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# Chicago Fire Juniors Cadet Program

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## Player Manual





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**Cadet Program  
Player Manual**



## **Overview**

This manual will explain all aspects of the Chicago Fire Juniors Cadet Program including Chicago Fire Juniors' (CFJ) philosophy of development, coaching methodologies, Chicago Fire Youth Development structure, and all fees including uniform and training costs.

In addition, this manual contains all forms necessary for a CFJ Cadet team player to be registered with CFJ.

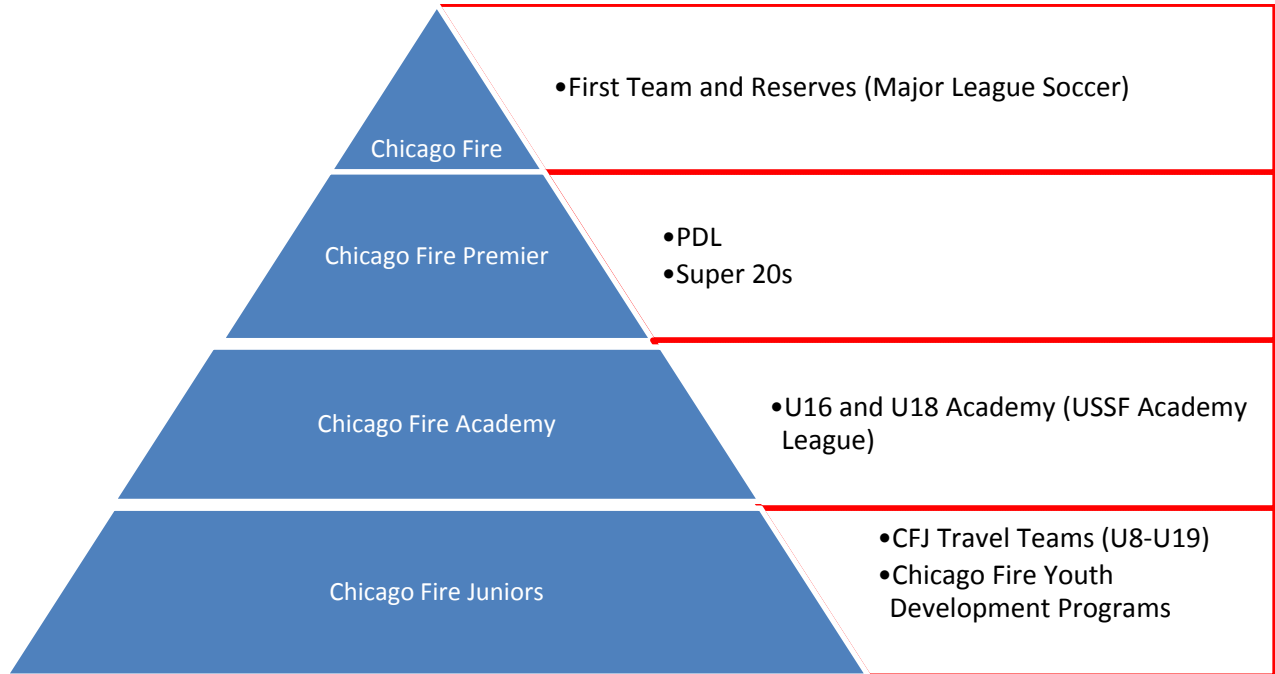
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- Registration Checklist





### Chicago Fire Youth Development Structure



**Chicago Fire** Chicago Fire is a professional team that plays in Major League Soccer. Founded in 1998 the team has appeared in three MLS Cups, winning one, and capturing three US Open Cups. Its home games are at Toyota Park in Bridgeview, Ill. near the I-55 and I-294.

**Chicago Fire Premier** Chicago Fire Premier fields the club's Professional Development League (PDL), NPSL, and Super 20 teams. These teams compete in the United Soccer Leagues (USL). Elite college players and former club members comprise the rosters.

**Chicago Fire Academy** The Chicago Fire Academy competes in the United States Soccer Federation's Academy league. This league is the USSF's highest level of youth development before the youth national teams. Fire has teams at U16 and U18 where players are treated like young professionals.





