

TOTAL90 FUTBOL ACADEMY



NEXT LEVEL RESIDENCY PROGRAM



Your Pathway to the **NEXT LEVEL**

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ABOUT US

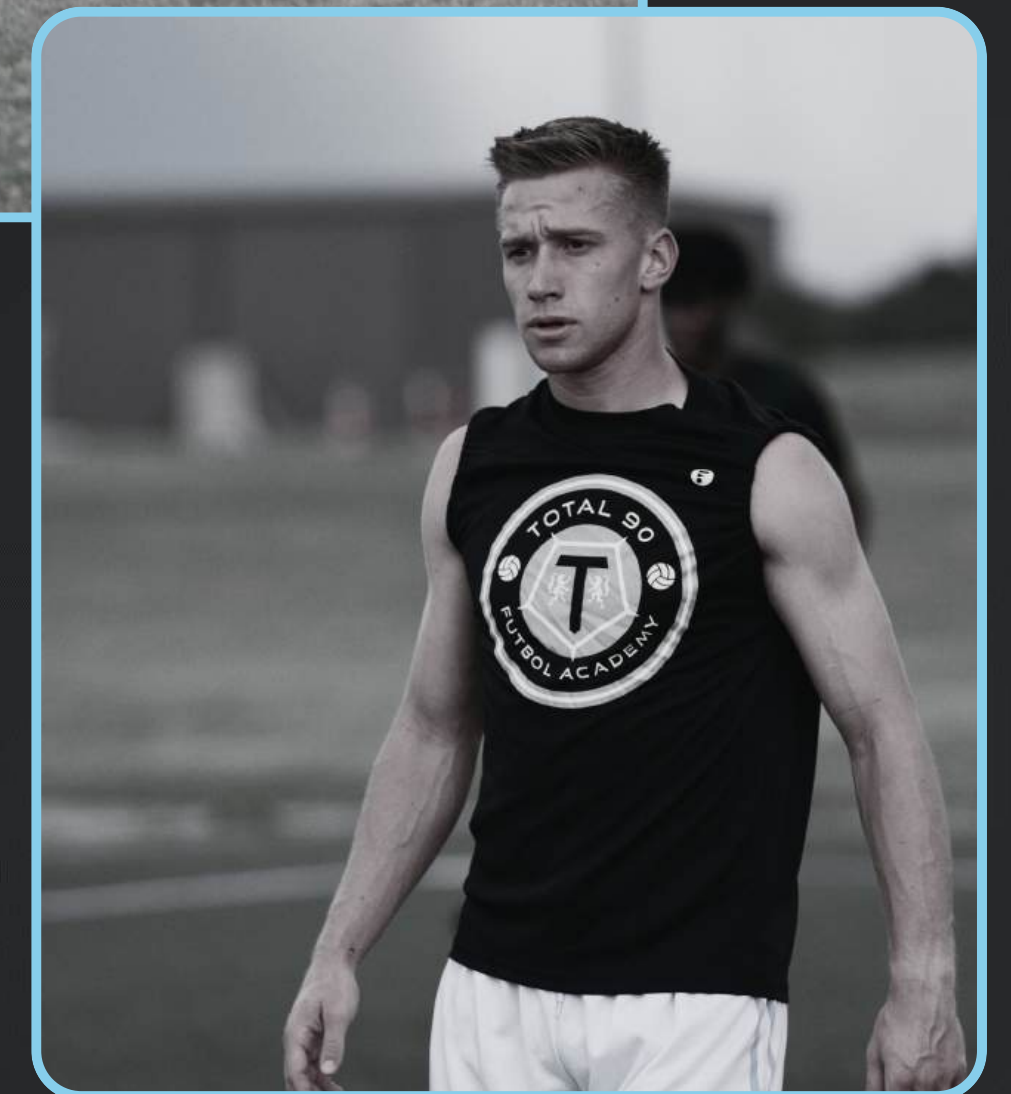
Total90 Futbol Academy is premier Player-Centered Development Academy dedicated to the holistic development of soccer athletes, ensuring their success both on and off the field. We offer top-tier training and development programs for talented youth, collegiate prospects, and aspiring PRO-AM players. Our mission is to provide high-quality coaching, guidance on player development, and customized training programs tailored to players of all ages and skill levels.

