

# Travel Plan

Return to Play – 2020 (Spring to Fall)

*COVID-19 Response*



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# Travel Plan

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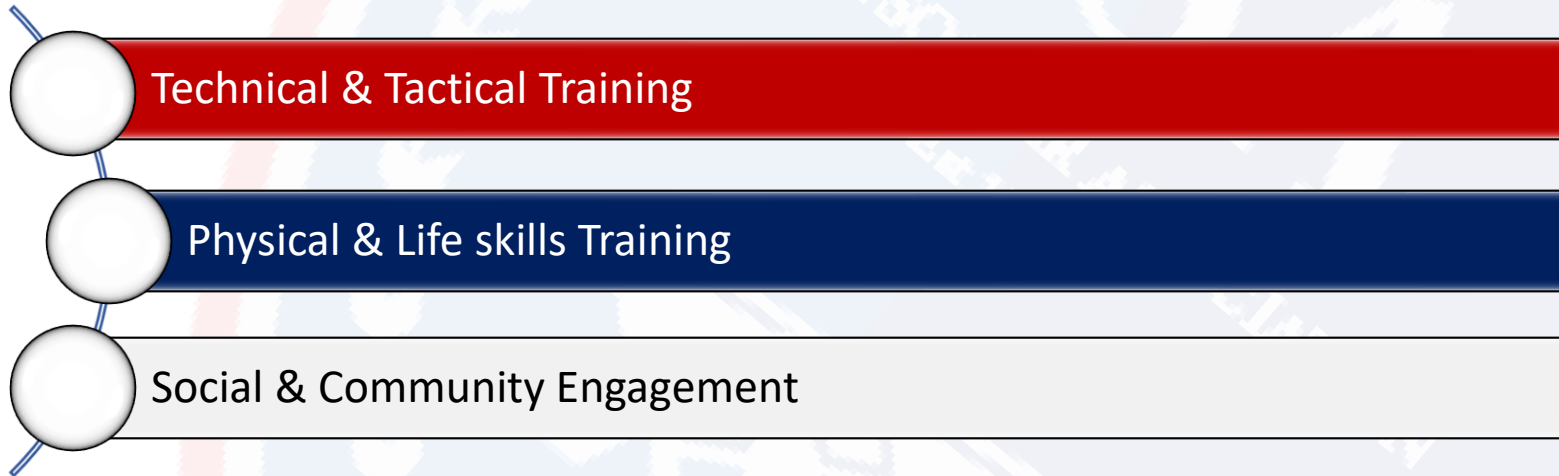
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# Current Status

## What we are doing?

The VSA Travel Program is committed to the club mission to provide a **professional platform which creates opportunities for all our players to succeed in life on and off the field.** While respecting Federal, state and local guidelines on social distancing and public gatherings, we are currently serving this mission by offering the following in our **Virtual Learning Center:**



We recognize that the Virtual Learning Center is not the same as field play and games. However, our travel directors and coaches are working with their teams and providing virtual programming that delivers significant value and impact to our players.



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# Technical / Tactical Training

## What we are doing!

### Technical

- Techne Futbol App – All players provided with club wide technical training app
- Skill Challenges – weekly skills social media challenges
- Online Training – Livestreamed training sessions
- Team Sessions – Many coaches are using online timeslots to train teams

### Tactical

Weekly team assignments have been used to develop the players ability to read the game

- Individual Match Analysis – Players Focus and record analysis on individual performances
- Team Match Analysis – Players Focus and record analysis team performances
- Team Meetings and Club Meetings to discuss process

**TECHNE LEADERBOARD**

1. Callie N. - 2007G RL Elite - 21h 40m
2. Leah F. - 2009G RL Elite - 21h 32m
3. Alexander D. - 2011B Youth - 21h 20m
4. Skylar H. - 2009G RL Elite - 18h 37m
5. Lauren H. - 2009G RL Elite - 18h 20m
6. Ashly E. - 2008G RL Elite - 17h 02m
7. Cole F. - 2011B Pulisc. - 15h 29m
8. Anna K. 06G Premier Red - 15h 16m
9. Lucy L. - 2008G Premier Red - 12h 58m
10. Jacob B. - 2010B Pulisc. - 12h 32m

**TOP TEAMS**

1. 2009G RL Elite
2. 2011B Jr Academy
3. 2008G RL Elite
4. 2007G RL Elite
5. 2007B Premier Red