## Chicago Fire Juniors Staff Structure and Contacts

### Chicago Fire Juniors Contact Information

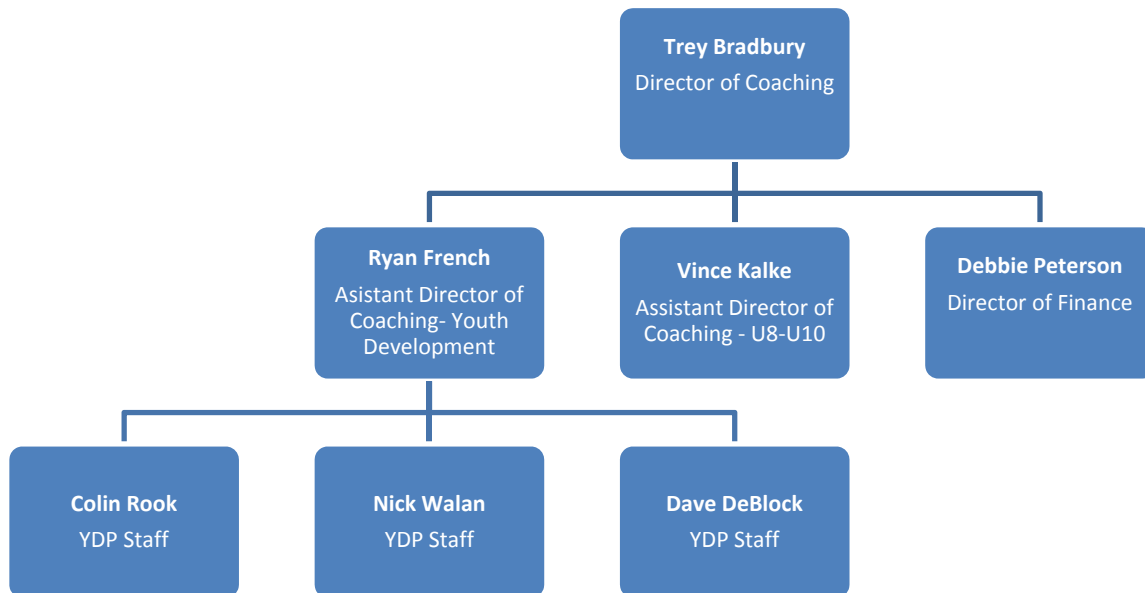
Chicago Fire Juniors P: 630.245.8502

1250 E. Diehl Rd. Suite 301 F: 630.245.8503

Naperville, IL 60563

### Chicago Fire Juniors Organization Chart

This abbreviated organizational chart shows the contacts as it pertains to the Cadet Program.





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## Chicago Fire Juniors

Chicago Fire Juniors (CFJ) is the **official youth club** of Major League Soccer's Chicago Fire. CFJ is the largest part of the Fire's development structure offering opportunities for players at all levels, recreational to national level, for players ages 4 through 18. During the club's short history, the youth structure has produced more professionals than any other club in the country; however, the club is not exclusive to the elite player. CFJ offers teams for players age 7 through 18 at different levels. Sometimes these teams are exclusively community based. CFJ purpose is twofold; to produce players for the highest level of competition including Major League Soccer yet, also provide opportunities for **all** players within the Chicago Fire community.

CFJ operates teams from U7-U11 as community based teams in either Naperville or Wheaton. The majority of these teams are **Select** meaning that they practice only twice a week with a limited number of local tournaments. **Premier** teams begin at U11 where teams train three times a week and additional tournaments are included. At U12, premier teams train in both locations however, not all teams U12 and older are premier.