Emphasizing technical proficiency, tactical application, and personal growth, we aim to cultivate not only outstanding athletes but also responsible and principled individuals.

We welcome you to become part of our community, where a commitment to excellence, sportsmanship, and a passion for the sport are fundamental to our philosophy.

Explore our Next Level Residency Program and begin your journey of development with us.

DEVELOP.COMPETE.SUCCEED.
Become the





OUR WHY

In the highly competitive world of sports, coaches, clubs, and teams often emphasize immediate victories or trophies. Unfortunately, this emphasis often hinders the full development of individual players. While soccer is a team-oriented sport, the technical skills, tactical understanding, physical capabilities, and mental toughness of each player are vital to the team's overall success, with players evolving these abilities at different stages of their careers.

Total90 Futbol Academy was founded on the principle that every player who is dedicated to the game and willing to put in the time and effort for their development deserves a professional, safe, enjoyable, and supportive environment. This environment should both challenge and guide each player, empowering them to reach their full potential and achieve their goals.

ALEXANDER MCLAURIN

FOUNDER | PROGRAM DIRECTOR

OUR MISSION

PROVIDE

To provide players access and opportunities for both short-term and long-term growth through a Player-Centric Development Methodology. We are committed to fostering a professional, safe, enjoyable, and supportive environment that presents the right level of challenge, enabling each player to reach their full potential and fulfill their goals.

CONNECT

To forge meaningful connections with universities, as well as national and international clubs and organizations, facilitating pathways for our Academy players to compete at collegiate and professional levels. We are dedicated to guiding our athletes through these opportunities, fostering their growth and success in the world of sports.

UNIFY

To establish an educational institution that fosters the unification and exchange of knowledge among professionals, coaches, families, teachers, counselors, and friends, with the aim of cultivating an environment that promotes personal, academic, athletic, and professional growth.





OUR VISION

To establish ourselves as one of the premier Academies in the Nation, who maintain a strong connection with its community locally and globally, and are renowned for developing talented players with great character, who go on to have an impact beyond the field of play.



Providing players with an environment that includes exceptional training, personal development programs, and community of like-minded athletes and professionals, all united by the pursuit of excellence, access to opportunities, and the achievement of their goals.

Ensuring that players are optimally prepared to compete and perform at the highest levels of competition and showcase events available to the Academy, while also enabling them to take full advantage of their opportunities.

Cultivate a community of well-rounded athletes who excel both on and off the playing field, who feel empowered to seize the opportunities for advancement that they have earned, and are equipped with confidence and resilience as they pursue their long-term goals in soccer and in life.

OUR CORE VALUES

SYNERGY

Collaborative Engagement Among Professionals, Athletes, Families, and Organizations

COMMUNITY

Fostering Togetherness and Unity through a Family Dynamic Focused on Community and Outreach

OPPORTUNITY

Providing an environment that offers athletes, families, and professionals with possibilities of pursuing their goals

RESPONSIBILITY

Owning actions and honoring commitments, in an effort to demand accountability from all

EXCELLENCE

Committing to the highest standards in every aspect, both on and off the field, consistently evolving, embracing challenges, and pushing beyond limits to achieve personal and collective goals.



TOTAL90 NEXT LEVEL RESIDENCY PROGRAM

Our Residency Programs provide exclusive training, development and showcase opportunities for advanced and elite level players who are dedicated to pursuing or currently competing at the Collegiate or Professional Level. This program immerses chosen athletes in a high-performance environment alongside peers who share their ambitions, receiving support from seasoned professionals dedicated to helping them reach their goals.

Players accepted into the program will gain access to:

- **Comprehensive Player Development:** Structured 15-20 hrs weekly including training, matches, film review, advisory meetings, leadership seminars, as well as language and personal growth classes
- **Housing, Transportation and Meals:** Comfortable housing and athlete-focused nutrition to ensure players well-being throughout the stay.
- **Professional Environment:** Experienced coaches, top-tier facilities, and innovative methodology to support driven athletes
- **Matches and Showcase Events:** Participate in high-profile showcase events and gain valuable match experience by competing in a professional-amateur league, with all matches drawing the interest of scouts and recruiters from the collegiate and professional level
- **Recruitment Support:** Receive personalized guidance to connect with colleges and pro clubs, along with support in creating standout player profiles and highlight videos.



