

Poughkeepsie Soccer Club (PSC) Commitment to Travel Program

Over the course of its existence, the PSC Board has sought to be open and proactive in its efforts to provide a full range of soccer offerings. We are in the process of creating next season's "Development" and "Travel" Teams.

As our children improve on the field, we are challenged to find ways to foster their soccer growth, and to provide our players and coaches with all the tools and training necessary to excel. While the club is committed to the "parent coach" at the Travel level, there are teams and individual players that need more than what many of our dedicated parent coaches can provide. In recognition of this need, the club is responding:

The club is working with Head Trainer Jay Myers to provide an enhanced level of training for Travel Teams and Coaches. The PSC will commit to a "full time" trainer for the Development Teams. It is the PSC board belief that the key to continued improvement for both teams and individual players is increased commitment, with better and more frequent training; this offering is another measured step by the club to provide the tools necessary for our children to increase their skills at the highest levels. We are confident that it is the right step, and maintains an important balance between parental oversight and involvement and dedicated coaching/training.

For players in the U8, U9, U10, and U11 age groups who are currently participating in the intramural program, the PSC will be holding try-outs this spring to create "Development Teams". Development/Travel programs will complement and expand upon the recreational, intramural, opportunities that already exist within PSC. They are designed to provide an opportunity to develop at a faster pace, in a fun atmosphere, with the goal of having the appropriate skills in place to compete at the travel level.

The "Travel Development" Program is open to all boys and girls ages 8 through 11. Head Trainer, Jay Myers, is designing a program to teach a well-defined set of age specific skills to Developmental players, providing a transitional link between recreational soccer, and the small-sided Travel (Development) programs which begin with the U-8 through U-11 age bracket.

If you would like your child to participate in the “Travel Development” program please contact the intramural division director for the try-out dates.

General Information about Travel Soccer

PSC Travel teams, ranging from U-8 through U-19, compete, at the league level (East Hudson Soccer League), with similar teams from other communities, generally within a 45 mile radius of the Town of Poughkeepsie. The teams compete in 3-4 tournaments per season, and may elect to enter additional tournaments as the team so desires. Practices are generally 1 ½ hour sessions held twice a week, depending on age and level of play. Games are played on Sunday. Each season (fall and spring) has a 10 games schedule, with 5 games at “home” and 5 “away”.

Travel soccer offers a more intensive training program, under the direction of Head Trainer Jay Myers, designed to more quickly advance the development of our players. Travel players receive 1 ½ hours of soccer technique and tactics training per week from the club trainers – the cost of these skill-intensive sessions are included in the basic fees for Travel Soccer. In addition, position-specific clinics, such as goalkeeper clinics, are held regularly during the season.

Q&A:

Is it true that travel soccer teams travel far for “away” games?

No, most of the games are within approximately 45 minutes driving distance and typically the farthest would be around 1 hour.

When should I expect to hear if my child meets the try-out qualifications?

You should expect to hear within two to three weeks if your child made a PSC Travel team or not. One of the coaches of the age group for which your child tried out would be calling you either way.

Why do we have trainers and why do some teams not have trainers?

It is the PSC intention to offer the best possible soccer program for reasonable costs. We expect coaches to use trainers unless they are qualified (with respective types of licenses).

When are Try-outs held?

Try-outs are held in May and kids are placed on teams according to their skill level. The child and family are committing to play at least one full year, which includes the Fall and Spring sessions.

How expensive is it for my child to play with the TOPSC Travel Soccer?

Registration Fee for PSC travel players is \$165 per season (Fall session and Spring session are one season), That includes the cost of uniform, training, and tournaments.

How Teams are formed?

Teams are formed by gender and age (U8 through U19) in accordance with league rules based on competitive tryouts held each year in late April or early May for the following Fall, Winter and Spring seasons. Volunteer Parent Coaches are interviewed and assigned to new teams.

What is the structure of the travel teams?

There are two types of travel teams, Full and Small sided. Travel programs or Full sided teams start at U12; they play on a large field with 11 players. Development programs or Small sided teams (U-11 and under) play on a smaller field with 8 players on the field.

How are coaches assigned?

New coaches are interviewed by the Executive Committee prior to assuming coaching responsibility. Otherwise, unless there are reported problems, coaches usually continue coaching as the players get older.

What are trainers and what is their role versus the coach's role?

Trainers run practice/training session. This includes drills, instructing the players, teaching games skills, etc. The coach does everything else, with the help of parents.

How long does the season run?

There are two sessions, each is 10 weeks long. The Fall session starts in early September and ends the week before Thanksgiving. The Spring session starts in early April and ends in the middle of June. Players are expected to play in both seasons.

How does indoor winter soccer relate to the travel season?

Most teams choose to participate in indoor practices and leagues during winter. Time requirements are very limited compared to the outdoor season.