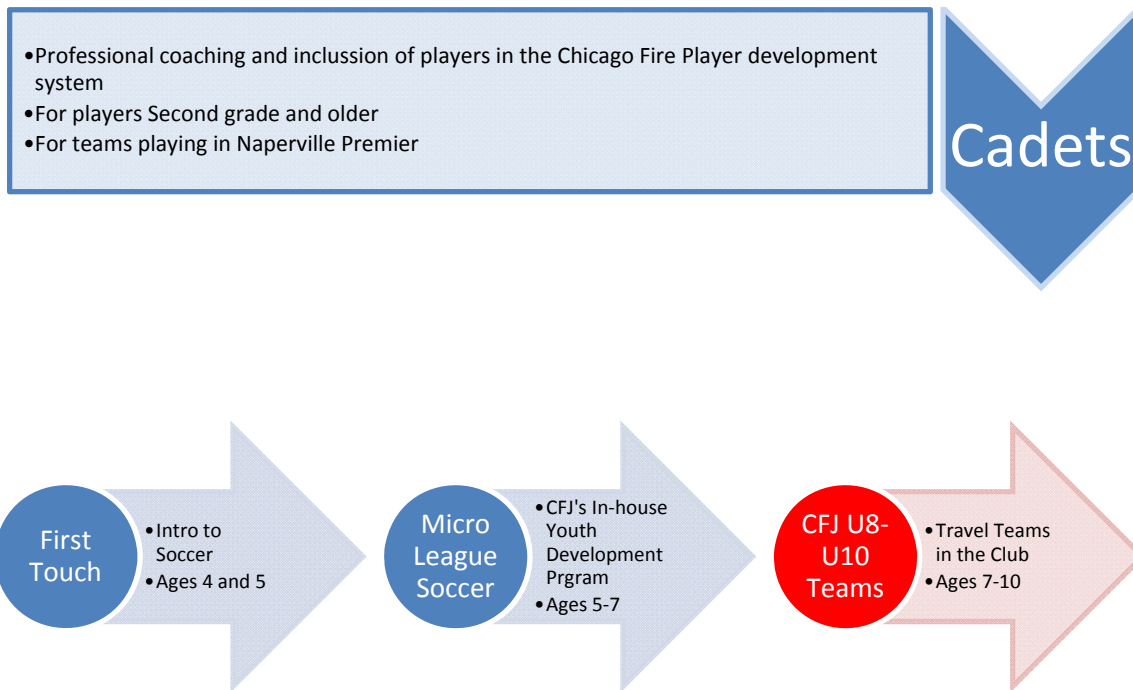
CFJ is part of the Chicago Fire's pyramid of player development. Within the Chicago Fire Juniors, we have not only created different levels of competition for the player, but also numerous opportunities for players to develop. Since the club is player focused, players are allowed to compete on multiple teams through invitation by the coaching staff. Also, players can ask to participate in additional training free of cost through our **open training policy**. In addition, CFJ has developed a curriculum for player development where players are taught different skills and lessons over the course of their development with CFJ. These "tools" for players are taught at the **developmentally appropriate** level. We divide our training into four parts; **technical** (individual skills), **tactical** (decision making and style of play), **physical**, and **psychological** (emotional and cognitive). Obviously, what is taught to (or how you teach!) a 16 year old is not always appropriate for a 6 year old, even if he's advanced. Our method to develop players reflects our philosophy to **win through development**. The player is first at CFJ and the approach to their development adjusted to by the coach.





### CFJ’s Youth Development Program Structure

Chicago Fire Juniors’ Youth development programs aim to prepare players and families for travel soccer if they so choose to participate. The program provides the same level of professional coaching seen in the club regardless of the player’s abilities. Teams will be considered part of CFJ’s youth development program and thus part of the club without the financial and time commitment required by the club’s travel teams. Players are welcome to join the CFJ travel teams at various levels. Coaches will suggest to players, when they feel the move would be appropriate, to those that are interested in the next level of player development within a club team. Placement is determined by a player’s abilities and desired level of commitment.



Players may begin with CFJ at the age of 4 in the First Touch program. Upon the age of 5 and by the age of 6, they can enter CFJ’s Micro League Soccer (MLS) program. The MLS program meets twice a week and is the core program in CFJ’s youth development structure. It operates as a player focused in-house league. For the players developing through NYS and then participating in Naperville Premier, we offer our Cadet program where players are taught much like a U8-U10 team yet without the commitment of travel. Both programs, Micro League Soccer and Cadets, prepare players for CFJ’s select travel teams at U8-U10.





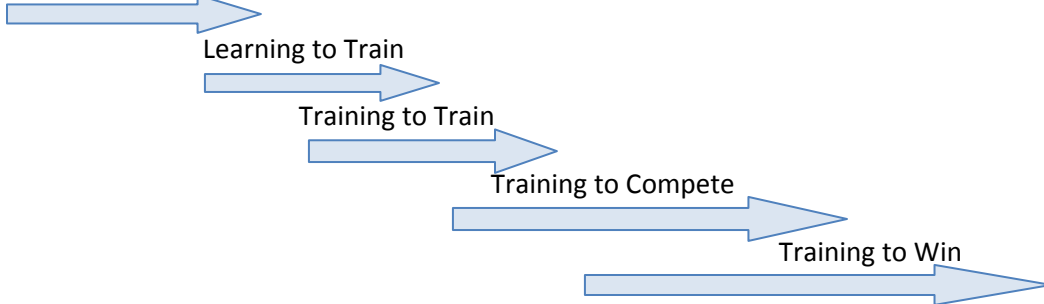
## Long Term Athlete Development (LTAD) Model

Players Age

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4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23+

