselves. We are dedicated to creating an environment where players are encouraged to push their limits, take risks, and continually strive for improvement. Whether it's mastering a new skill or overcoming a challenge, we empower our players to embrace the journey of growth and self-discovery.

### TRANSPARENCY

Transparency is the foundation of our operations, guiding our interactions with players, parents, and coaches. It entails open communication, honesty, and clarity in all aspects of our club's activities, policies, and decision-making processes.

We believe that transparency is essential for building strong relationships and promoting a positive club culture. By providing clear and accurate information, we empower our members to make informed decisions and actively participate in their soccer journey.

Transparency also promotes accountability and integrity within our club. It ensures that all members are aware of our goals, expectations, and standards, holding us accountable for upholding the values and principles that define AC Salisbury.

As a club, we are committed to transparency in all our endeavors, from financial matters to player development strategies. We strive to be accessible and approachable, welcoming feedback and input from our members to continually improve and evolve.

## WHAT PARENTS & PLAYERS CAN EXPECT

Both players and parents can expect nothing short of excellence in their soccer experience. With a focus on professionalism, quality coaching, and unified training methodologies, we aim to provide a comprehensive and enriching environment for all involved.

### **Players can anticipate:**

**Professional and qualified coaching:** Our coaching staff, led by Director of Coaching Casey Bellamy, Assistant Director of Coaching Will Cooledge, and Director of Athletic Performance Cody Revel, is composed of experienced professionals dedicated to the development of youth athletes.

**Comprehensive training programs:** Our club takes a holistic approach to player development, with training philosophies, practice plans, game strategies, and athlete performance plans meticulously designed and implemented across all teams and age groups.

**Consistency and uniformity:** Regardless of the team they're on, players can expect a consistent level of coaching and training quality throughout the club. Our programs are structured to ensure uniformity in coaching methods and player development strategies.

**Mentorship and collaboration:** Players will have the opportunity to learn from and be mentored by every coach within the club, fostering a collaborative atmosphere where expertise is shared, and growth is nurtured.

### **Parents can expect:**

**Transparent communication:** We understand the importance of keeping parents informed and involved in their child's soccer journey. Clear and open communication channels will be maintained to provide updates on training schedules, game results, and club activities.

**Supportive environment:** Our club prioritizes creating a supportive and inclusive community where parents feel welcomed and valued. We encourage parents to actively participate in their child's soccer experience and engage with the club community.

**Professional leadership:** Under the direction of our experienced coaching staff and leadership team, parents can trust that their child is receiving top-notch coaching and guidance that prioritizes their development and well-being.

## AC SALISBURY FACILITIES

AC Salisbury is proud to call Crown Sports Center our home, providing our athletes with access to the best facilities on the shore. Situated on 10 acres of Bermuda grass, our outdoor training fields offer ample space for our players to hone their skills.

In addition to our outdoor fields, our partnership with Crown Sports Center grants us access to five indoor turf fields and two futsal courts. This state-of-the-art facility ensures that our players can train at a high quality year-round, regardless of the weather conditions.

Our facilities are equipped to accommodate all aspects of player development, from technical skill training to tactical drills and match simulations. With ample space and top-notch amenities, AC Salisbury athletes have the tools and resources they need to excel on the field and reach their full potential.

We are committed to providing our players with the best possible training environment, and our facilities at Crown Sports Center play a vital role in achieving that goal. Whether rain or shine, our athletes can train with confidence, knowing that they have access to the finest facilities and resources available.

## **SPORTS PERFORMANCE TRAINING**

Through our collaboration with The Athlete Academy, all AC Salisbury club members will have access to training at no additional cost 1-2x a week depending on the season. This includes soccer-specialized programs focused on speed, agility, conditioning, and injury prevention, designed to enhance our players' athletic abilities and overall performance on the field.

The Athlete Academy will play a pivotal role in helping to develop and design practices that integrate additional speed, agility, and injury prevention work into our training sessions. Their expertise will provide valuable insights and resources to our coaching staff, ensuring that our players receive the most comprehensive and effective training possible.

The Athlete Academy will also offer additional group training opportunities for our club members. These sessions will further complement our existing training curriculum, providing players with additional avenues for skill development and improvement.

We are excited to partner with The Athlete Academy and are confident that their expertise will greatly benefit our players and contribute to their success both on and off the field. Together, we will continue to raise the bar for excellence in youth sports performance and development.

## **PARENT INVESTMENT**

For the full 10-month season, the cost for AC Salisbury club training is \$2000 per player for players 2017- 2013 birth years and \$1850 for players 2012-2006; view the pricing structure on page 8 for the club's budget breakdown, including estimated tournament and uniform costs. This comprehensive fee covers over 175 training and or playing opportunities designed to enhance player skills, fitness, and overall performance on the field.

