



MOUNT PLEASANT

## 2019-20 Girls Programs

### **US Development Player League** **U13-U19**

United Soccer Academy Mt. Pleasant is thrilled to have been offered placement in this newly expanded Development Players League for the coming years. The league competition and exposure to college coaches and National Team Coaches is exactly what we have been seeking for our top players. Every game will push our players to adapt, learn, and grow. The clubs in the league have produced 26 of the current national team players from U14 through U18. The league structure and focus follows the US Soccer Federations recommendations on player development. We are thrilled to introduce our new training program which will

focus on the total development of the individual player, track player growth, and enhance the college recruiting experience for each player.

We look forward to the opportunities that the league brings for our players including:

- Playing against the nations top level competition.
- Playing alongside full US Development Academy competition in league and showcases.
- Showcasing our players in front of National Team Staff in league and showcase events.
- No conflict DPL games during High School Seasons.
- 8 Conference games Home/Away format vs. Tophat, FC Virginia, Weston FC, Palm Beach Gardens for U15-U19. (4 additional Home or Away vs. those clubs for U13-U14 age groups in spring)
- 3 Crossover games at showcase events vs. Lonestar, FC Dallas, Solar, Dallas Texans, Houston Dash
- 3 Crossover games vs. the California DPL.
- Substitution rules that favor player growth
- Goalkeeper exemption to allow GKs to play multiple teams a day if needed based on rosters available.
- Minimum match day standards that favor the professional environment.
- MAXIMUM exposure to National Team Coaches and College Coaches from around the country and locally.

### **Additional League and Showcase Events**

The 2 league showcase/crossover events ***included*** as part of the league play will be –

Atlanta, GA  
Dallas, TX

Labor Day Weekend  
Columbus Day Weekend

Hosted by Tophat Soccer Club  
Hosted by FC Dallas

We will also continue to have ***opportunities*** to play in our traditional showcases including –

CASL College Showcase  
Disney College Showcase  
Jefferson Cup Showcase

November  
January  
March

North Carolina  
Florida  
Virginia

As a DPL member we also have the **opportunity** for our teams to play in any of the following National Showcase events –

Silverlakes Showcase	November	California
Lonestar Showcase	February	Texas
Presidents Day Development Academy Showcase	February	Texas
Las Vegas Players Choice Showcase	March	Nevada
Girls International Showcase	April	Texas

\*We will determine any additional showcase events from the above after the league schedule is complete.

\*\*Please REFER to the DPL Program Guide for further information on the total training set up.

### **South Atlantic National Premier League** **U12-U19**

After our first full commitment to the SANPL the club will see two girls teams travel to Commerce City, CO for the NPL National Finals including the U14 (05) and the U16 (03) teams. We are looking forward to continued success!

The conference includes: USA/MP (SC), Discoveries (SC), Lake Norman (NC), Wake FC (NC), Triangle United (NC), Chattanooga Red Wolves (TN), UFA (GA), SSA (GA), AFC Lightning (GA).

- The U15-U19 teams play each other two times home and away format for 16 games.
- The U12-U14 teams play each other two times home and away format, and a third time at a neutral or alternating 2 year cycle home away format for a total of 24 games from August through April.
- Schedules are completed with dates and general locations.
- Game times and exact field locations will be posted by August 1<sup>st</sup>.

**Southeastern Clubs Champions League**  
**U13-U19 11 vs. 11**

After a successful first year of the Carolinas Premier League for the U8 through U12 all the founding league members voted to expand through U19 becoming the first full US Club League in South Carolina. In addition, the league has partnered now with Georgia based clubs to form a more comprehensive league in the SCCL.

The clubs committed to our East Conference include: USA-Mt. Pleasant, Discoveries, South Carolina United FC, Augusta Arsenal, SC Bulls, GPS NASA, GPS JIYSC, GPS Coastal, GPS Lexington, Coast FA, Daniel island Soccer Academy, and Cainhoy Athletic.

The clubs committed to the West Conference include: Atlanta Fire United (GA), Carolina Football Clubs (SC), Concorde Fire (GA), Gwinnett Soccer Academy (GA), NASA TopHat (GA), Southern Soccer Academy (GA), United Futbol Academy (GA).

The league scheduling will be completed at June 5<sup>th</sup> meeting and will be formatted for Club vs. Club games rather than singular team games. Each club will play each other home/away or neutral site for travel over more than 2 hours. Clubs will determine to travel with boys, girls, both, U12-U19, or U12-U14, U15-U19 setting up a more festival and event atmosphere to enhance the experience for the players, parents, coaches, and referees.

