

PORTLAND THORNS



**REGIONAL TRAINING CENTER (RTC)
PROGRAM INFORMATION 2023-24**

2023-24 RTC PROGRAM INFORMATION

THORNS APPROACH TO DEVELOPMENT

The Portland Timbers Youth Programs and Academy operate a holistic talent promotion and identification approach to youth player development in the region. The Thorns development philosophy, the Building Blocks of Thorns Development guides our approach to development: **Independent, Expertise, and Experience.**

INDEPENDENT: Players who are exposed to the Building Blocks of Timber Development are taught to think for themselves.

EXPERTISE: For players to improve, they need accurate and concise information, combined with specific and immediate feedback that highlights their individual superpower.

EXPERIENCE: Training situations are created for players to arrive at the solutions of problems, rather than being told what to do. This is done through a variation of small to big exercises.

The Portland Thorns intend to lead the way with elite soccer training in the region, providing a professionally designed youth training environment for local players. The initial environment for players aged 8-12, is heavily focused on promoting the development of technique in the Thorns Regional Training Centers (RTC). As player capabilities increase, tactical elements are introduced.

2023-24 RTC PROGRAM INFORMATION

BUILDING BLOCKS OF TIMBER DEVELOPMENT

U13 +

TEAM INTENTIONS

INTERDEPENDENCY WITH TEAMMATE

U10 +

INDIVIDUAL INTENTIONS

INTERACTION WITH OPPONENT

U7 +

TECHNICAL EFFECIENCY

RELATIONSHIP WITH THE BODY & BALL

INDEPENDENT

EXPERTISE

EXPERIENCE



THORNS REGIONAL TRAINING CENTERS (RTC)

The Portland Timbers and Thorns Regional Training Centers (RTC), will serve as a player's first opportunity to work in the Timbers youth development program, with additional training and identification events in the fall and winter seasons. RTC will focus on one additional training session on Sunday nights, with and against the top players in the RTC centers in Portland and Salem. Players aged (8-12) can train in specific regional locations in the Portland area with curriculum and staff selected by the Timbers Academy.

As players progress through the RTC program, ID events in the fall and winter seasons will involve Thorns RTC staff to evaluate and work with players to identify players for the Thorns Regional Development Program (RDP). At the conclusion of the RTC training cycle, players will participate in the second RTC ID event where the Thorns RTC staff will evaluate and ID players once again for the RDP teams that will compete in California and OYSA's Friendship Cup.

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THORNS REGIONAL TRAINING CENTER SCHEDULE (RTC)

RTC Tryouts: Late August / Early September

RTC Centers: Portland North (Vancouver), Portland East (Gresham), Portland South (Tigard / West Linn / Lake Oswego), and Portland West (Beaverton / Hillsboro)

RTC Age Groups: Players Born: 2012, 2013, 2014, 2015 (U9-U12)

RTC Training Months: Fall: September-November (Sunday nights), Winter: January-March (Sunday nights)

RTC Training Sessions: Fall: 6 training sessions, 1 ID event; Winter: 6 training sessions, 1 ID event

THORNS REGIONAL TRAINING CENTER COST (RTC)

RTC Tryouts: \$30 per player for 3 tryout sessions

RTC Training Fee: \$275 per player for 12 training sessions, and 2 ID Events (not including uniform)

Scholarships: Financial aid, and payment plan are available for all RTC fees

RDP

2013-2012 PLAYERS

RTC

2015-2012 PLAYERS

LOCAL CLUB
COMPETITION



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TIMBERS REGIONAL DEVELOPMENT PROGRAM TEAMS (RDP)

In order to provide competitive game environments for the elite players during the RTC training process, the Thorns RTC program will select a group of players (from the RTC locations) in the 2012 and 2013 age groups who will compete in two events during the RTC training cycle on the Regional Development Program (RDP) team. Both groups will compete in the Cal-North/Colorado Friendly in early February and the OYSA Friendship Cup, Memorial Day weekend in May.

A pool of 20-25 players will be identified in both the RTC training and the fall ID event to compete and then to participate in these two events for each age group and a selected coaching staff will be put in place by the Timbers Academy. Both events will be coached by selected Thorns RTC staff and both RDP teams will have specific training sessions prior to the two events.

2012 & 2013 POOL	EVENT
January 2024	Training 1-2 weekends (Portland, OR)
February 2024	Cal-North/Colorado Friendlies (Morgan Hill, CA)
May 2024	Training 1-2 weekends (Portland, OR)
May 24-27, 2024	Friendship Cup

TIMBERS REGIONAL DEVELOPMENT PROGRAM COST (RDP)

RDP Training Fee: Free (RTC training kits serve as training gear, Thorns provide uniforms)

RDP Cal-North Fee: Cal-North event is typically around \$450 per player (estimate)

RDP Friendship Cup Fee: Free

Scholarships: Financial aid, and payment plans will be made available for Cal-North

2023-24 RTC PROGRAM INFORMATION

THORNS RTC AND RDP FREQUENTLY ASKED QUESTIONS

Does RTC, or RDP replace a players club team?

No! All three programs are in place to provide identification and competitive training opportunities, different from the club team structure, for players who would like to compete in the Timbers Academy someday. Players are encouraged to make club a priority.

Does RTC or RDP replace a players' club team?

No! Both programs are in place to provide competitive training opportunities, different from the club team structure, for players who would like to compete at an elite level someday. Players are encouraged to make club a priority.

What are the benefits of participating in the PTFC RTC Program?

The RTC program is used as an early player training tool for future elite players. The training curriculum is designed by the Thorns RTC staff. The RTC program also allows the top players to compete for a spot in the RDP program where players will have the opportunity to train and play with and against the top players in their age groups.

Will the Thorns provide any summer training programs, leading into RTC?

Yes! The Thorns will offer a Pre-RTC training program over seven weeks in the summer. Training will take place at Providence Park. The Pre-RTC training program leads right into RTC Tryouts in mid to late August. Age groups will include players born in 2012, 2013, and 2014.

Can players outside of Portland try out for the RTC program?

Yes! Our centers will reside in East, West and South Portland, but players from anywhere around the state can compete in these programs. While we will no longer have regional training centers in Bend, Eugene or Southern Oregon, we still encourage players from these areas to attend RTC tryouts or training on the Sunday nights in these two locations.

Where can I find more information on the RTC?

All information can be found at www.timbers.com under the RTC section. Contact information for the program Director is included below:

RTC and RDP Program Director: Michael Jamieson mjamieson@timbers.com