

# *Caring for Our Communities' Children*

## **BURNABY CENTRAL SOCCER PROGRAM**

### **The Objective**

Our objective is to provide high level soccer players the opportunity to pursue academic excellence while participating in a high-performance soccer program. This is achieved through provisions that will allow secondary students to attend school and take advantage of an integrated program of academics and athletics.

### **Overview of Burnaby Central Secondary School**

Burnaby Central is a medium sized semestered high school located in Burnaby, a suburb of Vancouver, British Columbia. Burnaby Central enrolls a multicultural population of approximately 1300 students in grades 8-12. Central offers a strong history of academic and athletic accomplishment within a well-established community.

Burnaby Central offers a district program for Athletic, Visual and Performing Arts (AVPA) students. This allows students to pursue an individualized academic program while achieving excellence in athletic and artistic endeavours. The PASS soccer program specifically allows students to follow their goals in soccer development within a supportive academic environment.

Our school offers courses in all core subject areas (Mathematics, Science, English, and Social Studies). There are also several honours level classes in core curricular areas. Furthermore, students can choose from a wide range of elective courses in languages, visual and performing arts, business education, home economics and technology education.

Students in the soccer program take three courses each semester instead of the usual four. The first block of each day is designated for soccer training or classroom sessions. Students do not receive BC Ministry course credit for participating in the soccer program but may complete external certification within the program for officiating or coaching.

### **The Program**

The program enables student athletes to excel in the sport of soccer while maintaining a healthy balance between sports and school academics.

These student athletes gain positive lessons in:

- Fair Play
- Treating teammates and competitors with respect
- Abiding by the rules of the game
- Playing drug-free

Recognizing that educational success takes precedence over the pursuit of sports objectives, student athletes must meet the academic criteria set out by the British Columbia Ministry of Education, Burnaby Central code of conduct, and the expectations of PASS coaching staff.

## **The Lesson Plan**

The game of soccer can be broken down into nine simple categories of development which encompass every aspect of the game -- passing, ball control, dribbling, shooting, individual and collective defending, heading, crossing and goalkeeping.

Each of these has three separate concepts of development. There is the **technical** aspect (the how to). Then the application of technique in opposed circumstances with smaller numbers and some elements of cooperating and opposing players (**tectac**). The third level moves the practice into more complex situations with larger numbers of both cooperating and opposing players (**tactical**) where the considerations of how a team would function in the 11-a-side game are worked on.

Working within these three concepts, the program schedule would consist of four days of on-field training and one day of classroom theory. The proposed weekly schedule may emerge as follows:

### **Monday**

- On-field training
- Both boys and girls
- Stretching (the right way)
- Skill Development
- Speed and Agility

### **Tuesday**

- On-field training
- Girls – passing, movement, support and possession
- Boys – finishing school (including goalkeeping): defending and finishing
- Building to game situations: 1 on 1; 2 on 1; mixed bag; shadow play

### **Wednesday**

- Classroom session
- Both boys and girls

### **Thursday**

- On-field training
- Girls – finishing school (including goalkeeping): defending and finishing
- Boys – passing, movement, support and possession
- Building to game situations: 1 on 1; 2 on 1; mixed bag; shadow play

### **Friday**

- On-field training
- Both Girls and Boys
- Game Day
- Team Competitions: skills and small-sided games

### **Classroom sessions would include**

- Diet and Nutrition
- Mental Preparation
- Strength and Conditioning (on field and classroom participation)
- Fitness Testing (on field and classroom participation)
- Coaching Certification (on field and classroom participation)
- Refereeing Certification (on field and classroom participation)
- Tactical Discussion: Systems of Play; Functional Training; Positions and their Roles
- Special Guests: National Coaches; University Coaches; Professional and National Players

Note: On field training takes place at the Burnaby Lake Sports Complex – West from 8:15am to 9:50. Student athletes are transported back to the school in time for second period.

### **Meet the Team**

The coaching staff of PASS (Play Active School Soccer) wants to “**pass**” on the benefits of their positive involvement in the world’s favourite game to young people. We have assembled an experienced group of soccer personalities who can make a difference in the way our children think about the participation in soccer and sports as a whole. The team is made up of:

**Derek Possee:** A veteran of 16 years in the English League, he made his debut at the age of 17 with Tottenham Hotspurs and scored a goal in his first game. In addition to Spurs, Possee also played with Millwall, Crystal Palace and Leyton Orient. He came to the Vancouver Whitecaps midway through the 1977 season, following the arrival of Coach Tony Waiters. He proceeded to tie for the club scoring title in 1977 along with Buzz Parsons and won the hearts of the fans with his persistent play around the goal. Derek coached at the international level with the Canadian Soccer Association and with Tony Waiter’s as Assistant Coach with the Canadian Olympic Team in 1990-1992. More recently Derek was the Head Coach with Canada’s National Under 16 development team, with a number of players progressing to Canada’s current Under 20 World Cup Team. Derek spent five years as the BC Soccer Association’s Provincial Head Coach, where he was responsible for the development and implementation of soccer programs throughout British Columbia, and was the driving force and architect behind the BC Soccer Association’s Program of Soccer Excellence based at Burnaby Central Secondary School. Derek now resides in South Surrey.

