



October 29, 2009

**Establishment of Friday YTS for U12, U13 & U14 CVU Players for the Spring 2010!**

CVU Membership

I am extremely pleased to announce the start of Friday YTS (Youth Training System) for our youngest travel players (U12, U13 & U14).

Friday YTS will be an optional third day of training in the Spring of 2010 with the CVU Directors and additional staff as needed depending on the number of players that attend.

It will be ODP style training that will be delivered away from their regular teams and coach. An opportunity to train with other coaches and players that they do not normally see.

YTS training groups will be established based on the player's ability, not age or gender to maximize the training for the individual player.

There will be no additional cost for YTS. It's simply another way for CVU to show our commitment to our players in their quest for further development.

YTS will be offered in Spring seasons when the focus is on our youngest players with the U15 – U18 players idle in the club.

Steve Senna  
CVU Club Director

