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**High Performance League Frequently Asked Questions**

**What is the BCSPL?**

BC Soccer formed a committee in the spring of 2010 to investigate playing options for the highest level of youth play in BC. The committee recommended a move towards a more inclusive and player-focused system. These recommendations received unanimous support from the Districts at a BC Soccer Special General Meeting in January 2011.

This process resulted in the creation and development of a High Performance League in BC.  This league is known as the EA Sports BC Soccer Premier League (BCSPL) and will deliver on the following key development initiatives;  
- Supports CSA’s “PLAYER FIRST” mentality and its Long Term Player Development strategy.  
- Harmonizes all high performance levels of programming  
- Eliminates congestion and provides greater clarity for all stakeholders  
- Works within existing and supporting structures  
- Drives improvements to all aspects of high performance soccer

BCSPL started play in the fall of 2011.

**What is the goal of the BCSPL?**

It is the goal of BC Soccer to continue to be committed to a comprehensive approach to improve player development in British Columbia, ultimately, to make Canada a stronger soccer nation.  Part of the broad-based plan was the establishment of a two stream development process for the game.  Those streams are known as grassroots and high performance.  See [www.bcsoccer.net](http://www.bcsoccer.net/) for more information.

**What are some of the developmental benefits for players in the BCSPL?**The EA Sports BC Soccer Premier League is built on the following guiding core principals of development:

1. To allow players to further develop their skills in an environment, this includes other technically advanced players playing within a competitive demanding atmosphere
2. To enhance the technical and tactical components of the players game through extensive on and off field training and education.
3. To provide players with access to certified and experienced and professional levels of coaching.
4. To provide the players specific guidance in areas of nutrition, mental prep, physical fitness and post-secondary education.
5. To provide players leadership and information on life skills and promote the importance of commitment to excellence and citizenship.
6. To provide a healthy and safe training environment to ensure responsible and suitable development of the player.

**How many teams in BCSPL?**

There are 8 franchises in the BCSPL, one from the Interior, one from the Island and the remaining six from the lower mainland. The franchises will endeavor to field 10 teams (5 boys, 5 girls) that will play in the following single age groups: U13-U16 and a combined U17/18 age group. Therefore there will be eight teams in each age group.

On the island the U118 age group has become a challenge due to increasing school commitments and therefore in 2013 we partnered with the Victoria Highlanders FC to provide a high performance level of play for the U18 age group that is outside of the BCSPL.

**How many games?**

Provided there are 8 teams in each league, the number of league games is 21. There are 7 games in the September to November stage and 14 games from February to June.

**How much does the BCSPL program cost?**

Current costs are approximately $2500 for the year. Costs are currently under review for next season.  
  
These fees cover coaching honorariums, fields, referees, ferry costs for players, managers and coaches, buses and hotels for away games, administration etc.

**What is a typical travel day?**

In a perfect scenario when we receive a noon kick-off the travel would be a 9am ferry to the game and a 3pm ferry home. Often times we are not so lucky and you can expect a 9am to the game and a 5pm home. The league will not schedule games versus the island before noon. The farthest we travel is to Abbotsford. To play the interior team we travel to the lower mainland (not all the way to the interior). Players go on team buses with their coaches, managers and assistant coaches.

**Can we still go on Vacation?**

Of course! The rest of Canada plays through the summer and it does not have an effect on their programs. One of the great benefits of the BCSPL program is the scheduled breaks throughout the season. There is provision for a break through the month of August and regular scheduled breaks will be built into the season for Provincial and National team events. When players are away on Provincial or National team events there will be playing breaks in the season. There are low and high training periods depending on the timing of games. The driving factor of BCSPL is to produce a responsible and sustainable player development model in line with the Canadian Soccer Association’s Long Term Player Development (LTPD) program.

**Can I play other sports?**

The short and simple answer is yes, however this is not a short and simple matter. For a program to be athlete-centred there needs to be opportunities for rest and recovery. BCSPL coaches will be supportive of athlete’s involvement in other sports to a point. However the BCSPL program will require that players in the program view the BCSPL teams as their number one priority and must commit to team training plus 21 games.

**How much training is expected?**

Training takes place in Victoria two times a week either at Finlayson/Topaz or Pacific Institute for Sport Excellence (PISE). Additional training is encouraged but not required.

The last week of August teams attend a training camp at PISE during the day. This is included in the program costs.

If you have any other questions you may contact head coach Andrew Latham ([headcoach@lowerislandsoccer.com](mailto:headcoach@lowerislandsoccer.com))