



Frequently Asked Questions and Answers 2016/2017

Program Overview

Q: Who are the Albany Alleycats and where are they located?

A: The Albany Alleycats are a full service youth soccer organization located in Albany, New York. They field teams from U-7 through U-23 and have been considered one of the most competitive clubs in upstate New York. This highly successful Premier Program has produced numerous collegiate and youth national team players.

Q: What is the mission of the Albany Alleycats Premier Soccer Program?

A: The mission of the Alleycats Soccer Club is to provide the best development model to young players and best prepare each individual for their individual progression in the sport of soccer whether that be collegiately or professionally.

Q: Who are the best candidates to play for Alleycats teams?

A: Any players who wish to dedicate themselves to consistent high level training and wish to compete with and against some of the best youth soccer players in the area are prime candidates for the Albany Alleycats. Any player who is looking for a premier soccer organization that is going to challenge them to get better during every training session and is willing to work hard to improve their skills are also prime candidates for our program.

Club Staff

Q: What is different about the Alleycats Program's Coaching Staff?

A: The coaching staff combines our area's top youth, high school and college coaches who share common ideas about player development.

Q: Are all staff members licenced coaches?

A: Yes. All team coaches on staff hold a coaching license either from the United States Soccer Federation or the NSCAA.

Q: Who are some of the Team Coaches at the Albany Alleycats?

A: The following coaches formulate the majority of the staff at the Alleycats:

- Afrim Nezaj - Club President (USSF 'A' License)
- Steve Covino - Technical Director (USSF 'B' License)
- Juan Carlos Garcia - Boys Academy Director (USSF 'D' License)
- Betsy Drambour - Girls Academy Director (USSF 'F' License)
- Ryan Brooks-Newton - Director of Goalkeeping (Hartwick University Asst. Coach)
- John Ciano - Head Men's Coach, College of St. Rose (USSF 'B' License)
- Pere Bascu - Men's Assistant Coach, Siena College (UEFA 'B' License)
- Mike Matera - Men's Assistant Coach, College of St. Rose
- Brad Utter - Women's Assistant Coach, Union College (USSF 'B' License)
- Skip Dawson - Former Saratoga High School Women's Coach
- Stephani Church- Women's Assistant Coach, Siena College
- Mark Van Leuven - Women's Assistant Coach, University of Albany
- Brian Speck - Head Women's Coach, Union College
- Seb Anzevui - Former Professional Player
- Mark Green - (UEFA 'B' License)
- Scott Chadwick - (USSF 'B' License)
- Pat Endy - Former MCLA Assistant Coach (NSCAA Advanced National Diploma)
- Tara O'Keefe - Former Latham High School Varsity Head Coach
- Matt Needham - Former Captain at Siena College
- Chris Le - (USSF Licensed Coach)
- Ross Cardinell - Former Captain at Siena College (USSF 'D' License)
- Danielle Kennedy - Women's Assistant Coach, SAGE College
- Kendra Campana - Guilderland High School Assistant Coach
- Nick Iuorno - Former St. Rose College Captain

Q: Who are the Specialty Coaches in the Alleycats?

- Goalkeepers Ryan Brooks-Newton - Director of Goalkeeping
 - John Ciano - GK Trainer
 - Mark Green - GK Trainer
- Sports Performance Joe Shields Fitness

Alleycats Soccer Club Player Development Pathway



Club Structure & Player Pathway

Q: Do the Alleycats offer Developmental teams?

A: Yes. Our developmental teams range from U7 - U10. These teams range in ages between 6 and 10 years old. The Alleycats offer programs for both boys and girls which usually consist of 2 training sessions a week and a competitive event on the weekend. These teams will also compete in tournaments during the season. Here is a full breakdown:

U8 Mixed Program-

- Boys and Girls aged 6-8 years old
- Training on Monday's and Wednesday's
- 4:30 - 5:30pm
- at Afrims in Colonie or Latham

U9 - U10 Boys Academy

- Boys aged 9-10 years old
- Training on Monday's and Wednesday's
- 4:30 - 5:45pm
- at Afrims in Colonie or Latham

U9 - 10 Girls Academy

- Girls aged 9-10 years old
- Training on Tuesday's and Thursday's
- 4:30 - 5:45pm
- At Afrims in Colonie

Q: Do the Alleycats offer Competitive teams?

