



# WNY FLASH Jr. ACADEMY Q&A



## **What is the WNY Flash Jr. Academy Program?**

The WNY Flash Jr. Academy is a soccer training program for young kids, born between the years 2007-2012, which offers the building blocks of technical proficiency and tactical understanding. The Jr. Academy curriculum is designed to encourage a love for the game, positive training habits and the teamwork skills needed to progress through all levels of youth soccer while having fun.

## **What is the WNY Flash Jr. Academy Kids Program?**

The WNY Flash Jr. Academy Kids program is an introductory soccer program that provides an athletic gateway for any child between the ages of 4 and 5. It is our hope that these children fall in love with the game and remain Flash players for many, many years - but at the very least, they will learn the basics of body-control, balance, and core strength through the game of soccer.

## **How often does the Flash Jr. Academy Train?**

Our Jr. Academy trains two days a week (Boys on Mon/Wed and Girls on Tue/Thu) with a fun game 8-10 weekends out of the season.

Our kids program trains one day a week with a fun game 8-10 weekends out of the season.

## **So, how is the WNY Flash Jr. Academy different from the old SSP Champions League?**

The WNY Flash Jr. Academy has replaced the Champions League and brings another level of player development. Here are the few of the key improvements:

- A fall season and a spring season, with a designed program break in between sessions.
- Each season is twelve weeks, instead of eight weeks.
- Two training sessions per week plus a game, instead of one training session plus a game. This equates to 24 fun technical development training sessions instead of 8. In addition, there will be 8-10 games to help develop the technical skills on the soccer field.
- The program is implemented and led by our USSF 'A' License Jr. Program Director of Coaching, Gary Bruce, with oversight from our USSF 'A' License DoC, Rob Ferguson.
- Program staff will include Gary Bruce, Regan Steele (Assistant Jr. Program DoC), Jenna Raepfle, Matt Barth and other high-level soccer players and coaches.

## **Why should my child join the WNY Flash Jr. Academy Program?**

Soccer is a sport that is rooted in technique, and this technical understanding best develops at a young age. The WNY Flash Academy has designed the Jr. Academy to be a combination of the best training by the best coaches in the best facilities, providing the best opportunity for young players. By building a foundation in technique, those who participate in the Jr. Academy will receive the instruction needed to excel as they progress through the various levels of youth soccer.

## **Does the WNY Flash Jr. Academy Program have competitive games?**

Yes, the Jr. Academy includes a weekend game in addition to the mid-week training. It is important that the players have the opportunity to perform the skills that they are working on in training while learning what it is like to compete.

## **Do all players in the Jr. Academy receive the same training?**

Yes and no.

- Yes, in the sense that the coaches hired to work with the players in the Jr. Academy have all played at a high level, have earned their coaching license, and will be passionate about continuing their education as a soccer coach.
- No, in the sense that the curriculum is designed to teach the different age groups in the way that best suits their ability.

**For any further questions or concerns, please contact [gbruce@wnyflashsoccer.com](mailto:gbruce@wnyflashsoccer.com)**