



Eastern Pennsylvania U12-U14 ODP Seasonal Overview

I. 2025-26 ODP Season Structure:

We organize training into **blocks** that create focused, developmentally appropriate phases aligned with the broader youth soccer calendar. Each block is designed to provide purposeful technical and team training in a high-intensity environment.

- **Fall Block** – 4-week training block
Tentative Dates: Nov. 2, Nov. 16, Nov. 23, Dec. 14
 - *Times depending on site and will be uploaded to team page*
- **Winter Training** – Jan-March (1/month)
 - *Tentative Dates: 1/25, 2/8, 3/8*
- **Spring Block** – 4-week training block
Tentative Dates: May 3, May 10, May 17, May 31
 - *Times depending on site and will be uploaded to team page*

II. Event Schedule:

- (Tentative) **December 7 & 8, 2025** – NJ Friendlies | Location TBA
 - **Boys:** Saturday, Dec. 7
 - **Girls:** Sunday, Dec. 8
- **January 18 & 19, 2025** – In-House Play Day
 - **Girls:** Saturday, Jan. 18
 - **Boys:** Sunday, Jan. 19
- **February 20-22, 2026** – VA Friendlies
- **June 6 & 7, 2026** – East Regional Tournament
 - **Boys:** Lancaster, PA
 - **Girls:** Tuckahoe Turf Farm, NJ

III. Training and Friendly Attendance Expectations:

Participation in ODP is both a privilege and a commitment. By accepting your place, you agree to be an active and reliable teammate. Consistent attendance is essential for development, for the effectiveness of your coaches, and out of fairness to your fellow players. We recognize that **club games take priority** over ODP activities. However, ODP events should take precedence over non-soccer and non-game-related conflicts. This program offers a unique opportunity to train and compete in a highly competitive environment that can only be fully realized through regular attendance and commitment.

IV. ODP Training Methodology:

Carousel Training focused on the individual and team.

In our methodology iD means tailoring development to **each player's unique needs**. It supports growth both **on and off the field**, focusing on:

- Personal qualities: confidence, discipline, focus, and responsibility
- Social skills: communication, leadership, teamwork, and respect
- Soccer abilities: technical proficiency, tactical understanding, physical fitness, and decision-making

Individual development recognizes that no two players are the same. By providing personalized support, it helps each player improve holistically – as an athlete, teammate, and individual.

Carousel training is a 'rotation-based method' where players move through multiple stations, each focused on a specific skill or tactical scenario. This structure ensures high engagement and simulates match-like intensity.

Key Benefits for Youth Players:

- Increased touches on the ball
- Continuous movement and involvement
- Exposure to varied elements of the game within one session
- Efficient use of training time and space
- Easily adaptable for different ages and skill levels

This dynamic, holistic, and player-centered approach aligns with ODP's mission to develop well-rounded athletes prepared for the next level of the game.

V. Training Locations:

U12-U14 Eastern Pennsylvania Locations for 2025-26 Season:

Sites	North (Bethlehem)	South (Downingtown)	East (Conshohocken)	West (Hershey)
Main Facility	Moravian Academy (Early Fall/Spring)	United Sports	The Proving Grounds	In The Net
Alternative/All-weather Facility	Catasauqua Middle School (Late Fall/Winter)		PW - Victory Fields	Hershey SC Fields

VI. Team Communication:

ODP uses **Praxis Sports** as its official team communication app.

- After your roster spot is confirmed by paying the \$200 deposit, you will receive instructions and a code to set up the app.
- Parents and players are expected to use Praxis to confirm attendance, ask questions, and receive updates. The majority of communication from the ODP Coordinator will be delivered through Praxis.
- **Praxis and email are the preferred methods of communication.** Texting or calling coaches or the ODP Coordinator is discouraged, except in cases of emergency. Using Praxis ensures that all communication is clear, consistent, and organized for players, parents, and staff.

VII. ODP Pathway:

ODP provides players a unique opportunity to showcase their talent in front of scouts for Regional and National ODP Teams. Read More about our 2024-25 Team Selections [here](#).

Pathway: Eastern Pennsylvania State ODP Team → East Regional Camp → ODP Interregional Team → ODP National Team

VIII. Program Cost: \$950

The fee includes:

- 12 training sessions (including 1 pathway iD day). Entry fees for 4 tournaments/events (*travel costs not included*). Nike uniform and training package (Nike kit, training tee, bag, quarter zip, and pants)

Payment Details:

- Payments are processed through **GotSport**
- **Selected players must fulfill a \$200 deposit due by 10/8 to confirm your spot**
 - You may select to Pay in Full, or the 3-Installment, or 5-Installment plan. Financial Assistance may be offered to those who qualify. Learn more [here](#).
 - GotSport ODP Registration COMING 10/1

IX. Unique Program Features (2025-26)

- **Pathway iD Day (April):** Team training combined with a college pathway event, featuring local NCAA and NJCAA coaches leading sessions and speaking with players about competing at the next level.
- **International Trips (March 29-April 6, 2026):** Organized in partnership with **WorldStrides Sports**.
 - U12/13 Boys - Manchester, UK
 - U12/13 Girls - London, UK
 - U14/U15 Boys & Girls - Barcelona, Spain

Learn more about our past international trips [here](#).

We are excited for the season ahead and look forward to supporting each player's growth and development through Eastern Pennsylvania Youth Soccer ODP.

Sincerely,
Eastern Pennsylvania Youth Soccer – ODP Staff

Questions or Inquiries please contact [**akdepaolo@epysa.org**](mailto:akdepaolo@epysa.org)

U12-U14 ODP Selected Players have until 10/8 to Register

2025-2026 ODP U12-U14 Coaching Staffs:

North Coordinator	Brad Evans
North U14B (2012)	Jesse Novatski
	Emilio Aziz
North U14G (2012)	Justin Cardamone
	Mike Price
North U13B (2013)	Peter Morisco
North U13G (2013)	Don Cuomo
North U12B (2014)	Chris Bastidas
North U12G (2014)	Tranjano Bastidas
North GK Coach	Ozzy Rios
South Coordinator	TBA
South U14B (2012)	Sajy Mathew
	Atif Molki
South U14G (2012)	Lucas Kriner
	Kim Maurer
South U13B (2013)	Sue Barr
	Orane Gordon
South U13G (2013)	Jeff Sommer
	Drew Sommer
South U12B (2014)	Justin Falcone
South U12G (2014)	Dave Smeins
South GK	TBA
East Coordinator	Roben Qawasmy
East U13 B (2013)	Roben Qawasmy
	Ramzi Qawasmy
East U13G (2013)	John Adair
	Kasia Lombardi
East U12B (2014)	Siafa Dempster

	Brian Coulter
East U12G (2013)	Corinne Vecchione
	Marc Schlesinger
East GK	Melissa Fawcett
East Floater / Helper	John Tonkin
West Coordinator	Austin Siodlowski
West U13B (2013)	Randy Lutz
	Chris Wilson
West U13G (2013)	Chris Hartman
	Scott Steffen
West U12B (2014)	Bryce Evans
	Brett Maxwell
West U12G (2014)	Matt Anderson
	Scott Kaifer
West GKs (Boys)	Juan Lopez
West GKs (Girls)	Kenny Archer
West Floater / Helper	Lukas Wolfe
West Floater / Helper	Gavin Gray