A: Yes. Our Competitive teams range from U11 - U17. These teams range in ages between 10 and 17 years old. The Alleycats offer programs for both boys and girls which usually consist of 2 training sessions a week and a competitive event on the weekend. These teams will also compete in tournaments during the season. Here is a full breakdown:

U11 - U12 Boys Academy

- Boys aged 11-12 years old
- Training on Monday's and Wednesday's
- 5:45pm - 7:00pm
- Afrims in Colonie or Latham

U11 - U12 Girls Academy

- Girls aged 11-12 years old
- Training on Tuesday's and Thursday's
- 5:45 - 7:00pm
- Afrims in Colonie

U13 - U16 "Premier" & "Pre-NPL" Teams

- Boys and Girls aged 13-16 years old
- Training times and location TBD
- Boys Competitive teams listed as "Premier"
- Girls Competitive teams listed as "Pre-NPL"

Q: Do the Alleycats offer Elite Teams?

A: Yes. Our Elite teams range from U11 - U19 on the Boys side, and U13 - U19 on the Girls side. These are the most competitive teams in the club which compete on a Regional and Nationally stage. These teams will train 2-3 times a week and play a competitive event on the weekend. They will also attend some of the nation's highest ranked tournaments throughout the season. Here is a full breakdown:

U11 - U19 Boys "Elite" Teams

- Boys aged 11-19 years old
- Training times and locations TBD
- Play in highest flights of EDP
- Play in the highest ranked tournaments
- Listed as "Elite"

U13 - U19 Girls "NPL" Teams

- Girls aged 13-19 years old
- Training times and locations TBD
- Play in highest flights of EDP and NPL Leagues
- Play in the highest ranked tournaments
- Listed as "NPL"

Q: What is the difference between an "Elite" team and a "Premier" team on the Boys side?

A: Elite teams are considered the highest and most competitive level of play that the Alleycats offer for boys. Elite teams are considered "1st Teams" in age groups while Premier teams are considered "2nd Teams."

Q: What is the difference between a "NPL" team and a "Pre-NPL" team on the Girls side?

A: NPL teams are considered the highest and most competitive level of play that the Alleycats offer for girls. NPL teams are considered "1st Teams" in age groups while Pre-NPL teams are considered "2nd Teams."

2016/2017 Birth Year Season Matrix

Birth Year	2011	2010	2009	2008	2007	2006	2005	2004	2003	2002	2001	2000	1999	1998
Age Group	U-6	U-7	U-8	U-9	U-10	U-11	U-12	U-13	U-14	U-15	U-16	U-17	U-18	U-19

Team Training Sessions & Facilities

Q: How many days a week will Alleycats Teams train?

A: All Alleycats teams train 2-3 times a week Monday - Thursday. Traditionally, Boys teams will train primarily on Monday & Wednesday and Girls Teams will be Tuesday & Thursday. We also offer a Sunday morning session to all members of the club which usually starts around the first week of February and runs through to the end of March to help prepare players for their spring seasons. Scheduling will vary based on curriculum periodization, team needs, match schedules, facility availability, and built in breaks throughout the calendar.

Q: Where do Alleycats Teams hold training sessions?

A: The Alleycats are proud to offer their players the best training facilities in the Capital District! During the winter, all of our teams train on indoor turf fields located at Afrim's Colonie, Bethlehem, and the Latham Dome. Our outdoor facilities include some of the best facilities in the area as well. Here are some of the facilities we use:

- Union College
- Siena College
- The College of Saint Rose
- Albany College of Pharmacy
- Lansingburgh High School
- Schenectady High School



Q: What times will each team Train?

