



February 2020

We are working hard behind the scenes to make plans for our Newton Academy Program\* for 2020-2021. As we strive to continue to improve our program, we wanted to take a moment to share what we feel are some of our best assets, goals and core beliefs.

**Quality Competition is a Top Priority!** Our Director of Coaching and NGS members are working to ensure that our Academy teams have excellent, consistent competition for the 2020-2021 Fall and Spring seasons. Specific plans will be announced in the coming weeks!

**Prepare Our Players for the Future!** We hope that our athletes enjoy a long soccer career and our coaches have realistic expectations and are keenly aware that our players will develop over time. After the Academy program, many play at the National Premier League (NPL), Elite Clubs National League (ECNL) and Development Academy level (DA). You'll also find our graduating Academy players on Varsity teams at Newton North, Newton South and competitive private schools as well as the collegiate level.

**Promote the Power of Our Academy Community!** We know the value of community and it is important for us to aim to have all of our coaches and teams train together, learn from and support one another. We celebrate accomplishments through the Academy Newsletter, Academy Instagram and our end of year events. Academy families get to know each other on the sidelines and frequently rely on each other for carpools.

**Strike a Healthy Balance for Our Young Multi-Talented Athletes!** When invited to the program, most NGS Academy and Development Academy players agree that soccer is their number one sport, but we care about the health and well-being of your daughters and support a balanced approach for our young athletes.

- We address burnout and overuse injuries. Rest breaks are built in at the end of each season and we encourage players to take time off from soccer over the summer.
- To develop all-around, healthy athletes, players benefit from participating in other sports and activities, utilizing all of their muscles and talents. Our reasonable time commitment allows for this.
- We start our U10 team off with less of a commitment, because we don't believe in too much, too soon!

**Support Our Dedicated, Experienced and Loyal Coaches!** The Academy Program is regularly commended for the professionalism of our talented, experienced and enthusiastic coaches. Our Director of Coaching sets very high expectations, but the emphasis is on girl-centric and positive coaching with age-specific curriculum using 'Play the NGS Way' club style of play. With a renewed focus on coaching education, we can ensure that our staff brings fresh ideas onto the field each season.

**Provide Regular Feedback and Excellent Communication!** All of NGS and the Academy Program use The Positive Coaching App. This helpful tool allows coaches to give regular constructive feedback and written evaluations to individual players to set goals and enhance player development.

**Offer Reasonable Logistics!** All practices and home games are in Newton. Practice times and locations are set far in advance allowing families to plan ahead. Teams do participate in occasional weekend tournaments.

**Streamline Practices with NGS Travel Teams!** Academy sessions are coordinated with NGS Travel team practice schedules to minimize conflicts. This makes it possible for your daughter to play on both a Travel team and a Club team, often not possible when playing in private clubs.

**Offer Supplemental Training!** Specialized skills clinics and professional goalkeeping training further enhances and challenges our players' development and prepares them for the next level.

**Provide Futsal and Winter Training!** Our teams maintain sharp skills over the winter. All of our Academy and Development Academy Teams play in a Futsal league and have weekly winter training.

**Maintain Affordability!** The Academy program is affordable at approximately half the cost of many for-profit clubs.

\* [The Newton Academy Program](#) presents our highest skilled players with an exceptional in-town club soccer experience not offered in other towns. This is an invitation-only program for grades 3-8, year round (fall, winter and spring) perfectly suited for players seeking a competitive challenge in addition to their NGS Travel Teams.