**Carolinas Premier League**  
**U8-U12 7 vs. 7 and 9 vs. 9**

The clubs committed include: USA-Mt. Pleasant, Discoveries, South Carolina United FC, Carolina FC, Augusta Arsenal, SC Bulls, GPS NASA, GPS JIYSC, GPS Coastal, GPS Lexington, Coast FA, Daniel island Soccer Academy, and Cainhoy Athletic.

The league scheduling will be completed at June 5<sup>th</sup> meeting and will be formatted for Club vs. Club games rather than singular team games. Each club will play each other home/away or neutral site. Clubs will be able to work together to create the festival and event atmosphere improving the game day experience for the players, parents, coaches, and referees.

### **Age Group Training Standards**

\*\*Additional training may take place including strength and conditioning sessions, futsal sessions, beach sessions, and other non-soccer traditional training methods.

**15 to 19 Under** - Training for these age groups begins immediately following the team formation period in May and concludes when the league season is complete in January.

- NPL Teams - train four times a week with their coach and trainers for 1 hour and 20 minutes.
- CPL Teams - train three times a week with their coach and trainers for 1 hour and 20 minutes.

-2019 NPL Summer Program: The teams will train 3 times per week leading up to the US Club Regionals in Winston-Salem, NC June 22-25<sup>th</sup>. Teams qualified for the NPL National Cup will continue training through the NPL finals in Commerce City, Colorado July 11-15<sup>th</sup>. Teams that win the US Club Soccer Regionals will compete in the National Cup Finals July 19-23 also in Commerce City, CO.

-2019 CPL Summer Program: The teams will train 2-3 times per week and may attend the US Club Regionals in Winston-Salem, NC June 22-25<sup>th</sup>.

**14 Under** - Training for these age groups begins immediately following the team formation period in May and concludes when the league season is complete in May.

- NPL Teams - train four times a week with their coach and trainers for 1 hour and 20 minutes.
- CPL Teams - train three times a week with their coach and trainers for 1 hour and 20 minutes.

-2019 NPL Summer Program: The teams will train 3 times per week leading up to the US Club Regionals in Winston-Salem, NC June 22-25<sup>th</sup>. Teams qualified for the NPL National Cup will continue training through the

NPL finals in Commerce City, Colorado July 11-15<sup>th</sup>. Teams that win the US Club Soccer Regionals will compete in the National Cup Finals July 19-23 also in Commerce City, CO.

-2019 CPL Summer Program: The teams will train 2-3 times per week and may attend the US Club Regionals in Winston-Salem, NC June 22-25<sup>th</sup>.

**13 Under** - Training for these age groups begins immediately following the team formation period in May and concludes when the league season is complete in May.

- NPL Teams - train four times a week with their coach and trainers for 1 hour and 20 minutes.
- CPL Teams - train three times a week with their coach and trainers for 1 hour and 20 minutes.

-2019 Summer Program: Teams will train 1-2 times per week and participate in the EFC Summer Futsal League. All teams will be split into two rosters for the league and have the ability to share players for games per EFC rules, when needed. All players pay into the EFC team budget whether they are able to make all the games or not. Teams will be coached by USA/MP staff assigned before the league begins.

**11 to 12 Under** - Official Team Training for these age groups begins in August and concludes at the end of November, starts again in the middle of January and concludes in May when the spring season is complete.

- Teams train three days a week with their coach and trainers for 1 hour and 20 minutes.

-2019 Summer Program: Teams will train 1 time per week and participate in the EFC Summer Futsal League. All teams will be split into two rosters for the league and have the ability to share players for games per EFC rules, when needed. All players pay into the EFC team budget whether they are able to make all the games or not. Teams will be coached by USA/MP staff assigned before the league begins.

**9 to 10 Under** - Official Team Training for these age groups begins in August and concludes at the end of November, starts again in the middle of January and concludes in May when the spring season is complete.

- Teams train three days a week with their coach and trainers for 1 hour.

-2019 Summer Program: Teams will participate in the EFC Summer Futsal League. All players pay into the EFC team budget whether they are able to make all the games or not. Teams will be coached by USA/MP staff assigned before the league begins.

**8 Under** - Official Team Training for these age groups begins in August and concludes at the end of November, starts again in the middle of January and concludes in May when the spring season is complete.

- Teams train two days a week with their coach and trainers for 1 hour.
- Teams play games in the local CPL in the 7 vs. 7 format from September through November, and February through April.