A: All sessions will range in start times between 4:30pm to 8:15pm. Our Boys and Girls academy sessions (U8 - U12) usually start at either 4:30 or 5:45pm while our older teams will typically have a start time between 5-8:00pm. This is always subject to change per daylight accommodations, school dismissals, and other factors.

Q: How long do typical training sessions run for?

A: Indoor sessions are usually 1 hour and 15 minutes of field time. Coaches will usually hold team meetings (chalk talk, video sessions, ect.) periodically throughout the season. Outdoor sessions will typically be 1 hour 30 minutes.

Q: What is the coach to player ratio for trainings and games?

A: Alleycats team training sessions will typically be run by their coach or Technical Director, Steve Covino. In the rare case that the Head Coach is unable to attend a session, another coach within the club may be asked to cover. For the Boys and Girls Academy (U8 - U12), there will be multiple coaches within the club who will be working with the players. The club will always try their best to have multiple coaches at training to help individualize player development, as well as instruct small group concepts.

Q: Are there specific Goalkeeper sessions that players may attend?

A: Yes. Our Goalkeeping Director, Ryan Brooks-Newton will hold Goalkeeper specific training sessions throughout the entire season for players to attend. Most sessions will be on Friday afternoons so that players are still able to attend their team training sessions.

Q: Are players required to attend all team trainings and matches?

A: Players are expected to attend all trainings and matches throughout the year. Of course, the club completely understands if a player is unable to attend training due to sickness or family obligations, however we highly encourage all of our players to attend as many training session as possible throughout the season!

Q: How will the training schedules be communicated:

A: Team managers will typically send weekly emails to all parents and players letting them know where and when their team will train that week.

League Information & Tournaments

Q: What are some of the leagues that Alleycats teams participate in?

A: The Alleycats are very proud to be a member of one of the most prestigious soccer leagues in the country called the Eastern Development Program or “EDP.” EDP is a member of US Club Soccer which offers it’s players one of the best player development pathways on the east coast. Teams may also participate in local leagues like CDYSL or ENY.

Q: What are some of the benefits of being a member of EDP?

A: Due to the great history of player development that the Alleycats have shown, the club is considered a EDP Super Club. This automatically qualifies Alleycats teams for EDP league play and tournament acceptance. Our girls program also benefits by competing in the EDP-NPL division during the spring, which allows them to count EDP games towards their NPL divisions as well.



Q: What is the travel like for Alleycats Teams?

A: Alleycats Teams that participate in an EDP League can expect to play around 4 home matches and 4 away matches in a typical season. Those away games could take place in various locations including: New York City, Westchester, Long Island, Connecticut, New Jersey and Massachusetts. Teams will typically not travel more than 3 hours for away matches. They may travel longer distances for stay away tournaments.

Q: When will teams participate in league play and at what ages?

A: Due to school soccer in the Fall, only a select number of teams will play in a EDP league. For the 2016 Fall season, our U11 - U14 Boys “Elite” teams will play in EDP while our U11 & U12 Girls “Pre-NPL” teams will play Fall EDP. All other Academy Teams (U8 - U12) will participate in a Fall Festival where they will train on Saturday mornings and play matches. In the spring, Our U11 - U19 Elite, Premier, NPL and Pre-NPL teams will play in a Spring EDP League. Other teams may be entered into local leagues such as CDYSL or ENY.

Q: Will Alleycats Teams attend Tournaments during the season?