**Tony Waiters:** Educated at Loughborough College in England, Tony graduated as a physical education teacher and played goalkeeper for England and Blackpool FC. As manager of the Vancouver Whitecaps 1979 Soccer Bowl team, Tony was the only coach to take Canada to the prestigious men’s World Cup of Soccer. He is the author of numerous best selling coaching books, mastermind of the Total Player Development Program and Byte size Coaching Program; both are currently being distributed worldwide and are endorsed by the Canadian Soccer Association, British Columbia Soccer Association and the English FA. Tony now resides in South Surrey.

**Alan Churchar:** Alan has been involved at every level of soccer from being a player to implementing grassroots programs, to coaching our Canadian National Teams. Alan was the High Performance Director for the British Columbia Soccer Association and has represented Canada at FIFA, CONCACAF, UEFA, and NSCAA International Soccer Conferences around the world. He is a licensed level 4 coach and has received his Master's Instructor Certification from the Canadian Soccer Association. Alan graduated from Leicester University School of Education in England. He has been an educator at the LV Rogers High School in British Columbia and

served as the Chairman for the Upper Canada College Physical Education Department in Toronto.

**Geoff McCormick:** Geoff came to Canada from his native Manchester with Sir Bobby Robson in the late 1960's as part of the Vancouver Royal Canadians, Vancouver's first professional soccer team. After making his home in White Rock, McCormick ran his own stainless steel company for twenty five years until the lure of soccer once again became too great for him to ignore. He became Manager of BC's first indoor soccer centre and has since gone on to own Brazilian Soccer Schools, Creative Soccer and Soccertots. McCormick currently teaches soccer in White Rock, Yaletown and Langley.

### **Registration Information**

Applicants must meet the following scholastic criteria to be considered for acceptance into the program:

- ✓ **A minimum C average on all academic courses**
- ✓ **Excellent attendance record; and**
- ✓ **Excellent work habits**

### **Application Packages must include:**

- ✓ **Letter of recommendation from previous school administration**
- ✓ **Letter of recommendation from current soccer coach**
- ✓ **A copy of a recent report card**
- ✓ **A copy of a transcript or permanent record card**
- ✓ **Signed consent form to release information**

Applications will be considered for the full school year (September to June) or for one semester (September or February). All applicants must be assessed by the Burnaby Central Secondary staff and the PASS coaches prior to acceptance to the PASS Program. To guarantee your placement, registration information must be sent to:

**Attn: Rhiannon Jones**  
**Burnaby Central Secondary School**  
6011 Deer Lake Parkway  
Burnaby, B.C. V5G 0A9

Please forward the following:

- ✓ **your completed registration form**
- ✓ **school report card and transcript \*\***
- ✓ **letters of recommendation (from previous school and soccer coach) \*\***
- ✓ **signed consent to release information**
- ✓ **\$300.00 deposit, cheque payable to Play Active School Soccer (PASS)**

\*\* only students who are new to Burnaby Central Secondary School or the PASS program

Applicants **must** be received by:

- May 15 for the September semester
- December 15 for the February semester

Applicants received after these dates will be placed if space is available.

**Fees and Payments:**

A \$300.00 deposit must accompany the application. Once accepted into the program, the balance or post dated cheques are due 30 days prior to the start of the semester.

Deposit cheques will be returned to applications that are not accepted into the program .

Program fees and payment schedule are as follows:

**Full year - \$1800.00** – \$300 deposit plus 6 post dated cheques in the amount of \$250.00 each and dated the first of September, October, November, February, March and April

**One semester - \$1050.00** - \$300 deposit plus 3 post dated cheques in the amount of \$250.00 each and date the first day of month (September semester – September, October and November; February semester – February, March and April).

Families with two or more student athletes enrolled in the PASS program will be eligible for a 10% discount on the second and third student athlete.

**Refund Policy**

To cancel your registration and receive a refund, written notification must be received 30 days prior to the start of the semester. A \$100.00 administration fee will be charged on all refunds. There will be no refunds after the program has started.

**Questions**

All P.A.S.S. Program inquiries should be directed to Derek Possee at [djpossee@telus.net](mailto:djpossee@telus.net) or 604-313-9476. All academic and school inquiries should be directed to Monica Frank at [monica.frank@sd41.bc.ca](mailto:monica.frank@sd41.bc.ca) or 604-296 6850.

For additional information, please check the P.A.S.S. website at [www.passoccer.net](http://www.passoccer.net) and the Burnaby Central website at [central.sd41.bc.ca](http://central.sd41.bc.ca).