



Kelowna United Football Club ♦ #200-1415 Hunter Court ♦ Kelowna, B.C. ♦ V1X 6E6 ♦ Phone 250-801-1597 ♦ email admin@kelownaunited.com

Frequently Asked Questions

What is the Kelowna United Program?

KUFC (Kelowna United Football Club) is the representative for the TOYSL (Thompson Okanagan Youth Soccer League). The TOYSL is the “select,” or “rep” level youth soccer league with select teams competing from the youth soccer districts located in the Southern Interior of the province. Kelowna United teams are comprised of players from the Central Okanagan Youth Soccer Association (Kelowna, Lake Country, West Kelowna and Peachland). Kelowna United enters teams from the U11 and U12 developmental age groups, as well as teams from the U13 through U18 age groups.

Kelowna United, in partnership with the University of British Columbia – Okanagan, also runs the UBC-O Junior Heat soccer programs and academy. This includes project-based events as well as invite and open academies for male and female players to supplement their club training and improve their skills in the U11 through U18 age groups.

The U13 to U18 Kelowna United teams have traditionally played towards the Provincial “B” Cup. Starting in the 2017 season in age groups where it is feasible, Kelowna United will be entering teams that declare for the Provincial “A” cup. These teams will be designated as Kelowna United/ UBC Okanagan Junior Heat teams and will have supplemental training and games added to their program.

How are the Kelowna United Junior Heat teams different from the Kelowna United teams?

The main difference is the level of expectations and commitment. Both levels have a September to June commitment. The Kelowna United teams will continue to practice twice per week through the fall and winter, and play towards the Provincial B Cup in the TOYSL Season from April to June. These teams will also continue to participate in tournaments as per usual, and the players from these teams may also supplement their training with academy sessions. Nothing changes for this group. The players selected for the Kelowna United/ Junior Heat teams will be expected to attend 4 sessions per week (3 on field and 1 strength/ conditioning). The programming will also follow a more defined periodization plan under the direction of Dante Zanatta and Kelowna United Technical Staff that will include 10 to 12 higher level games through Showcase or Premier Level tournaments, and 8 to 10 Exhibition games against older Kelowna United teams, or Lower Mainland based teams. These games will predominantly take place through the September to March timeframe. The teams will then play in the Thompson Okanagan Youth Soccer League, and declare for the Provincial “A” Cup rather than the Provincial “B” cup.

Why the Junior Heat teams?

It is the goal of Kelowna United to provide programs to improve player and coach development in the region. The Junior Heat programs will be an added level of programming to accomplish this and



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give local players seeking higher level training an opportunity to develop within the CSA/ BC Soccer Long Term Player Development Model and Pathway under the guidance of Kelowna United's nationally certified technical staff.

- We want players to have opportunities to reach the next level of play.
- We want the players who may not have the means or the ability to travel around the region to access higher levels of training to have affordable, local opportunities to develop their skills.
- We want players who have goals of playing University level soccer to have an affordable, local pathway of developing the necessary skills to achieve this.

When do the teams practice?

The KU teams will continue to practice twice per week. Currently, most teams have two weeknight evening practices during the playing season. During the September to March time frame, some teams have a weeknight and weekend practice, or two weeknight practices.

The KU/ UBC -0 teams will have 3 practices during the week, and one weekend practice.

What is the cost and what does this cover?

| | Fees | Training Sessions | Tournament Fees | Travel/Accom (tournaments) | Strength and Conditioning | Other Team Fees (Kit/Apparel) |
|-------------------|--------------------|--------------------------|------------------------|--|--|---|
| KU Select | Approx \$725.00 | Included (2X week) | Not included | Not included | Included (1 session biweekly during reg. training session) | Training Kit included. Not included (player pay) -Warm-up pants/jacket etc. |
| KU Jr Heat | Approx \$2500.00** | Included (3X week) | Included | Included: Team Travel on bus/ hotel ie for tournaments | Included: Weekly, stand alone session | Included -training kit -warm-up pants/jacket |

** May be adjusted slightly up or down based on US/Canadian Dollar (for US-based showcase/ premier tournaments).

***There will be options for a payment plan (Commitment Fee at evaluations, followed by payment schedule).



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What can I expect with the coaching with the KU Select and Jr Heat teams? (Is there a minimum level of coaching certification, will my son/daughter be coached by technical staff or by parent coaches)?