COMPREHENSIVE PLAYER DEVELOPMENT

Our Residency Programs are built around a holistic, player-centered development model designed to elevate every aspect of an athlete's game. Our Comprehensive Player Development Program integrates technical, tactical, physical, mental and personal growth training to prepare players for success at the collegiate, professional, and international levels, both on and off the field of play.

CORE COMPONENTS OF THE TRAINING PROGRAM:

⚽ **Team Technical & Tactical Training** – High-intensity sessions focused on technical proficiency, understanding game principles, and advanced tactical understanding to excel in competitive environments.

🎯 **Individual Development & Positional Training** – Customized training plans targeting position-specific skills to refine technical abilities, decision-making, and in-game performance based on each player's unique role.

🧠 **Neurocognitive Training** – Exercises designed to improve reaction time, game awareness, mental processing speed, and decision-making under pressure, enhancing performance on and off the ball.

🏆 **Sports Performance Training** – A science-backed regimen that includes strength, speed, agility, endurance, and recovery protocols to maximize athletic potential and reduce injury risk.

📺 **Film Review & Tactical Analysis** – Video sessions to break down games and training footage, helping players develop critical thinking and a deeper tactical IQ.



PERSONAL GROWTH & CHARACTER DEVELOPMENT

We aspire to be recognized not just for nurturing skilled athletes, but also for fostering great individuals who will positively influence their communities beyond the playing field. This is why Personal Growth & Development is essential to our Residency Programs.

CORE COMPONENTS OF PERSONAL GROWTH & DEVELOPMENT:

🧠 **Leadership & Character Development Classes** – Cultivating qualities like resilience, communication, accountability, and discipline, essential for both athletic and personal success.

👋 **Weekly Personal Advisory Meetings** – One-on-one sessions with a dedicated advisor to discuss progress, set goals, provide mentorship, and ensure continuous growth and support.

🌍 **Language & Cultural Classes** – For both international and domestic players, language support enhances communication skills, while cultural education helps with adaptation both on and off the field.

📖 **Access to Informational Seminars** – Regular seminars with college coaches, professional players, sports psychologists, nutritionists, and industry experts covering topics like recruitment strategies, mental health, career pathways, and more.

WHY IT WORKS:

Our program is designed to develop the complete athlete—technically skilled, tactically intelligent, physically dominant, and mentally strong. Players graduate from the Next Level Residency Program with the tools, knowledge, and confidence to excel in any competitive environment, whether that's at the collegiate, professional, or international stage.

Develop. Compete. Succeed




TRAINING FACILITIES OUTDOOR




At the Next Level Residency Program, our athletes train in top-tier facilities designed to replicate the collegiate and professional soccer environment. With a combination of premium outdoor fields, an advanced indoor training facility, and a high-performance gym, players have everything they need to elevate their game.

ELITE TRAINING FACILITIES

 Professional-Quality Outdoor Fields

- **Natural Grass Fields** – Train on pristine, well-maintained grass fields, ideal for match play and technical development.
- **State-of-the-Art Turf Fields** – High-performance turf fields ensure consistent playability in all weather conditions, allowing for year-round training.

At Next Level Residency, we provide an elite training environment where players have the space, equipment, and resources necessary to train, compete, and develop like top-level athletes.

Train Smarter. Play Harder. Reach the Next Level. 



