



RHSC 2018 OPDL Program Highlights

Richmond Hill Soccer Club is pleased with the success our OPDL program has brought to both our players and the Club, and these successes have enabled us to build and develop new exciting opportunities for the players in the 2018 program.

The structure of the OPDL will remain the same as this past season and will run for approximately 11 months out of the year. Players in the program are surrounded by both nationally and provincially licensed coaches, as well as athletic training personnel. They also train on top quality year-round indoor and outdoor training facilities to support their development.

Please see below for a few highlights of our Club's OPDL program for the upcoming season.

Club Technical Director, Mark Marshall

CSA National 'A' License and UEFA National 'A' Licensed coach Mark Marshall will be leading RHSC as our Club's Technical Director. Mark will oversee our teams and provide support to coaches to ensure a consistent, high level standard is maintained throughout the entire program.

Umbro Showcase

For the 2018 season, all of RHSC's OPDL teams will be taking part in the [Umbro Top Rated Showcase](#), where players will get the opportunity to be scouted by both American and Canadian university coaches. The Umbro Showcase is the largest and top ranked showcase in Canada, with recent editions attracting upwards of 400 teams and over 175 university and college coaches from across North America.

Exposure to English Premier League and Scottish Premier League Clubs

During the 2018 season, coaches from one English Premier League club and one Scottish Premier League club will be coming to RHSC to work with our coaches and players. During this time, players will have the chance to take part in training sessions led by coaches from both clubs. More details on the clubs and these sessions will be provided in the New Year.

Exposure to Canadian University & College Coaches

In addition to having coaches from EPL and SPL clubs, RHSC will also be welcoming coaches from various universities and colleges from across Canada to take part in training sessions with our OPDL players.

Training at Local Turf Facilities

RHSC's OPDL teams will train at facilities in Richmond Hill, which of course cuts out travel time and costs for our players and parents. During the winter months, teams will have 2 turf sessions per week inside the Richmond Green Sports Dome. For the outdoor season, teams will have 2 training sessions per week on a turf field, with the other 2 sessions taking place on a grass field.

Mettle Sports & Fitness Connection Partnership

RHSC has partnered with both [Mettle Sports](#) and [Fitness Connection](#). For the 2018 season, Mettle Sports will be conducting strength and mobility training sessions every other week inside the Fitness Connection facilities in Richmond Hill for each of our OPDL teams.



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Boomerang Health Partnership

RHSC has partnered with [Boomerang Health](#), who will offer our players lifestyle and health management guidance, and provide nutrition and psychology support.

Exhibition Games

Each of our OPDL teams will be taking part in various exhibition games in preparation for the start of the 2018 season. This will be highlighted by our Club hosting a series of exhibition games on Family Day, where our OPDL players will compete against other teams from the league.

Game Recording and Analysis

Our Club will be recording 3 to 4 games per season for each team in our OPDL program, which will be used for game analysis with the coaches and players.

Regular Fitness Testing

Our Club will be conducting regular fitness testing for all of our OPDL players. The testing will be held every 6 to 8 weeks beginning in January, and will be led by our Club's Technical Staff.

Winter Futsal Program

All teams will be participating in a winter futsal program, which will help players develop the quickness of their decision making and also improve their ball mastery skills.

Goalkeeper Specific Training

Goalkeepers in our OPDL program will take part in specialized training, led by RHSC's Head Goalkeeper Coach Rasih Pala. Coach Rasih spent two years playing professionally in Turkey after spending 4 seasons as an NCAA Division 1 athlete at Northern Illinois University.

Player Uniforms and Kits

Each player in our OPDL program will receive a full custom home jersey kit, full away jersey kit, full training kit with 2 shirts, tracksuit, bag, rain jacket and Adidas soccer ball.

International Travel Opportunities for U15 to U17

This spring, players from our U16/17 OPDL teams will have additional opportunity to travel to the United States for showcasing opportunities. They will compete in a variety of exhibition games which will be observed by university coaches. We will also be organizing an additional opportunity for our U15 players to travel internationally to gain additional exposure and experience.

Holistic Development

There will be additional opportunities for OPDL players to develop leadership and mentorship skills, while also getting the chance to work on the field with some of our Club's younger players.

The OPDL fee also includes all coaching costs, player insurance, player books, and administrative support. Players will receive regular evaluations, while there will also be information nights organized for parents to ensure everyone is kept up to date with the OPDL program.