FUNDamental Stage



### FUNDamental Stage

During this stage CFJ coaches will build players up developing confidence and love for the game. The soccer focus is the technical aspects of the sport including footskills, passing and receiving mechanics, striking a ball technique and basic one verses one defensive principles. In addition, players are taught tactically to recognize the basic shapes of the game, how to defensively get goal side, and when is the proper time to pass, shoot, or take a player on one verses one. Physically during this time, players are not put through sprints or long runs, rather we try to more productive with our time and teach players how to use their body to protect the ball and use body language to fool defenders. The goal of this age is to develop players versed in a series of technical abilities, tooled with basic tactical knowledge, and most importantly to create players eager to play the game.





## Cadet Program Overview

**Mission** To extend to recreational players the same high quality training received at CFJ travel teams. The Cadet Program provides recreational players opportunity to learn the same skills sets as the travel teams without the travel commitment.

### Goals

- Prepare players for CFJ travel teams
- Provide quality training to players that may join our travel teams and to players that may not otherwise receive professional training through qualified professional coaches
- Close the gap between recreational and travel level soccer education in the community through qualified instruction and a developmentally appropriate (age and ability adjusted) structure

### Coaching Methodology

Practices will focus on the training appropriate for the FUNdamental stage of development (explained on page 5). It will be age and ability appropriate and centered on player development rather than win at all cost. Coaches will warm up players, lead them through a series of skills and activities before finishing with the reward of 3 versus 3 or 4 verses 4 small side games. The focus of the session will be based off the topic determined by the location of team in their season and long term development. Coaches will use activities used at the club's travel level to train players. The coach will also be present at games as they should be there during the "final product."

### Role of the Parent Coach

Parent coaches will not be eliminated from the coach process. Parent coaches will work with CFJ staff coach in organizing the session (setting up the space and allocating time for activities), reinforcing coaching points, and discussing the direction of the team. Additionally, coaches will help with organizing the team such as team and club communication and team events. The CFJ staff coach and the parent coach will communicate to keep to a balance between the soccer objectives and the team environment. Parent coaches will still make coaching points and be involved in training sessions. CFJ staff coaches will communicate the session lessons and coaching objectives to the parent coach.

### Role of the Parent in Development

CFJ philosophy does not permit parents to coach from the sidelines during practice or games. Youth players should not be overloaded or overwhelmed with information. Players should be concentrating on the game and the coaching points that coaching staff has discussed. Players must be given the freedom to try and solve these problems and apply these points on their own. Their own trial and error is part of the development process. Finally, the purpose for the game and the goals at this age are to enjoy the game. Excessive yelling or micro-coaching will not be tolerated. Rather, we ask parents to encourage and assist us in creating confident players. The game and the coaching points





will provide enough adversity for players to overcome. The soccer field is the coach's classroom: please allow the coach to send his message un-interrupted and for the players to work freely.

## Uniform

Games: CFJ Cadet teams will wear the CFJ Training Kit. Each CFJ coach will have set single colored training shirts. They will not be required to order the full CFJ uniform.

- Grey CFJ training adidas tee-shirt numbered\*
  - White CFJ training adidas tee-shirt numbered\*
  - Navy blue adidas shorts
  - White adidas soccer sock
- \*numbers cannot be chosen since all numbers will go into the CFJ numbering system where numbers at each age don't overlap

## Cost

**Cadet Program:** For each team that registers a Naperville Premier team for the CFJ Cadet program the cost for the coach is \$610. This is price for this spring's **beta** version of the program only. This covers the coach for hour of training per week and each weekend's game. One payment-in-full for the team should be made out to Chicago Fire Juniors and sent or dropped off at the CFJ office (1250 E. Diehl/ Suite 301/ Naperville, IL 60563).

**Training Kit:** Players can order all CFJ gear including the CFJ training kit through the CFJ website in February when the new on-line shop through Eurosport is posted. The cost can be expected to be around 50 dollars for the full training kit required for the Cadet Program.

**Naperville Premier Team Registration:** This registration is through the Naperville Park District. CFJ does not part take in this transaction. Teams planning to register or that have registered then can sign up for the Cadet Program with CFJ.

**Cadet Player Registration:** There will be short on-line registration process for all players. This includes basic contact and insurance information. **All players must register on-line at [www.chicagofirejuniors.com](http://www.chicagofirejuniors.com).** Once on the players should site click *Registration* on the left and then *Cadet Player Registration*.