**#VSASKILLSCHALLENGE**

**WEEK 6**

**2019 Development Academy Finals: U16/17 Semifinal - LA Galaxy vs. Solar SC**

LAG 0-0 SOL 00:55

**Questions:**

1. Formation of each team.  
A) LA GALAXY  
B) SOLAR SC
2. Using one team:  
A) Describe an area of strength or an area they found success.  
• What functional in-play players were involved?  
B) Describe an area of weakness in the game where they struggled  
• What functional/key players were involved?
3. Training Topic  
A) Referring to your answer for #2. Come up with a training topic for training. It should include the following:  
• Phase of the field you are focusing on  
• Main Objective of the session  
• Name two of the Team Tactic Principles that you will focus on within the session.  
B) Time Stamp 2-3 Moments from the game to support your topic  
C) Provide 1 Direct and 1 Indirect Coaching Point you would make in your session.
4. Create 3 questions of your own to send to your players  
A) Think about the level of your players  
B) Think about the age of your players

**SEND ANSWERS TO YOUR DOC BY FRIDAY**

**SEND QUESTIONS TO YOUR PLAYERS BY WEDNESDAY**

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# Physical / Life skills Training


What we are doing!



## Physical

- Weekly Fitness Challenge
- Family Fitness Night
- Online resources  
VDA Fitness Program

## Life skills

- Full 6 week cycle of online sessions
- 2x sessions per week (25-30 minutes per session)
- Assignments to develop self reflection and motivation
- Topics such as growth mindset, Personal Development Plan, self reflection, nutrition, fitness and many more



		Interactive Learning (Online Soccer Classroom) Topics				
		U9/U10	U11/U12	U13/U14	U15/U16	U17/U19
Week 1	Topic 1	Introduction- ML	Introduction- ML	Introduction- ML	Introduction- ML	Introduction- ML
	Topic 2	Developing a Growth Mindset	Developing a Growth Mindset	Developing a Growth Mindset	Developing a Growth Mindset	Developing a Growth Mindset
Week 2	Topic 1	How do I Self Reflect	How do I Self Reflect	How do I Self Reflect	How do I Self Reflect	How do I Self Reflect
	Topic 2	Creating a Plan	Creating a Plan	Personal Development Plan	Personal Development Plan	Personal Development Plan
Week 3	Topic 1	Establishing Good Nutrition Habits	Establishing Good Nutrition Habits	Establishing Good Nutrition Habits	Establishing Good Nutrition Habits	Establishing Good Nutrition Habits
	Topic 2	Soccer Quiz	Soccer Quiz	Match Analysis Review	Match Analysis Review	Match Analysis Review
Week 4	Topic 1	How can I develop Responsibility?	How can I develop Responsibility?	Soccer Quiz	Soccer Quiz	Soccer Quiz
	Topic 2	What is Soccer Fitness	What is Soccer Fitness	Match Analysis Review	Match Analysis Review	Match Analysis Review
Week 5	Topic 1	Soccer Quiz	Soccer Quiz	Match Analysis Review	Match Analysis Review	Match Analysis Review
	Topic 2	Adversity Resilience	Adversity Resilience	Developing a Leader	Developing a Leader	Developing a Leader
Week 6	Topic 1	Review and Quiz of learning cycle 1	Review and Quiz of learning cycle 1	Review and Quiz of learning cycle 1	Review and Quiz of learning cycle 1	Review and Quiz of learning cycle 1
	Topic 2	Soccer Quiz	Soccer Quiz	Soccer Quiz	Soccer Quiz	Soccer Quiz

**Questions:**

- 1) Formation of each team.
  - A) LA GALAXY
  - B) SOULS FC
- 2.) Using one team.
  - A) Describe an area of strength or an area they found success.
    - What functional line/they players were involved?
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  - B) Time Stamp: 2-3 Moments from the game to support your topic
  - C) Provide 1 Direct and 1 Indirect Coaching Point you would make in your session.
- 4.) Create 3 questions of your own to send to your players.
  - A) Think about the level of your players
  - B) Think about the age of your players

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# Social / Community Engagement