TRAINING FACILITIES

INDOOR & GYM

Indoor Turf Facility

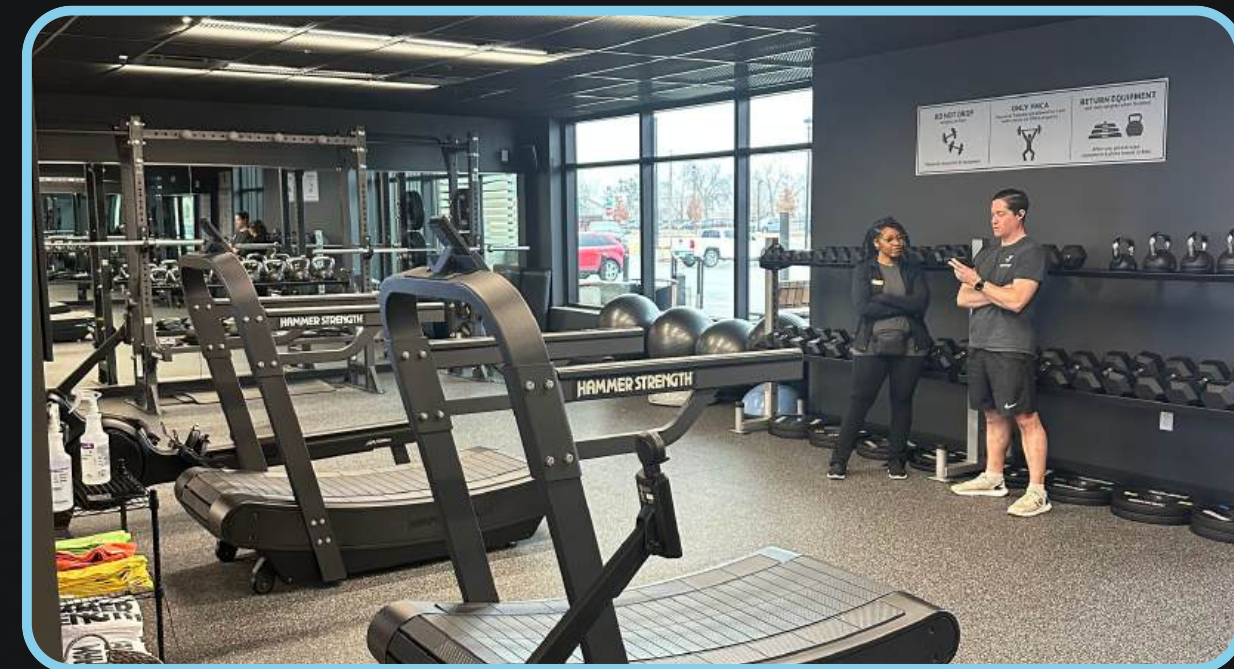
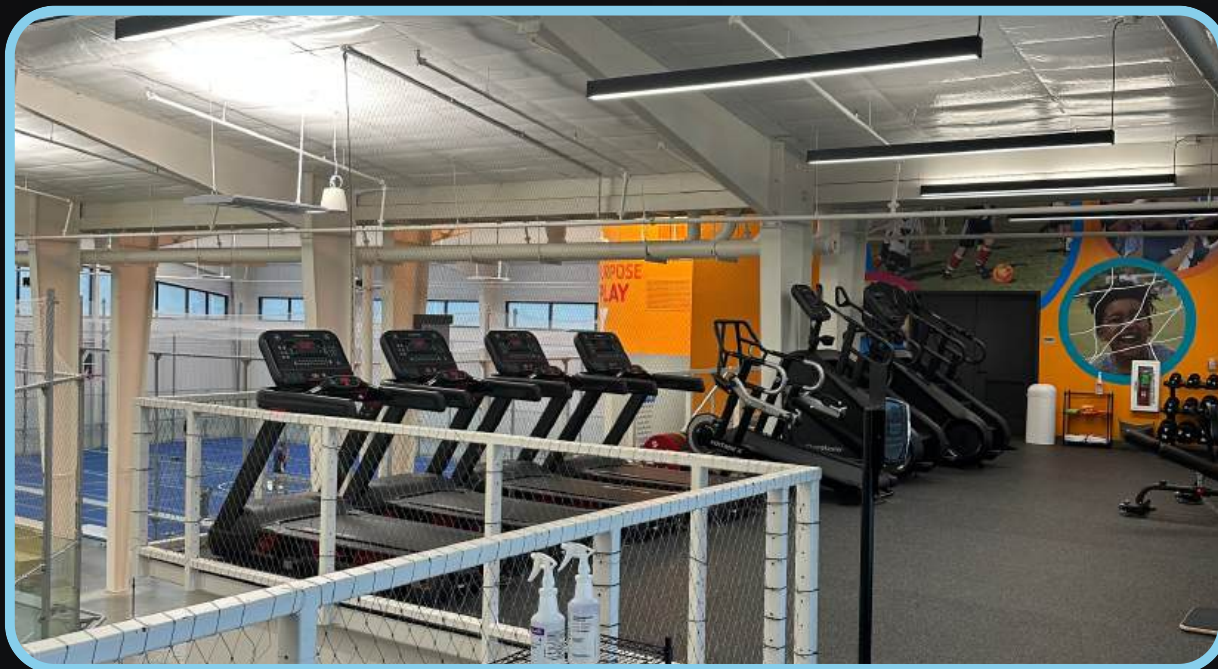
- Our climate-controlled indoor facility provides a fast, dynamic playing surface, perfect for small-sided technical work, positional training, and winter sessions without interruptions.

