

# PPA Premier Soccer



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# Play On

PPA Premier is a premium club sports experience for advanced player development.

Our goal is to provide talented players with a challenging and rewarding experience that builds pathways for players to reach high school, collegiate, and professional levels.



# A Year-Round Program

Premier players have programming through all 4 seasons of the year.



## Fall and Spring Seasons:

- 8 - 10 weeks season
- 2- 3 weekly practices
- Weekend League Games
- 1 - 2 Tournaments

## Winter Season:

- 8 - 10 week season
- 1 weekly indoor practice
- Weekend “Premier Play” sessions
- Spring Season Prep Scrimmages
- Alexandria Futsal League
- Futsal ID Program: Futsal State Cup

## Summer Season:

- 4 - 6 “Premier Play” sessions
- 1 week of Summer Camp (day camp)
- 1 week of Pre-season Camp (evening camp)
- Options to do additional summer camps

# Program Logistics

**Practices:** Teams generally train weekday afternoons for 1.5 hours in NW DC, Bethesda, Takoma region, 2-3 times week during the season. Practice facilities include Deal MS, Landon School, Norwood Park, Maret School, Rock Creek Park. Practice times and locations vary by team.

**Leagues:** Premier teams compete in highly competitive leagues including EDP, SAM Select. In the younger age groups games usually are within the DMV region. In older age groups, the travel games can extended farther out, depending on the team level. All teams play in leagues in the Fall and Spring Seasons.

**Tournaments:** Premier teams compete in highly competitive tournaments including Jefferson Cup, State Cup, Arlington Cup, Alexandria Cup, Mclean, Bethesda, etc. Similar to league games, in the younger age groups games tend to stay within the DMV region. In older age groups, the travel games can extended farther out, depending on the team level.



# Coaching

As a coaching staff, we prepare our premier players to be able to confidently compete at the highest level.

Our premier coaches have been identified as the best in the area. They follow an advance curriculum designed by our technical staff to optimize both team and player development while instilling our PPALife cultural values.

*What makes a PPA Premier coach unique?*

All Premier coaches go through an intricate vetting and onboard process. Premier coaches must have in depth coaching experience and must coach for PPA for at least one season before becoming a Premier coach.



# Age Groups and Team Placement

Team placements are based on age and merit.

Premier Teams are organized first by gender and birth year and then by competitive level. Throughout the year coaches track player progress, and at the end of each Spring Season, coaches recommend player placement based on performance over the season; meaning players who excel during the year will have opportunity to ‘move up’ and vice versa.



# IDP's

Premier players are put on individualized progression plans to track their progress over multiple years.

Each player can expect to be placed on individual development plans (IDPs) with their coaches. Throughout the year Premier Coaches evaluate players and provide personalized feedback for improvement. IDP's help PPA be more player-oriented. Through our IDP program, players can expect 1 on 1 meetings with their coaches and tangible steps to reach higher levels.



# Leadership Development

PPA Premier is serious about developing players as people as well as athletes.

We strongly believe that sports can be a special platform to teach important life lessons, drive strong social networks, and create lasting memories for today's youth. We design our program to facilitate this through:

- International Trips
- Special player events like Stadium Tours
- CIT Programs for senior players to help younger players
- Buddy Program with our Non-Profit ODS
- Multi-Team practices
- "PPALife" curriculum



# Gear

PPA is sponsored by Adidas and SquadLocker to provide high quality apparel that lasts.

## What will parents need to purchase?

When you join a premier team, all players are required to purchase 2 jersey sets which include a home and away jersey, shorts, and socks. New Players are also required to purchase team bags, a training top, and warm up set.

## When do parents get jerseys?

Once you join a team, you should purchase your jerseys as soon as possible. They usually take 2 - 3 weeks to ship. If you lose a jersey or want to get a new one, you can order a new jersey at any point. Our gear is updated on a two year cycle. This means every two years parents will be required to repurchase our updated game kits.

## How do I purchase my jersey?

You can purchase your jerseys through our [team store](#).

## Can Parents get Fan Swag?

Of course. We have a [fan store](#) too.



# PPA App

PPA has its own phone app to make the lives of parents as simple as possible.

You can download the PPA App from the GooglePlay or Apple Store just by searching for Player Progression Academy in the app store, or by clicking one of the links below on your mobile device:

[GooglePlay store](#) or the [Apple Store](#)

Our App allows parents easy access to their PPA schedule and includes features to make their lives as parents that much easier, such as:

- A Calendar Sync function to sync PPA schedules to your google or iOS calendar
- An RSVP function to practices, games, or events on your schedule
- A Team Messenger to stay in communication with the team
- Roster and Contact information for teams and groups

We also now store League Tables with updated scores and results from PPA's own Development Leagues in the App as well! You can see where your team stands, how the competition is doing, and even see League Awards, such as Team of the Week and League MVP..



# Premier Benefits



PPA has partnered with Techne Futbol to give its premier soccer teams an app that provides players with training sessions that can be done anywhere, anytime with minimal or no equipment. The app allows players to train like a pro with unlimited access to guided juggling, dribbling, wall work, shooting, goalkeeping and more. As a PPA premier player, all techne fee's are waived, so your player can access the content for free. Click [HERE](#) to check it out.



PPA has official partnerships with both DC United and the Washington Spirit professional teams. As an official P2P Affiliate club of DC United Academy, we represent the NW DC, Takoma Park, Silver Spring, Bethesda, Potomac, Kensington region of DC United's Academy system. To read more about this partnership, [click here](#). Our partnership with the Spirit provides our players with opportunities to attend events, camps, and professional development sessions.



RubiRides provide PPA families with professional carpooling services for practices or games. With RubiRides, you can schedule a ride with friends or just for your child, with a professional driver who is vetted for safety. As a member of PPA you will get the subscription fee waived. Other fees may apply for use of this service. Go to <https://www.rubirides.com/ppa/> for more information.

# Costs

Joining a PPA Premier Team is a 12-month commitment. Payments are made monthly and auto-renew each year before the Fall Season.

Cost: \$180/month - \$205/month *(depending on age group)*

Jersey and Gear Fee: \$150 - \$300 *(Premier jerseys and gear are a one-time fee. Home and Away sets and PPA warmups and bags are mandatory, extra gear optional).*



# Contacts

Program Director: **Annie Worden** | [annie@ppateam.com](mailto:annie@ppateam.com)

PPA's Premier Soccer Director, Annie Worden, pulls from her extensive experience as a star club player, college player, and professional. Coach Annie attended Fordham University where she captained the team and won All A10 Conference honors. After graduating from college Annie played with the Chicago Red Stars.

Technical Director: **Nik Kapus** | [nick@ppateam.com](mailto:nick@ppateam.com)

PPA's Technical Director, Nik Kapus, was named 1st team all-met and Northern Virginia Player of the Year as a High School star. He went on to captain D.C. United U20's to two National Semi-finals, and went on to be a 4 year starter at American. Nik received 1st team all conference as well as a Bachelors Degree from AU.



[www.ppateam.com](http://www.ppateam.com)

# PPA LIFE

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*Play On.*