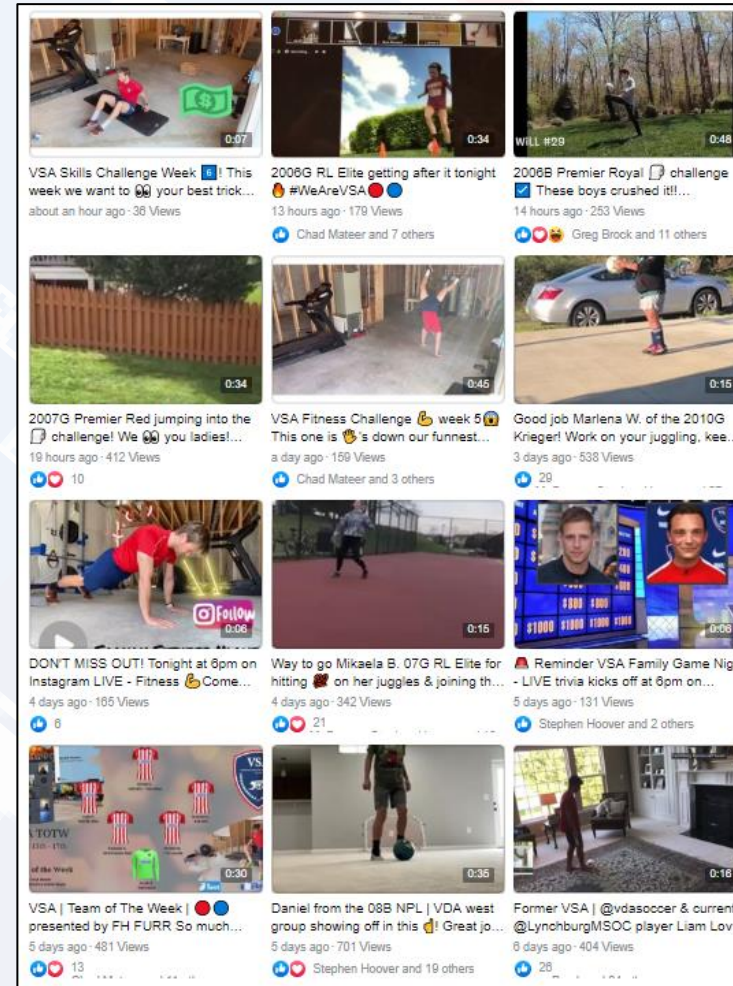
## What we are doing!

### Social Engagement

- Team Meetings
- Club Classroom sessions
- Weekly Challenges & Competitions
- Techne Futbol Leaderboard
- Team Activities
- Weekly Director Updates

### Community Engagement

- Family Quiz Night
- Family Fitness Night
- Live online Technical Training
- Video Director Updates



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# Return to Play Plan

## Spring Season - 4 week Plan

The current statewide stay-at-home order is effective until June 10, 2020. While the possibility exists to resume on-field programming on or about June 15, we are preparing for a phased approach when and if restrictions are lifted.

Each player will be provided the following at no additional cost to families with the goal of making up for the time lost on the field:

- 2x Team Camps (dates will be determined once restrictions are lifted)
- 4x Free Play evenings
- 2x Inhouse or Local scrimmages (dates will be determined once restrictions are lifted)

Specific dates and details will be provided as we are given more information from health professionals and the state of Virginia.

**More information will be released during the week of May 11.**



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# Financial Policies

## Travel

The goal of VSA during this time is to continue to serve our members today and in the future. As a non-profit youth sports club, there are many fixed costs and expenses from the onset of the state-wide restrictions that we are unable to recover. These expenses include cancelled tournaments and events, county and facility fees, governing body fees and other operating costs that the club incurs whether we are playing or not. Moreover, we are committed to retaining our coaches during this time, as they play a valuable role on providing structure and much needed engagement with our players.

For these reasons, VSA's financial policies will remain in place, as our Club's leadership continues to evaluate options and deliver as much programming as possible using virtual means. While we will not be offering refunds, we will implement a club credit protocol that will apply part of the Spring season travel fees to the Fall 2020/Spring 2021 Travel Season.

We understand this is a difficult time for our families, and we have taken an active role in providing value and structure for our travel players during this unprecedented time in our nation. By keeping our current financial policy in place, we are able to plan and adapt to multiple scenarios that protect the long term future of the club and allow us to move forward in the best interest of our community.



