



**FOOTBALL  
MID NORTH COAST**

## **REPRESENTATIVE SQUAD INFORMATION**

### **Skills Acquisition Program (SAP) – U9, U10, U11 Boys/Girls**

This Program is the starting point for any player who wishes to join the High-Performance squads within FMNC. Squads will be selected in various parts of the FMNC zone and will train a minimum twice per week. Matches will be scheduled in throughout the season in a gala day format. The SAP squads do not interfere with local club competitions and players are required to also sign up for their club sides.

### **Girls Academy Centres – U10/11, U12 Girls**

The FMNC Girls Academy centres will follow the Skills Acquisition Program and is the starting point for young females to enter the Representative squads in the FMNC zone. Squads will be selected in various parts of the FMNC zone and will train a minimum twice per week. Matches will be scheduled in throughout the season in a gala day format. The Girls Academy Centre squads do not interfere with local club competitions and players are required to also sign up for their club sides.

### **Skills Acquisition Program (SAP Metro) – U12 Boys/Girls**

The U12 SAP Metro squads will flow on from the Skills Acquisition Program with a squad being selected in both the 'North' and 'South' of the FMNC zone. Squads will train a minimum twice per week. A season draw will be released with both squads playing weekly matches against other squads from Northern NSW Football. The draw will be close to home and away format with squads required to travel to Newcastle. Players involved in SAP Metro squads are unable to play club football.

### **National Premier League (NPL) –**

### **U13, U14, U15, U16, U18 and U20 Boys**

The National Premier League teams will be single sides selected from within the entire FMNC zone across each age group. Squads will train a minimum twice per week (varying between 'North' and 'South' venues). A season draw will be released with squads playing weekly matches against other squads from NNSWF. The draw will be home and away format with squads required to travel as far as Coffs Harbour and Newcastle. Players involved in NPL squads are unable to play club football.

### **Women's Premier League (WPL) –**

### **U14, U17, U20 and First Grade Ladies**

The Women's Premier League teams will be single sides selected from within the entire FMNC zone across each age group. Squads will a minimum twice per week (varying between 'North' and 'South' venues). A season draw will be released with squads playing weekly matches against other squads from NNSWF. The draw will be home and away format with squads required to travel as far as Newcastle.

Players involved in WPL squads ARE ABLE to play club football.