

# Purpose & Goals

The purpose of the F.C. Willamette team program is to provide an intensive soccer training and competitive game experience for committed soccer players of the central Willamette Valley Region (Eugene-Springfield-Junction City, Albany, Salem, and Corvallis). Learning to play skillful soccer is no different to developing an expertise in other activities — *it takes time, patience, quality instruction, and a desire and commitment to reach the highest standards of performance.*

Our primary focus is the long-term, patient, and complete development of each individual team member — an experience that will foster the opportunity for each participant to compete effectively for scholarship and/or performance recognition by senior high-school age.

## Technical Director - Tom Rowney



- Oregon NSCAA Director of Coaching
- USSF "A" & English F.A. Licenses
- NSCAA Advanced National Diploma
- Former Head Coach, Oregon State University,
- Former Assistant, Seattle Storm (APSL),
- Former Assistant, University of Portland.
- Soccer Writer, "NSCAA -Soccer Journal"
- Scholastic Coach, M.A., Physical Education
- Soccer Author "The Soccer Practice Planner"

## What makes F.C. Willamette the right program for talented soccer players?

We realize there are a number of soccer training and competitive club opportunities for soccer players. However, we feel that the F.C. Willamette program offers the best soccer development experience for the following reasons:

### Focus on Individual Development

Our main focus is not on team performance but on developing the abilities of individual team members to give them a firm grasp of the technical, tactical, mental, and physical demands of the game. *With encouragement and growth on an individual basis in the above areas, the winning of soccer matches will take care of itself.*

### Quality Coaching During the Optimal Learning Years

The optimal learning years for sports (i.e., those that produce the greatest strides in technical accomplishment) *start at age 11 and progress through to age 14.* Without a solid foundation laid during this critical period, "catch-up" learning after the age of 14 is unlikely. We are committed to providing the best possible coaching available during the optimal learning years and beyond.

### Sequential and Progressive Training Curriculum

To take full advantage of the optimal learning years, training needs to be logically sequential, coordinated, and progressive. Our curriculum allows participants to learn quickly, but at a steady and focused pace. The teaching of the various aspects of the game are presented in such a way that the learning of one aspect follows naturally, providing a solid foundation for the learning of the next aspect.

### Establishing High Expectations & Standards

Our expectations and standards with regard to behavior, training, development etc. are extremely high and individually—rather than team—based. All of our participants, regardless of preferred playing position, will be required to work hard at training, to spend individual time practicing techniques to proficiency, and to compete physically.

## Try-Out Schedule & Registration Information

Please refer to our Tryout Information and Registration Brochure for current tryout information or visit our web site at [fcwillamette.org](http://fcwillamette.org).

## Team Meetings

After teams have been formed, we will schedule team meetings to distribute training schedules, discuss fund-raising activities, team parent duties, and other team-related issues.

## Financial Commitment

The following outline shows the expected yearly financial commitment of each program participant. Club fees cover the cost of administration, field rental and preparation, game equipment, game team shirts, OYSA player/coach registration, league fees and state tournament fees, and summer academy participation for (U11 to U17 teams only – U18 participants are not required to attend Summer Academy training). Fees are subject to change without notice.

### U12 to U14 Teams

Club Fees \$ 925.00

### U15 to U17 Teams

Club Fees \$ 970.00

### U18

Club Fees \$ 685.00



## Competition & Training Calendar

### **Summer**

Summer Academy trains three times per week through the months of June, July, and early August to provide approximately 24 sessions. Training days are usually set for Monday, Wednesday, and Friday afternoons and evenings. Teams usually schedule 2-3 summer tournaments (two in-state, one travel)

Summer tournaments are not typically scheduled for newly formed FC Willamette Teams. FC Willamette players on newly formed teams are free to guest with summer tournament teams.

### **Fall**

State League competition and training occurs two times per week for U11 to U14 teams. State Cup competition preliminary rounds begin and end in November. Tryouts for HS Age teams in late November.

### **Winter**

Twice Monthly "Maintenance Training" for U11 to U14 teams allows participation in other activities (e.g., basketball). Twice weekly training (starting January) and State League competition (starting March) for HS Age teams.

### **Spring**

State Cup tournament participation. Bi-weekly training begins in April and continues through mid-May.



## Team Accomplishments

While our primary focus is the individual development of each and every participant, team results are obviously a strong indicator of the abilities of our participants. Given the short history of our program our team successes are unparalleled in the central Willamette Valley region:

San Diego Surf Cup Champions -1999 U16 Gold  
San Diego Surf Cup Finalists -2002 U19  
Regional Semi-Finalists -1999 U16  
Regional Quarter-Finalists -2002 U16, 1998 U15, U12, 1997 U14  
Nomads Quarter Finalists -2001 U18, U15, 2000 U17,  
OYSA State Champions -2002 U16, 2001 U18, 2000 U17,  
1999 U16, 1998 U15, U12, 1997 U14  
OYSA State Finalists -2003, U17, 2001 U15, 2000 U14,  
OYSA Premier League Champions -2001 U15, 1999 U13,  
1996 U14  
OYSA Classic I League Champions -1997 U13  
San Diego Surf Cup Finalists -2002 U19  
Corvallis Invitational Champions -2003 U17 Gold, U17  
Silver, U13, U12, 2002 U17, U12, 2001 U17, U14, 2000  
U17, U19 1998 U13, U16 1997 U15  
Corvallis Invitational Finalists -2003 U19, U11, 2000 U13,  
U15  
Rainier Finalists -2003 U16, 2000 U14, 1999 U12  
PCU Summer Classic Champions -2002 U16  
Shamrock Shootout Champions -2002 U12  
Chinook Cup Champions -2002 U11  
Salem Waterfront Champions -2001 U14  
THUSC Cup Champions -2003 U16  
Rotary Cup Champions -2000 U16, 1999 U19, 1997 U15,  
1996 U14  
Rotary Cup Finalists -2000 U17, U18  
Portland Cup Champions -1999 U14, 1998 U13  
Celtic Cup Semi-Finalists -1999 U16  
Pike's Peak Semi-Finalists -1999 U14  
Sagebrush Champions -1998 U16  
Rogue Valley Cup Champions -1998 U12  
Diadora Cup Champions -1996 U13  
Oregon State Games Champions -1996 U13

ODP Regional Pool – 2003 1 Participant, 2002 1 Participant,  
1999 2 Participants, 1998 1 Participant

# FC Willamette

## Team Program Information



### FC Willamette

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