### **Included in this fee are:**

*Regular training/playing sessions:* Our training model is designed to offer players a minimum of three training or playing opportunities per week led by certified coaches. These sessions encompass various aspects of soccer, including team practices, group drills, skill development, game-play, and or performance training.

*Player assessments:* Throughout the season, players will receive personalized assessments to track their progress and identify areas for improvement. These assessments help tailor training plans to address individual needs and maximize player development.

*Player performance training:* As part of our commitment to holistic player development, players will have access to The Athlete Academy, our specialized program focused on enhancing athletic

performance. This includes strength and conditioning sessions, injury prevention strategies, and nutrition guidance to optimize player health and fitness, 1-2x a week depending on the season.

*Additional benefits:* In addition to regular training sessions and performance training, players will also have access to club events, 2-3 free in-house tournaments, and educational resources aimed at promoting a well-rounded soccer experience.

At AC Salisbury, we believe in providing exceptional value for our players and families. Our program cost is inclusive of all training components, ensuring that every player receives the support and resources needed to thrive both on and off the field.

## **TOURNAMENT STRUCTURE**

Our approach focuses on delivering more quality training sessions paired with strategically selected tournaments chosen by our Director of Coaching. Each tournament is carefully chosen to provide the best fit for each team, ensuring that players have the opportunity to compete against teams of similar skill levels and gain valuable experience.

Players can expect to participate in 4-7 tournaments per year, including a mix of regional, local, and non-regional events. This diverse tournament schedule offers players the exposure and competition they desire, helping them to further develop their skills and grow as athletes.

To accommodate the busy schedules of players and families, we have adopted a pay-as-you-go model for tournament play. Players can expect to pay approximately \$200-\$400 total in tournament fees for the full year, in addition to their club dues. This flexible approach allows parents and players to have a hand in the player's developmental process and make informed decisions about which tournaments are best suited for their child.

At AC Salisbury, we understand that life events and commitments may arise, and we strive to be sympathetic to the needs of our players and families. Our tournament model is designed to provide flexibility while still offering high-quality tournament opportunities for players to excel and grow.



For more information contact us at [ACSalisbury@CrownSportsCenter.com](mailto:ACSalisbury@CrownSportsCenter.com)

## **Drafted Yearly Plan**

This carefully devised yearly plan serves as a roadmap to inform parents and players about the expectations during their time with AC Salisbury Soccer Club. We remain open to modifying the plan should better alternatives arise for the development of our players

### **2017 - 2014 AGE GROUP**

#### **Fall:** (Late August- November)

- 2 Outdoor Practices per week
- 2 Tournaments (*one local and one needing a hotel*)
- EDP or ESPSL League Games (*Estimated 8 games*)
- The Athlete Academy is present for every practice through 15-20 minutes of warmup and SAQ training
- OPTIONAL: 1 Group SAQ Session per week with The Athlete Academy w/ Soccer free-play afterwards.

#### **Winter:** (Late November- February)

- 1 Indoor Team Practice per week
- 1 Indoor Developmental Academy (DA) Indoor Practice with indoor DA Team per week
- Crown Sports Center Indoor Soccer League (8-10 games)
- ACS Salisbury Annual Indoor Soccer Tournament + Ocean City Futsal Classic Tournament
- The Athlete Academy is present for every practice through 15-20 minutes of warmup and SAQ training
- OPTIONAL: 1 Group SAQ Session per week with The Athlete Academy

#### **Spring:** (March-May)

- 2 Outdoor Practices per week
- 2 Tournaments (*one local and one needing a hotel*)
- EDP or ESPSL League Games (*Estimated 8 games*)
- The Athlete Academy is present for every practice through 15-20 minutes of warmup and SAQ training
- OPTIONAL: 1 Group SAQ Session per week with The Athlete Academy w/ Soccer free-play afterward.

## 2013 - 2011 AGE GROUP

### **Fall:** (Late August- November)

- 2 Outdoor Practices per week
- 2 Tournaments (*one local and one needing a hotel*)
- EDP or Level Appropriate League (*Estimated 8 games*)
- The Athlete Academy is present for every practice through 15-20 minutes of warmup and SAQ training
- OPTIONAL: 1 Group SAQ Session per week with The Athlete Academy w/ Soccer free-play afterward.

### **Winter:** (Late November- February)

- 2 Practices per week
- Futsal League (*8-10 games*)
- ACS Salisbury Annual Indoor Soccer Tournament + Ocean City Futsal Classic Tournament
- The Athlete Academy is present for every practice through 15-20 minutes of warmup and SAQ training
- OPTIONAL: 1 Group SAQ Session per week with The Athlete Academy

### **Spring:** (March-May)

- 2 Outdoor Practices per week
- 3 Tournaments (*one local and two needing a hotel*)
- EDP or Level Appropriate League (*Estimated 8 games*)
- The Athlete Academy is present for every practice through 15-20 minutes of warmup and SAQ training
- OPTIONAL: 1 Group SAQ Session per week with The Athlete Academy w/ Soccer free-play afterward.