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### Chicago Fire Juniors Cadet Program Registration Checklist

- Player Registration On-line
- Order of the Training Kit (February 2010 on CFJ website)
- Player Wavier
- Attach copy of health insurance card
- Parent Code of Conduct (separate attachement)
- Parent and Coach Acknowledgment

### Parent and Coach Acknowledgment

\_\_\_\_\_ acknowledge that I have read this manual in its entirety and fully understand the philosophy and methodology for the CFJ Cadet Program.





**CHICAGO FIRE JUNIORS CADET PROGRAM**

**Player Medical Treatment Authorization,  
Release & Liability Waiver**

Participant's Name \_\_\_\_\_ Birthdate \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

**EMERGENCY INFORMATION**

Father's (or Legal Guardian's) Name \_\_\_\_\_ Home Phone (\_\_\_\_) \_\_\_\_\_

Cell Phone (\_\_\_\_) \_\_\_\_\_

Mother's (or Legal Guardian's) Name \_\_\_\_\_ Home Phone (\_\_\_\_) \_\_\_\_\_

Cell Phone (\_\_\_\_) \_\_\_\_\_

***In an emergency when parent/guardian cannot be reached, please contact the following:***

Name \_\_\_\_\_ Home Phone (\_\_\_\_) \_\_\_\_\_ Cell Phone  
(\_\_\_\_) \_\_\_\_\_

Name \_\_\_\_\_ Home Phone (\_\_\_\_) \_\_\_\_\_ Cell Phone  
(\_\_\_\_) \_\_\_\_\_

Allergies \_\_\_\_\_

Other Medical  
Conditions \_\_\_\_\_

Physician \_\_\_\_\_ Home Phone (\_\_\_\_) \_\_\_\_\_

Cell Phone (\_\_\_\_) \_\_\_\_\_

Medical/Hospital Insurance Company \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_

Policy Holder's Name \_\_\_\_\_ Policy Number \_\_\_\_\_

**NOTE: ATTACH COPY OF YOUR INSURANCE CARD, FRONT AND BACK, TO EXPEDITE  
MEDICAL TREATMENT.**





**THIS AUTHORIZATION FOR MEDICAL TREATMENT, GENERAL RELEASE AND WAIVER OF CLAIMS (“WAIVER”) MUST BE COMPLETED AND EXECUTED BEFORE PARTICIPANT CAN PARTICIPATE IN ACTIVITIES OF THE CHICAGO FIRE SOCCER ACADEMY. ANY TREATMENT FOR INJURY WILL BE BASED ON INFORMATION PROVIDED HEREIN.**

In consideration of the above listed participant being given the opportunity to participate in the Chicago Fire Juniors Cadet Program, I the participant and/or, if applicable, parent/guardian of the participant if the participant is a minor, personally and, if applicable, on behalf of and as the parent/guardian of the participant and anyone acting on my or the participant’s behalf (including, but not limited to, attorneys, representatives, agents, heirs, executors, administrators, assigns, insurers, predecessors, successors and any other person or entity asserting claims through me or the participant) hereby acknowledge, agree and covenant to the following:

**No Remuneration or Insurance Coverage:** I understand that the participant is participating in the Chicago Fire Juniors Cadet Program on a volunteer basis, solely in exchange for the opportunity to practice and play soccer and engage in related training and development activities. I understand and agree that the participant will not receive any monetary or other remuneration in exchange for participant’s participation, is not an employee of any of the Released Parties (as defined below) and is not covered by workers compensation insurance or any other insurance policy held by the Released Parties.

**Medical Treatment Authorization:** I hereby give my consent to have an athletic trainer, coach and/or doctor of medicine or dentistry or associated personnel (the “Provider”) provide the participant with medical assistance and/or treatment when deemed necessary by a Provider and agree to be financially responsible for the cost of such assistance and/or treatment.

**Authorization for Release of Protected Health Information:** I hereby authorize any Provider who has protected health information regarding the participant to release such information to any third party, including, but not limited to, other providers and insurance companies, for purposes of treatment, payment or other health care operations.