🏆 High-Performance Gym Access

- Strength & Conditioning Center – Fully equipped gym with modern weightlifting, speed, and agility equipment tailored to soccer performance.
- Recovery & Rehabilitation Zone – Featuring mobility stations, stretching areas, and recovery tools like foam rollers, massage guns, and compression therapy to optimize performance and reduce injury risk.

Why Our Facilities Matter:


- Year-Round Training Opportunities – No matter the season, our combination of indoor and outdoor spaces ensures consistent, high-level training.
- Professional-Level Playing Surfaces – Train like a pro on fields that meet collegiate and professional standards.
- Complete Athletic Development – Access to cutting-edge strength, conditioning, and recovery tools to maximize performance and longevity.




HOUSING

Our Residency Programs offers a variety of comfortable, secure, and convenient housing options tailored to meet the needs of every player. We understand that a supportive living environment is crucial for both athletic performance and personal growth, which is why we provide flexible accommodations designed to foster focus, rest, and community.

HOUSING OPTIONS:

 **Apartments** – Stay in fully furnished apartments with modern amenities, shared with fellow players to create a team-oriented atmosphere that promotes bonding and camaraderie.

 **Partnered Airbnb & Hotel Accommodations** – Enjoy private or shared spaces in quality Airbnbs or partnered hotels, offering flexibility, comfort, and proximity to training facilities. Perfect for players who prefer a more independent living setup.

 **Host Families** – Experience a home-away-from-home environment with carefully vetted host families. This option provides a supportive, family-like setting that helps players adjust smoothly, especially for younger athletes or international students.

KEY FEATURES:

- Safe & Supervised Environments
- Close Proximity to Training Facilities
- Wi-Fi & Study Areas for Academic Support
- Meal Plans or Kitchen Access for Nutrition Needs
- Transportation Assistance (where applicable)


No matter which option you choose, our housing ensures that every player has the comfort, security, and support needed to focus on their development, both on and off the field.





TRANSPORTATION SERVICES

Our Residency Programs provide comprehensive transportation services to ensure that players can focus entirely on their development without the stress of travel logistics. Our reliable transportation system is designed to offer convenience, safety, and efficiency, covering all essential travel needs during the program.

WHAT'S INCLUDED:

 **Daily Training Transportation** – Hassle-free rides to and from all training sessions, gym workouts, and performance classes, ensuring players arrive on time and ready to perform.

