

## Soccer Academy Grades 9-12



The Soccer Academy at [Abbotsford Senior Secondary](#) is designed for students with a keen interest in soccer and athletics. The Program is linear, sessions continue all year long in the afternoon.

- The program combines daily physical training with a quality academic program in preparation for university entrance.
- Students will have two (one hour and twenty minute) sessions each week for 10 months with national- level soccer coaches.
- Personalized instruction is ensured with a maximum player/coach ratio of 15:1.
- Sessions will be divided into three skill level groups. Each session will focus on individual skill development as well as team play.
- There are opportunities for Certification in CPR, officiating and sports taping.

The second component of the program is Strength and Conditioning. The focus of these sessions will be to improve strength, speed and agility. The students will have two sessions per week in the weight room working on individualized programs.

**Note - International Students have the option of only taking the on-field training component with coaches, and can choose a different elective course instead of the physical training component if they choose.**

### Soccer Academy Fees

- Program fees are \$75 per month / \$750 for the year, or \$450 for one semester only.
- Fees include a training kit (uniform) and the salary for the coaches.
- Fees will be invoiced and collected by the International Program at the time of application and transferred to the Soccer Academy.

### Applying to the Academy

1. Please download and complete the [Soccer Academy Application Letter](#).
2. Upload completed document in the [online application](#).
3. Please state Abbotsford Senior Secondary as first choice of schools
4. In “Courses Required” section of application please state “Soccer Academy”

For more information see the [Soccer Academy Website](#)