



Avon Soccer League Association – Travel Soccer League

The purpose of this document is to provide general information regarding the Travel Soccer program in the Avon Soccer League Association. As the ASLA Travel Soccer Bylaws change over the years, so to, should the content of this document.

Travel Soccer, defined:

Travel Soccer is a program designed to develop youth players beyond what is typically learned in our recreational leagues. Avon teams are formed at six different age levels (U9 – U14) and play against teams from other communities in Northeast Ohio. ASLA has separate boys and girls travel teams. Very rarely, do we offer co-ed teams. Teams typically play one game per week and practice twice weekly during the season.

Ages:

ASLA typically starts players in the Travel Soccer program at age 9 (U9). Developmental starts in the spring of the U8 year. Teams play through their eighth grade year and new players are always welcome. Teams are not fixed from year to year, but players remain on the same team for both the fall and spring seasons.

Leagues:

ASLA Travel teams participate in three (3) different travel leagues.

AASL - American Amateur Soccer League - <http://www.aasloh.net>,

NOGSL - Northern Ohio Girls Soccer League - <http://www.nogsl.com/>,

LCSL - Lorain County Soccer League - <http://www.loraincountysoccer.org/>.

Here's a brief summary of each league:

AASL – Boys' primary travel league; "Competitive" league

NOGSL – Girls' primary travel league; "Competitive" league

LCSL – Boys & Girls secondary travel league; "Recreational" league

Team Training & PASS Training:

Players will participate in two types of training environments throughout the year.

- 1) Team Training, this is where their coach will instruct their individual team in a practice session setting, usually occurs once per week during the season. Topics during these sessions should consist of team tactics, game play situations, fitness, and small group instruction.
- 2) PASS Training, ASLA also makes professional training available to the travel teams. We like to have the professional coaches engaged with our travel players at least 24 times per season (fall/spring and winter where applicable). This helps provides a higher-level of training for footskills, techniques and concepts to help the individual and the team perform better. Unlike the team training, these sessions consist of entire age groups. This is made available once per week during each of the Fall/Winter/Spring seasons.

Coaches:

The Travel Coaches are selected by the Avon Soccer League Association and are evaluated based upon established coaching criteria. All coaches must attain a coaching certification that is compliant with the age-level they are coaching. ASLA funds these certification courses for the



coaches. Each team is expected to have a team manager who is typically a parent of a child on the team who will coordinate uniform purchase and help the coaches communicate to the parents the practice and game schedules as well as any tournaments and fund raisers the team may have.

Commitment:

The travel season runs along the same calendar as the Recreational League. However, travel teams typically participate in tournaments before, during or after the season. Each travel team plays eight regular season games in the fall and eight games in the spring. Each session, four of the games will be in Avon. Of the four away games, usually there will be two games involving less than 30-minutes of travel (i.e. Bay, North Olmsted or Westlake) and two involving travel of about 30 to 45 minutes away (i.e. Strongsville, Medina or Broadview Heights). Games are usually played on Sunday afternoons for AASL & NOGSL and Saturdays for LCSL. Coaches should schedule 1 practice weekly for travel teams and encourage their attendance to 1 PASS training session weekly.. Players are expected to attend all practices and games. Additionally, teams will usually play at least one winter session of soccer at a local facility. We encourage teams to participate together over the winter to create a greater level of teamwork for the spring. ASLA will recommend provide and recommend winter activities if teams are interested in winter soccer.

Registration:

This must be completed prior to evaluations. Register online at www.avonsports.org/soccer Sign-ups are conducted in April/May for the upcoming fall / spring soccer year and can be done electronically through our online secure registration. ASLA does accept participants into the travel program after this time, but only on as rosters permit. Additionally, players added after the annual evaluations will typically be placed on the lowest level team for that age group.

Evaluations:

ASLA requires that all participants MUST be registered for the upcoming season prior to participating in the ASLA Travel Player Evaluations. ASLA has up to 3 teams per age division. Players are placed on the different teams based on annual evaluations. Evaluations are conducted in the spring (May / early June) and run by our Director of Coaching and ASLA Staff Coaches with input by any existing travel coaches. Evaluations may consist of different quantitative and qualitative exercises from dribbling (speed and agility) and shooting (strength and accuracy) to a small soccer scrimmage. Based upon the players overall scores, they are placed on the appropriate travel team. These teams are then registered in the corresponding travel leagues in an appropriate division where they will be competitive.

Cost:

ASLA's player travel fees are \$150 (\$85 registration + \$65 travel fee) per player. Additional costs can come in for tournaments or team gear (backpacks, warm-ups, etc.). The ASLA provides a \$200.00 tournament reimbursement at this time for teams that participate in a sanctioned tournament with the team. The cost for uniforms is paid directly by the parents who will coordinate through a team manager to purchase from the approved ASLA vendor. Prices are currently \$69.00 for the Fall 2009/Spring 2010 season.

Additional questions should be directed to the ASLA travel director or Director of Coaching. Contact information located on our website at www.avonsports.org/soccer



U8 Developmental League

Although, not considered travel soccer, our U8 age group is where ASLA players first get exposed to playing with and against children from other communities. In addition to our normal U8 recreation division and PASS Training, the Developmental League will consist of intercommunity events such as Academy Play Days, Festival Days, and Tournaments vs. other local community programs such as Westlake, Bay, and Avon Lake. U8 Developmental runs along the same calendar as our travel teams.

Winter Soccer

This (optional) season is quite possibly the most crucial to the development of young soccer players. ASLA will continue to provide PASS Training during these winter months and teams will participate in winter leagues on a per team basis. Winter activities, leagues, and extra training will be recommended to all teams and players since it is not part of the regular season.

Avon Soccer Summer Camp

ASLA provides a summer event that is highly recommended to keep the players active and touching a ball during the summer months. The ASLA Summer Camp is typically held at the end of July and is for all players from K-8th grade. This camp is run by our Director of Coaching and coached by many current/former professional soccer players. Registration forms may be found at www.avonsports.org/soccer