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# Travel 2020-2021

## 3 Scenario Approach

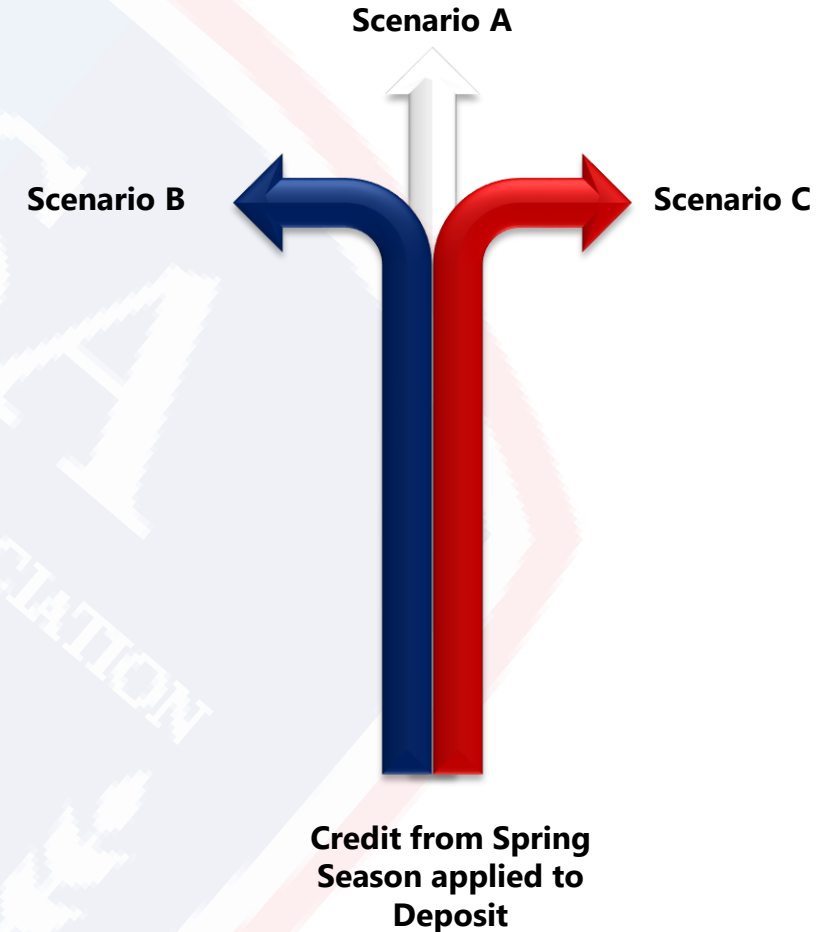
The uncertainty surrounding COVID-19 guidelines has taken us into uncharted territory with travel tryouts and team selection processes. To be proactive and provide transparency, we are prepared for three possible scenarios for Travel players for the 2020-21 season.

In each scenario below: based on a credit from spring travel player fees, returning players will receive a credit that covers their initial player commitment deposit except for a \$50 administrative fee. Monthly fees will be based on the level of activity in each corresponding scenario. The administration fee will cover fixed player registration fees for club, county, and youth leagues.

**Scenario A:** Scenario A assumes we return to play as a regular fall season schedule in August. Regular monthly payments will be applied, with the first payment due August 1. This assumes players have resumed competitive games and at least a 2x/week on-the-field training schedule.

**Scenario B:** Scenario B assumes there is a phased social distancing component that allows on-the-field group training opportunities (where number of players is managed) and small-sided games. This scenario includes the Virtual Learning Center and interactive online programming. In Scenario B, monthly fees will be adjusted to 50%-75% of full amount until normal play and programming resumes.

**Scenario C:** Scenario C assumes that current or similar stay-at-home orders and strict social distancing are still in place, prohibiting players to resume on-the-field play. This scenario includes our Virtual Learning Center, online classroom sessions and other virtual programming. In Scenario C, monthly fees will be adjusted to 25%-50% of full amount until normal play and programming resumes.



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# Travel Selection 2020-2021

## Planning and Process

The number one priority at VSA is, as always, to put our players first. In this ever-changing landscape, we are further committed to providing all players a safe place to play for the Fall/Spring 2020-2021 season. With that in mind, VSA will be offering a renewal commitment to all existing players.

The next priority is to place players on teams that will provide them with the best competitive and challenging environment to develop their soccer abilities and achieve long-term success. Internally, VSA conducts Individual Development Plans, Age Group Depth Charts, and coach input on player progression on a regular basis. These ongoing evaluations allow us to move forward with player placement without the normal tryout process.