**Assumption of Risks:** The participant will be engaging in activities that involve risk of injury. The Chicago Fire Juniors Cadet program is for the sport of soccer and related activities, such as strength training, running and other aerobic activities. These activities may or will involve strenuous exertions using various muscle groups, quick movements involving speed and change of direction, potential contact with soccer balls, equipment, fixed objects (e.g. goals), other participants or referees (including persons that are older or younger and who may be larger or smaller in terms of weight and height) and various surfaces types of various condition, and sustained physical activity that places stress on the cardiovascular and nervous systems. The specific risks vary from one activity to another, but in each activity the risks range from (1) minor injuries, such as cuts, bruises, muscle strains and sprains, to (2) major injuries, such as broken or fractured bones, concussion or lost teeth, to (3) catastrophic injuries, such as heart attacks or fractured skull or those that cause disfigurement, loss of mental capacity, loss of sight, speech or hearing, paralysis or death. In addition, by participating in the Chicago Fire Soccer Academy program, the participant may be exposed, or expose others, to contagious and potentially harmful or deadly disease, such as influenza, common cold, chicken pox, meningitis or measles.

I have read the previous paragraphs and (1) understand the nature of the activities in the Chicago Fire Juniors Cadet Program, (2) understand the demands of those activities relative to the physical condition and skill level of the participant and (3) acknowledge the types of injuries and illnesses and risks related to medical assistance or treatment for any physical or medical condition which





may occur as a result of participation in the Chicago Fire Juniors Cadet Program. I hereby assert that (1) the participant's participation in the Chicago Fire Juniors Cadet Program and use of their facilities and services is voluntary, (2) I knowingly assume all risks in any way associated with, related to or occurring as a result of the participant's participation in the Chicago Fire Juniors Cadet Program and use of their facilities and services, however caused or arising, and (3) I accept personal responsibility following any injury, disability or death and as such understand that I should have insurance to cover the participant in the event of injury, disability or death while participating in the Chicago Fire Juniors Cadet Program.

**Release and Waiver:** I release and agree never to bring any suit, claim or cause of action of any sort against any of the Released Parties (as defined below) regarding any injury, loss, damage, liability, expense, or other matter that may arise from the participant's participation in the Chicago Fire Juniors Cadet Program.

**Indemnification:** I agree to indemnify, defend and hold harmless Chicago Fire Juniors Cadet Program, LLC, Chicago Fire Soccer, LLC, Andell Sports and Entertainment Group LLC, Chicago Stadium Management, LLC, Andell Holdings LLC, Major League Soccer, LLC, Soccer United Marketing, LLC, the sponsors of the Chicago Fire Juniors, their respective affiliates and each of their respective members, partners, shareholders, directors, officers, employees, volunteers, independent contractors and agents (collectively, the "Released Parties"), from any and all claims, causes of action, suits, losses, injuries, damages, liabilities and expenses (including attorney's fees and expenses) that may arise or accrue against any Released Party as a result of, or in a matter related to, the participant's participation in the Chicago Fire Juniors Cadet Program.

**Publicity Consent:** I consent to all recording, photographing and filming of the participant and agree that Chicago Fire Juniors Cadet Program, LLC, Chicago Fire Soccer, LLC, Andell Sports and Entertainment Group LLC, Chicago Stadium Management, LLC, Andell Holdings LLC, Major League Soccer, LLC and Soccer United Marketing, LLC can use the participant's photograph, quotations, name and likeness, as well as any videotapes, motion pictures, recordings or other record of my participation in the Chicago Fire Juniors Cadet Program, at any time and in any manner, including to promote or advertise the Chicago Fire Juniors Cadet Program, without payment to, or additional consent of or notification to, me.

**Severability and Venue:** I further expressly agree that this Waiver is intended to be as broad and inclusive as is permitted by the law of the State of Illinois and that if any portion hereof is held invalid, it is agreed that the remaining portion of the Waiver will continue in full force and effect. Also, I agree that all disputes must be resolved using binding arbitration, which disputes shall be arbitrated in Chicago, Illinois pursuant to the rules of the American Arbitration Association.

**Acknowledgment of Rules and Standards of Conduct:** I understand that Chicago Fire Juniors Cadet Program has rules and standards of conduct that are set forth in the Chicago Fire Juniors Cadet Program Regulations and Disciplinary Code. I agree that the participant will abide by these rules and standards.

I have read this Waiver carefully and fully understand its contents. By signing this Waiver I acknowledge that I am consenting to the participant's participation in the Chicago Fire Juniors Cadet Program on the terms and conditions set forth herein. I am aware that this is an agreement not to sue the Released Parties and constitutes a complete release of liability by me, the participant and anyone acting on my or the participant's behalf. I acknowledge that I am signing this document of my own free will, with full knowledge of the risks being assumed by me and the participant.





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Parent/Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_

*(Parent/Guardian's Signature is required if participant is under the age of 18)*

Participant's Signature \_\_\_\_\_

Date \_\_\_\_\_

