

## **2017-18 Lexington Player Development Academy (LPDA) Tryouts!**

Hi Families,

I wanted to take a moment to announce the upcoming LPDA U11-U18 tryout dates and anticipated staff. The LPDA offers enthusiastic Lexington players the opportunity to get top professional training and a high level of team play often associated with 'club' teams, but at a reduced cost and without the long commute to practice. The LPDA is directed by LUSC Director of Coaching, Brendan Donahue.

### **GU11-12 LPDA tryout**

Tuesday June 6<sup>th</sup> @ Lincoln Field 1  
5:30pm to 7:00pm

**Calendar Years 2006, 2007**

### **\*BU11 and BU12 LPDA tryouts**

Thursday June 8<sup>th</sup> @ Lincoln Field 1  
5:30pm to 7:00pm

**Calendar Years 2006, 2007**

\* There will be both a BU11 and BU12 LPDA team. A 2007 player is eligible to participate on the 2006 team if the coaches deem that he would be an impact player on the older team.

### **GU13-14 LPDA tryout**

Tuesday June 13<sup>th</sup> @ Lincoln Field 1  
5:30pm to 7:00pm

**Calendar Years 2004, 2005**

### **BU13-14 LPDA tryout**

Thursday June 15<sup>th</sup> @ Lincoln Field 1  
5:30pm to 7:00pm

**Calendar Years 2004, 2005**

### **GU17 LPDA tryout**

Tuesday June 13<sup>th</sup> @ Lincoln Field 1  
7:00pm to 8:30pm

**Calendar Years 2001, 2002, 2003**

### **BU16 LPDA tryout**

Thursday June 15<sup>th</sup> @ Lincoln Field 1  
7:00pm to 8:30pm

**Calendar Years 2002, 2003**

### **BU18 LPDA tryout**

Thursday June 15<sup>th</sup> @ Lincoln Field 1  
7:00pm to 8:30pm

**Calendar Years 2000, 2001**

**There is no pre-registration necessary for the LPDA tryouts.** There will be a check in 15 minutes in advance of the scheduled time slot so please arrive early.

## **LPDA Coaching**

The LPDA is committed to providing the players in the program with top flight coaching from professionally licensed staff. Below is the **2017-18 LPDA Staff**.

**GU11-12 Brendan Donahue**, LUSC Director of Coaching, Region 1 Olympic Development Staff, USSF A license, NSCAA Premier Diploma, US Youth Soccer National Youth, Former MYSA ODP Staff, Former DI-III Collegiate Coach (1995-2005),

**GU13-14 Tom Heimreid**, LUSC Assistant Director of Coaching, NSCAA Director of Coaching Diploma, NSCAA Premier Diploma, UEFA B

### **GU17 TBD**

**BU11 Miguel Chavez**, LUSC Pro Coach, LUSC Skills Academy Staff, NSCAA Director of Coaching Diploma, Level 4 US Futsal Coach, Former NEFC Coach

**BU12 Tom Heimreid**, LUSC Assistant Director of Coaching, NSCAA Director of Coaching Diploma, NSCAA Premier Diploma, UEFA B

**BU13-14 Thomas Ballenthin**, LUSC Pro Coach, All State 2009, 2010 and All New England 2010 player at Lexington High School. 2014 NCAA Final Four Finalist and Big East Champion at Providence College

**BU16 Miguel Chavez**, LUSC Pro Coach, LUSC Skills Academy Staff, NSCAA Director of Coaching Diploma, Level 4 US Futsal Coach, Former NEFC Coach

**BU18 Renato Capobianco**, Regis College Men's Soccer Coach, Former New England Revolution Assistant Coach, MYSA ODP Staff, Boston Globe HS Coach of the Year 2009, USSF "A" license

### **What is the LPDA?**

The LPDA is exactly as the title suggests: a player development academy. The entire focus of the coaching staff will be to train players to play the game of soccer at a high level while promoting development and enjoyment.

### **LPDA Team Formation**

The LPDA is a select team. Players will be chosen through an evaluation session and through invitation. Players' selection will be based on a number of criteria: ability, potential, commitment level, and coach ability.

### **Why the LPDA?**

- To provide elite training under professional supervision for the serious player
- Give players an alternative for continued development beyond travel soccer, while remaining true to the LUSC philosophy

- Provide Lexington families with a local alternative to Premier Soccer Clubs.
- Continue to develop Lexington players within our soccer community

The LPDA is intended for serious, committed soccer players, and it is expected that LPDA families and players will manage their schedules to ensure their commitment is fulfilled. A U14 and below LPDA players' schedule will include 5 events per week during the fall and spring seasons (including LUSC events), and 1-2 events per week in the winter. It is expected that LPDA players will attend most, if not all, of those events. The LPDA invitation will provide specifics regarding minimum attendance.

For a more complete overview of the LPDA program as presently structured, please visit the Lexington United website: <http://lexingtonunited.org/lexington-player-development-academy-lpda/>.

### **LPDA 2017/2018 Full Roster (U14 and below) Academy Requirement**

- One weeknight practice throughout the fall and spring season. Girls will train on Tuesday Night; Boys will train on Thursday Night.
- Wednesday afternoon 4:00 to 5:15pm Functional Technical Training Session (full description below). **Note:** the time of the Wednesday session may be later for the BU13-14 LPDA to accommodate Coach Thomas's schedule.
- One Sunday afternoon game in the Northeast Soccer League (NSL) during the fall and spring (typically 8 to 10 week season).
- 8 weeks of futsal on Saturday afternoons (Jan/Feb).
- 10 winter training sessions.
- A Memorial Day weekend or Season Ending tournament.

### **Wednesday Afternoon Functional Technical Training**

Each Wednesday afternoon during the fall and spring seasons (approximately 20 sessions b/n the fall & spring), Lexington United Director of Coaching, Brendan Donahue and LUSC Assistant Director of Coaching Tom Heimreid along with other LPDA Coaches will conduct a functional technical training/injury prevention training session for 75 minutes from 4:00 to 5:15pm. The goal of these sessions will be to help our academy players "prepare for the demands of the game". These sessions will be highly focused on improving the functional skill level of our academy players. The Wednesday afternoon pool training will be done in a quality controlled environment since it is restricted to just LPDA players. These sessions are a required part of the LPDA commitment.

**Note: LPDA Players will be excused from their LUSC pro clinic session. By excusing the academy players we remain consistent in keeping academy players to 5 soccer sessions a week.**

The LPDA is a supplement to, not a replacement for, LUSC Travel/In-town Soccer. Academy players are required to play with their travel or in-town team on Saturdays and attend the individual team practice. Lack of commitment to your LUSC team can result in dismissal from the LPDA program.

We look forward to hopefully seeing you at the tryouts in June.

All the Best,  
Brendan