



# SPORTS SCIENCE AND MEDICAL PLAN

**Purpose:** The purpose of this Sport Science and Medicine Plan is to support the physical, mental, and social/emotional development of players, ensuring their well-being and optimal performance, in compliance with Canada Soccer Club Licensing requirements.

**Scope** This plan applies to all players and teams 13+ High Performance Teams within Elite XI Soccer Academy.

## Objectives

1. **Physical Development**
  - Provide comprehensive fitness assessments and individualized training programs.
  - Implement injury prevention and rehabilitation protocols.
2. **Mental Development**
  - Offer mental skills training, including focus, confidence, and stress management techniques.
  - Provide access to sports psychologists for mental health support.
3. **Social/Emotional Development**
  - Foster a positive and inclusive team environment.
  - Provide education on healthy lifestyle choices and work-life balance.
4. **Anti-Doping Education**
  - Educate players on anti-doping regulations and ensure compliance with CCES and WADA guidelines.

## Implementation Plan

1. **Fitness and Conditioning**
  - Conduct regular fitness assessments to monitor players' physical development.
  - Develop and implement individualized training programs to address specific needs.
2. **Injury Prevention and Management**
  - Use sport science techniques to prevent injuries, such as proper warm-up routines and strength training.
  - Provide access to physiotherapists for injury assessment and rehabilitation.
3. **Mental Skills Training**
  - Conduct workshops and individual sessions on mental skills training.
  - Provide access to sports psychologists for ongoing mental health support.
4. **Education and Workshops**
  - Organize regular workshops on nutrition, hydration, and lifestyle management.

- Conduct anti-doping education sessions to ensure players are informed about regulations and responsibilities.

#### **Compliance and Review**

- Regularly review the effectiveness of the sport science and medicine initiatives.
- Ensure compliance with Canada Soccer Club Licensing requirements and update the plan as needed.

**Approval** This sport science and medicine plan is approved by the CEO of Elite XI Soccer Academy