



Centre of Excellence

Commitment to Learning Work Ethic Character Technical/Tactical Merit Potential

Session II (January 7th to February 12th)

The “*Centre of Excellence*” is a supplemental training and playing opportunity for the selected participant. The “*Centre of Excellence*” will meet once weekly for training sessions throughout a 5 week period, guided ONLY by Full National licensed coaches. We will arrange a match/play date for the final week of the 5 week session.

Selection criteria for invitation to the “*Centre of Excellence*” will be based upon the below (in order of importance):

- 1. Commitment to learning.*
- 2. Work ethic.*
- 3. Character.*
- 4. Technical/tactical merit.*
- 5. Potential.*

The “*Centre of Excellence*” was created to benefit the players in Nordic SC who demonstrate a higher level of commitment to learning and developmental performance. The “*Centre of Excellence*” operates with the sole belief that excellent learners require excellent instruction. Young players learn more efficiently and effectively within a structured heterogeneous learning environment guided by fully qualified instructors, with high quality motivation, and the correct attitude toward learning and practice. Attention to detail and the need to insist on the highest standards and acquisition of good learning and practice habits are essential elements in our learning environment. Full player commitment is essential for the “*Centre of Excellence*” to achieve the highest level of development possible.

Session II - Dates & Times: (Saturdays – January 7th, 14th, 28th, February 4th, Sunday February 12th Match)

12pm to 1pm = 11/12G

1pm to 2pm = 10G

2pm to 3pm = 10B

3pm to 4pm = 11/12B

***2/12 (Sunday 12 pm to 3 pm) – matches vs Plattsburg SC at the Crete Civic Centre in Plattsburgh.**

Each participant will be issued a “*Centre of Excellence*” uniform/kit to be worn at ALL “*Centre of Excellence*” events and at their respective Pool trainings with Charley Amblo. DO NOT wear these uniform/kits to your team match/training night. Care instructions for your “*Centre of Excellence*” uniform/kit:

***Turn Shirt and Shorts inside out and keep Socks inside right. Wash all in cold water only. Air dry all items.
NO DRYER!***

Upon completion of your 5 weeks in the “*Centre of Excellence*” you will be asked to return the uniform, on site, so bring extra clothes to change in to at that time. These uniforms will be worn by the participants of Sessions III and IV.

Again, congratulations on your invitation and recognition! Work hard at all NSC activities and at home so as to best promote your chances for future selection to the “*Centre of Excellence*” programme.

Keep the Ball Rolling,

Charley Amblo
Youth technical director
Nordic SC