- All of the Kelowna United Select Coaches will be expected to have (or to obtain) their CSA “Soccer for Life” course for U13 and above, or their “Learn to Train” course for U11 and 12 teams. This is a requirement from both Kelowna United, and from BC Soccer.
- Kelowna United Select Coaches will continue to be expected to attend the on-going coach mentor sessions with technical staff to improve their skills, adhere to Kelowna United and BC Soccer program and expectations, and will continue to receive the training and support currently provided.
- In the KU/Junior Heat program, your son or daughter can expect some additional influence as well as direct coaching from Kelowna United technical staff. However, there will also be a team Head Coach appointed who will be selected based on commitment to excellence and a higher level of training, demonstrated coaching skill and experience, and certification level. Junior Heat coaches will be expected to either have obtained, or be pursuing their Provincial C Coaching License.
- Kelowna United is committed to raising the level of coaching in the region, and Junior Heat Coaches will be expected to have a desire for continued growth and learning as they will have many of their practice sessions observed by technical staff with specific feedback for the purposes of mentorship and growth as a coach.

What is the process for evaluations?

When players register for Kelowna United evaluations, they will be asked as part of the registration process if they are registering interested in Kelowna United – Select, or if they are interested in the Kelowna United/UBC-O Junior Heat program. They will attend the Kelowna United evaluations as usual after which a preliminary Kelowna United Select team will be formed. Invited players for the Kelowna United/ Junior Heat program will continue with additional evaluations in the fall after which a KU/UBC O Jr Heat roster will be formed. There may be additional player movement between the KU Select and UBCO Junior Heat rosters up until January 31st, depending on player commitment and progress.

Can KU/ Junior Heat players be recommended for Provincial Team Programs?

Yes, players from the KU/Junior Heat program can be recommended to BC Soccer for Provincial Team Programming through the club Technical Director. They will be evaluated within the BC Soccer Premier League (BCSPL) training environment to deem if they should move on for Provincial Team Programming.

When do the teams play and what level do the teams play?

Both KU Select and KU/Junior Heat teams will play in their own age groups during TOYSL league play in April through June. During the September through March time frame, we anticipate the Junior Heat teams will experience a level of play similar or higher than HPL (High Performance League) as they will be participating in top Canadian and US tournaments and ID camps.



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What happens if an age group does not field both a Kelowna United Select and a KU/UBC O Junior Heat team and I still want to play with a Junior Heat team?

In age groups where there are not enough players to form a Junior Heat team, we will endeavor to run a time limited “projects” similar to last year for interested players. This will also be dependent on player availability and commitment. We will look at these situations individually as they arise.

What about the U11 and 12 age groups, are there any changes there?

Through our current evaluation process, Kelowna United will continue to form multiple teams in our U11 and U12 development divisions. We will also continue to offer UBC O Junior Heat academies and projects for these age groups, with some adjustments from last year based on player and parent feedback.

- Project based events and training will continue to be arranged. Similar to last year, this will be supplemental to the player’s Kelowna United team training with two extra training session per week during the length of the project, and a match play situation (tournament or exhibition games) at the end of the project to test the player’s new skills.
- We will have a fall and a spring project for each age group.
- Based on feedback, the length of the project (training sessions plus match play/ tournament) will be slightly longer (8 weeks).
- The player selection process will be a combination of evaluation, and invitation based on coach or technical staff invitation.

What about regular academies and the younger (U10) age groups?

- Kelowna United will continue to offer a full range of UBC Okanagan Junior Heat Soccer open academies at all ages, including our after school academy for the younger U10 age group.

For more information or to register for evaluations, please visit www.kelownaunited.com



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