A: Yes. All of our teams can expect to play in at least 4 outdoor tournaments a year. Our “Elite” teams and “NPL” teams will play in some of the highest ranked competitions on the East Coast. Here are some of the tournaments they may attend:

- EDP Cup Fall/Spring Showcase (Hammonton, NJ)
- Massapequa Showcase (Massapequa, NY)
- Manhattan Kick-Off Classic (Manhattan, NY)
- Jeff Cup (Richmond, VA)
- Disney Showcase (Orlando, FL)
- Wallkill (Ramapo, NY)
- Bethesda Premier Cup (Bethesda, MD)
- NEWSS (Long Island)
- CASL College Showcase (Raleigh, NC)
- Needham Memorial Day Classic (Boston, MA)
- NEFC Winter Classic (Boston, MA)
- PDA Classic (Trenton, NJ)
- FC Delco Players Cup (Hershey, PA)
- WAGS Tournament (Columbia, MD)
- Mad Dog Showcase (Saratoga, NY)

Our “Premier” and “Pre-NPL” teams will travel to many of the tournaments listed above but may also attend:

- Clifton Park Soccer Classic (Clifton Park, NY)
- Guilderland Memorial Day Tournament (Guilderland, NY)
- May Day Classic (Saratoga, NY)

The Club will always try their best to place their teams into tournaments where they can both be successful and challenged at the same time.

Gear and Equipment

Q: Who are the Alleycats sponsored by?

A: The Alleycats are proud to be sponsored by PUMA. The club will always wear PUMA apparel for all events. The Alleycats are also 1 of only 20 clubs in the country to be apart of PUMA's Total Club Concept ("TCC") which allows their players to be selected for prestigious events sponsored by PUMA as well as automatic acceptance into PUMA sponsored tournaments such as the Disney College Showcase located in Orlando, Florida. In 2016, Alleycats player Dylan Maxon was selected to go to Italy to play against the U-16 Italian National Team as a part of the il Viaggio team sponsored by PUMA.



Q: What gear will players be required to purchase at the start of the season?

A: All Alleycats players will be required to purchase a full uniform set including:

- White and Navy PUMA Jerseys
- Navy PUMA Shorts
- Navy PUMA Socks

Families are also highly encouraged to buy items such as:

- PUMA Warm-up Jacket & Pants
- PUMA Alleycats Backpack

Q: What are players expected to bring with them for games?

A: All players must bring their full uniform to all games and tournaments. This includes BOTH Navy and White Puma jerseys, Navy Puma Shorts, Navy Puma Socks. They must always have their shin guards and either outdoor cleats or indoor turf shoes with them for all games. Players are also required to bring their soccer ball to games as well.

Q: What are players expected to wear for training?

A: All players should wear their Grey Alleycats training top (which the club provides for free when they register) for ALL training sessions. They are also encouraged to wear Navy soccer shorts and navy soccer socks. All players are expected to wear long soccer socks to training and should always bring a soccer ball with them.

Q: Will the club provide any gear for their players?

A: Each year, every player will be given two free training jersey's. This year we are proud to announce that Roman Jewels have sponsored the grey training jerseys for the club.

Q: Where can I purchase all of this equipment?

A: The Alleycats are proud to be partnered with Afrim's Sports Soccer Shop who takes care of all orders specific to the Alleycats. For store hours, please call: (518) 438-3131 ext. 3



Cost

Q: What are the club fee's to play for the Alleycats?

A: See chart below:

Ages	U-8's	U-9's & 10's	U-11's & 12's	U13 & Above
Due Dates				
August 15, 2015	\$500.00	\$500.00	\$500.00	\$500.00
November 15, 2015	\$300.00	\$350	\$450	\$500.00
January 15, 2016	\$200.00	\$250	\$400	\$450
March 15, 2016	\$100.00	\$200	\$350	\$450
Total Fees	\$1,000	\$1,300	\$1,700	\$1,900

Q: Does the club offer different payment plans?

A: Yes. The Alleycats will arrange separate payment plans for families that need to make payment arrangements. Parents are required to communicate directly with club administrators.

Q: Does the club offer scholarships to players?

A: Yes. The Alleycats will offer full or partial scholarships to players and parents who show proper documentation that they are in need of a scholarship.

Visit www.alleycatsoccer.com for all program information.

For any other questions, please contact Technical Director, Steve Covino at scovino@alleycatsoccer.com