To promote stability for players and teams long-term, we plan to create less disruption to teams in the short-term and are projecting less movement between teams compared to previous years. If there are changes between teams within an age group, Coaches and Directors will communicate directly with that player and parent.

In the Fall and/or when we are back on the field, team selections will be re-evaluated. As always, VSA is committed to individual development and providing all of our players with opportunities to show progress through training and games.

For players not currently playing with VSA, we have developed a player interest form to allow our Directors and Coaches to monitor areas where we are able to add to rosters. Additionally, open tryouts will be scheduled when possible.

**More information will be released during the week of May 11.**

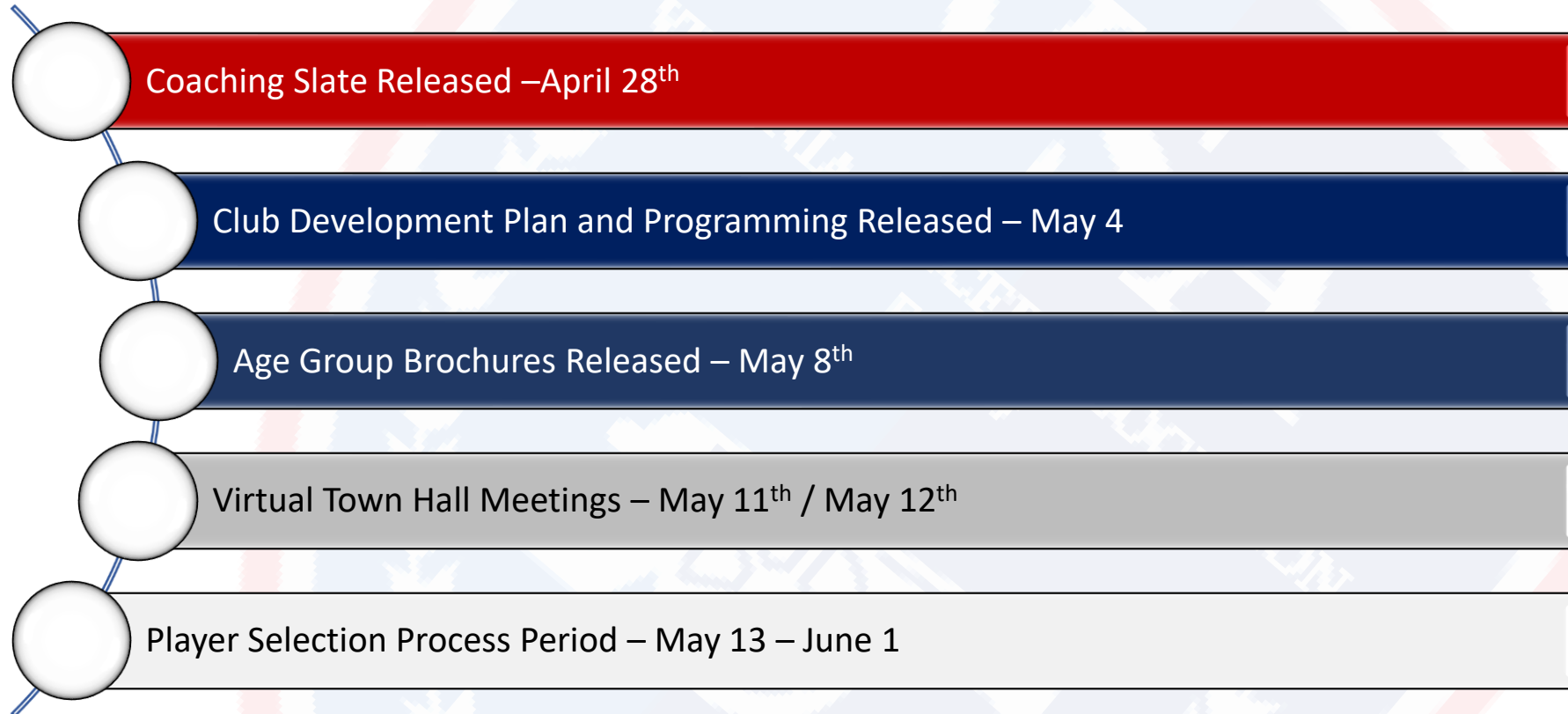


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# Travel Timeline 2020-21

## Planning and Process



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