



# OVERVIEW

LEGACY YOUTH PROGRAMS

SPRING

# STAFF INTRODUCTIONS



**Alex Spirn | Youth Programs Director**

***Recreational Soccer Program***

***Community Partnership Program***

***Advanced Development Program***

***Little Legacy Pre-School Program***

***TOPSoccer***

- National Youth License
- USSF D License
- NSCAA Club Development Diploma
- Former ODP Coach
- Former High School Coach at Fuqua
- Former GA Assistant at Longwood
- Former Player at Longwood
- Played With Legacy Soccer Club from 3-18



@valegacy

KENDAL@VALEGACYSOCCER.COM | ASPIRN@VALEGACYSOCCER.COM

# STAFF INTRODUCTIONS



**Kendal Pressey | Asst. Youth Programs Director**

***Recreational Soccer Program***

***Community Partnership Program***

***Advanced Development Program***

***Little Legacy Pre-School Program***

***TOPSoccer***

- National Youth License
- USSF F License
- NPSL Legacy 76 Former Captain
- Former Captain at Chowan University
- Played with Legacy from 9-18



@valegacy

KENDAL@VALEGACYSOCCER.COM | ASPIRN@VALEGACYSOCCER.COM



**PLAY WITH YOUR FRIENDS**

**FOCUS ON DEVELOPMENT**

### REC

W-ICC Recreational Soccer

- \$60 - Seasonal
- Location - Warhill SC
- Ages 4-18
- One Practice A Week
- Non-Mandatory Mon. Clinic
- Request to play with your friends
- 1 uniform for all participants
- Certified Referees
- Volunteer Coaches

### ADP

Advanced Development Program

- \$200 - Seasonal
- WMBG/POQ/NN
- Curriculum Guided Development
- Challenging professional environment
- Two Practices a week
- Professional, paid, and nationally licensed staff
- On Field Coaching

# SPRING **REC Requirements**



**Shin guards** – To be worn at ALL TIMES

**Long socks** - Put the socks over the shin guards

**Athletic clothing** – weather appropriate

**No jewelry** – must take earrings out

**Soccer ball** – Size 3/4/5

**Personal supply of water**

*\*Cleats Not necessary but encouraged*

@valegacy

SPRING  
2024

# ADP Requirements



**Must wear ADP supplied shirts to all practices**

**Black shorts – Weather permitting**

**Shin guards – To be worn at ALL TIMES**

**Long black socks - socks over the shin guards**

**Soccer Ball – Size 3/4/5**

**Personal supply of water**

*\*Cleats Not necessary but encouraged*

@valegacy

KENDAL@VALEGACYSOCCER.COM | ASPIRN@VALEGACYSOCCER.COM

# 5 2 9 Provided Opportunities



- U5 (2014+2015) – Preschool – Little Legacy Rec**
- U6 (2013) – Little Legacy Rec – ADP - Camps**
- U7 (2012) – Rec – ADP - Camps**
- U8 (2011) – Rec – ADP - Camps**
- U9 (2010) – Rec – ADP – Travel Prep – Travel - Camps**
- U10 (2009) – Rec – ADP – Travel Prep – Travel - Camps**
- U11 (2008) – Rec – Travel Prep – Travel - Camps**
- U12 (2007) – Rec – Travel Prep – Travel - Camps**
- U13 (2006) – Rec – Travel - Camps**
- U14 (2005) – Rec – Travel - Camps**
- U15 (2004) – Rec – Travel - Camps**
- U16 (2003) – Rec – Travel - Camps**
- U17 (2002) – Rec – Travel - Camps**
- U18 (2001) – Rec - Travel - Camps**

**\*TOPSoccer provided for all ages – as well as adult**

@valegacy

SPRING

20

# Travel Insight



- ◆ 2-3 mandatory practices a week (Excusable)
- ◆ Uniform for practices and games
- ◆ Year commitment for travel
- ◆ Seasonal commitment for travel prep
- ◆ Multiple tiers for each age group
- ◆ Paid & licensed coaches
- ◆ Team managers + car pools
- ◆ Goal making (HS or beyond)
- ◆ Financial assistance
- ◆ Length of travel / Price dependent on tier

@valegacy

KENDAL@VALEGACYSOCCER.COM | ASPIRN@VALEGACYSOCCER.COM

# Common Misconceptions about Travel/ADP



- It's only for the best players – Virginia Legacy tries to find a home for every player. Top reasons for exclusion is roster space availability or maturity. Competing teams are then tiered based on talent and commitment.
- It costs too much – Assistance and scholarship is offered to everyone within the club. The greater level of competition, the greater the price of tuition.
- Travel is too far – Only the highest level of players play outside of our region. 90% of our teams compete no further than Richmond or Virginia Beach. A team's only travel commitment is only 3-4 away games during any one season (roughly half).

@valegacy