## 2010 - 2006 AGE GROUP

### **Fall:** (August- Mid-December)

- 1 Outdoor Practice per week until the High School Season Ends (*probably on weekends*)
- 2 Outdoor Practices per week Post-High School Season
- 2 Tournaments/Showcases (*one local and one needing a hotel*)
- The Athlete Academy is present for every practice through 15-20 minutes of warmup and SAQ training
- OPTIONAL: 1 Group SAQ Session per week with The Athlete Academy w/ Soccer free-play afterward.

### **Winter:** (Late November- February)

- 2 Practices per week
- 1 College Recruiting Seminar led by College Coach
- Futsal League (*8-10 games*)
- ACS Salisbury Annual Indoor Soccer Tournament + Ocean City Futsal Classic Tournament
- The Athlete Academy is present for every practice through 15-20 minutes of warmup and SAQ training
- OPTIONAL: 1 Group SAQ Session per week with The Athlete Academy

### **Spring:** (March-May)

- 2 Outdoor Practices per week
- 3 Tournaments/Showcases (*one local and two needing a hotel*)
- EDP or Level Appropriate League (*Estimated 8 games*)
- The Athlete Academy is present for every practice through 15-20 minutes of warmup and SAQ training
- OPTIONAL: 1 Group SAQ Session per week with The Athlete Academy w/ Soccer free-play afterward.

## ACS 24-25 Season Budget

At AC Salisbury, transparency is at the heart of everything we do. We believe that open communication builds trust and a family-like community among our club members. Providing our budget to parents not only demonstrates our commitment to accountability but also empowers families to understand where their investment in their child's development is allocated. By sharing this information, we aim to uphold transparency as a core value, ensuring that every parent and athlete feels informed and involved in our club's operations.

### 2017 - 2015 Budget

*The 2016-2014 budget is based on the average roster size of 12 players and is broken down per player*

<u>HC Fee</u>	<u>Director Fees</u>	<u>Ref Fees</u>	<u>MYSA Fee</u>	<u>Team Registration</u>	<u>Admin</u>	<u>S&amp;C</u>	<u>Coaches Travel</u>
\$417	\$305	\$40	\$20	\$20	\$80	\$150	\$84
<u>Indoor Facility Fee</u>	<u>Outdoor Facility Fee</u>	<u>Winter DA</u>	<u>Misc. Fee</u>	<u>Equipment Fee</u>	<u>Spring Leagues (EDP)</u>	<u>Insurance</u>	<u>Equipment &amp; Facility Maint.</u>
\$143	\$209	\$400	75	20	\$75	10	10

**TOTAL: \$2,058** (without uniforms & tournaments)

Uniforms & Tournament Estimates: **\$450**

### 2014 - 2013 Budget

*The 2013-2011 budget is based on the average roster size of 14 players and is broken down per player*

<u>HC Fee</u>	<u>Director Fees</u>	<u>Ref Fees</u>	<u>MYSA Fee</u>	<u>Team Registration</u>	<u>Admin</u>	<u>S&amp;C</u>	<u>Coaches Travel</u>
\$358	\$305	\$40	\$20	\$20	\$80	\$150	\$108
<u>Indoor Facility Fee</u>	<u>Outdoor Facility Fee</u>	<u>Futsal</u>	<u>Misc. Fee</u>	<u>Equipment Fee</u>	<u>Spring Leagues (EDP)</u>	<u>Insurance</u>	<u>Equipment &amp; Facility Maint.</u>
\$366	\$224	\$86	75	20	\$75	10	10

**TOTAL: \$1,947** (without uniforms & tournaments)

Uniforms & Tournament Estimates: **\$460**

### 2012 - 2006 Budget

*The 2010-2006 budget is based on the average roster size of 16 players and is broken down per player*

<u>HC Fee</u>	<u>Director Fees</u>	<u>Ref Fees</u>	<u>MYSA Fee</u>	<u>Team Registration</u>	<u>Admin</u>	<u>S&amp;C</u>	<u>Coaches Travel</u>
\$313	\$305	\$40	\$20	\$20	\$80	\$150	\$113
<u>Indoor Facility Fee</u>	<u>Outdoor Facility Fee</u>	<u>Futsal</u>	<u>Misc. Fee</u>	<u>Equipment Fee</u>	<u>Spring Leagues (EDP)</u>	<u>Insurance</u>	<u>Equipment &amp; Facility Maint.</u>
\$321	\$196	\$75	75	20	\$75	10	10

**TOTAL: \$1,823** (without uniforms & tournaments)

Uniforms & Tournament Estimates: **\$590**