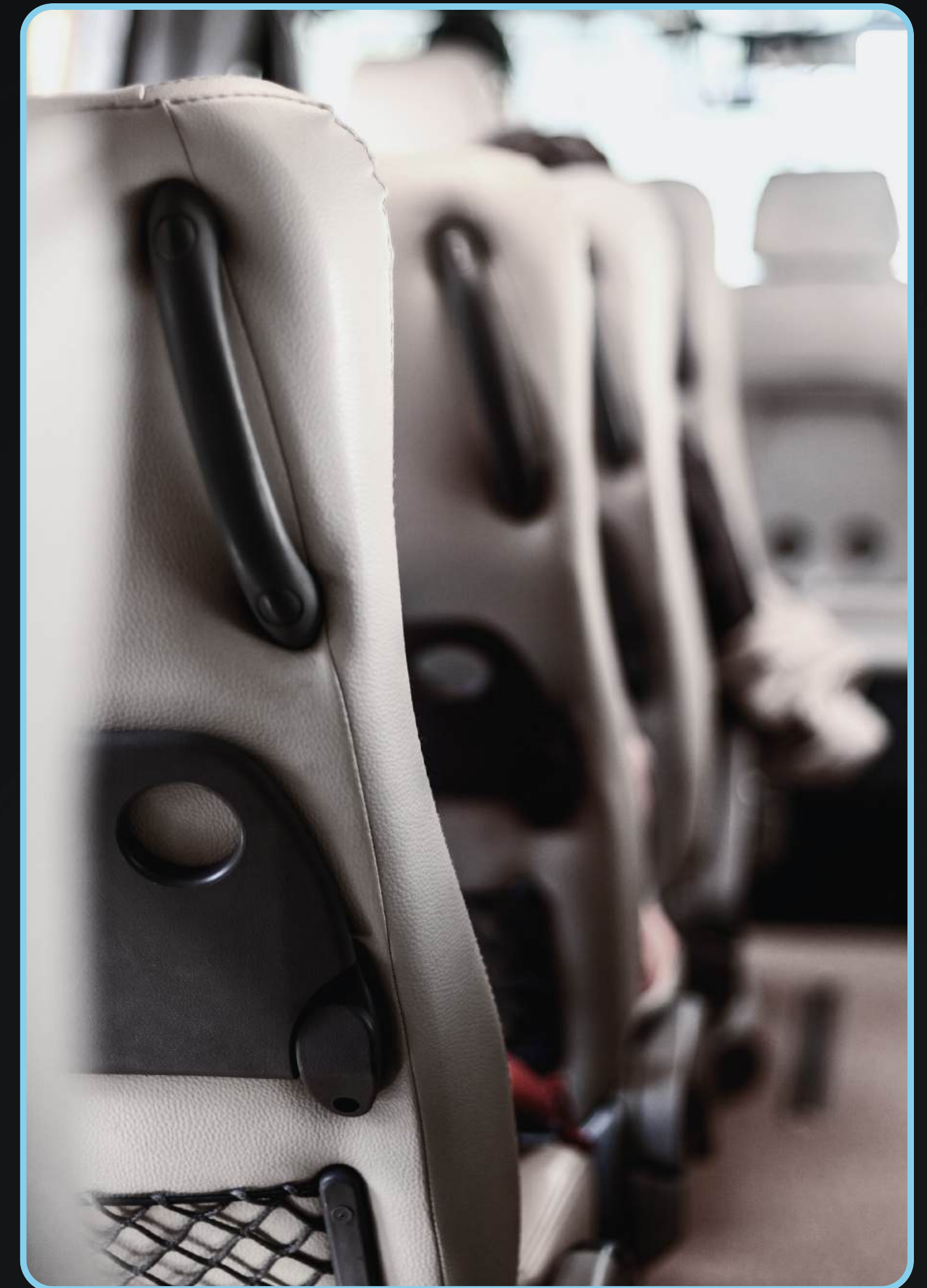
 **Event & Match Transportation** – Organized transport to competitive matches, scrimmages, tournaments, and team events, providing seamless travel for all program-related activities.

 **Airport Transfers** – Pick-up and drop-off services to and from the nearest airport for arriving and departing players, making travel easy for both domestic and international participants.

KEY FEATURES:

- Vetted Drivers
- Safe, Comfortable Vehicles
- Punctual & Efficient Scheduling
- Group and Individual Transport Options
- 24/7 Support for Travel Emergencies


Our goal is to create a stress-free experience for every player, allowing them to focus on what matters most—their growth, performance, and success on and off the field.





MEAL PLANS

Proper nutrition is a key component of athletic performance, and Our Residency Programs ensure that every player receives the fuel they need to perform at their best. Our comprehensive meal plan provides three balanced, nutrient-rich meals per day, tailored to support intense training, recovery, and overall health.

MEAL PLAN OPTIONS:

 **Host Family-Provided Meals** – Enjoy home-cooked, nutritious meals prepared by caring host families, offering a supportive and family-like environment with wholesome food tailored to athletes' dietary needs.

 **Academy-Sourced Meals** – For players in apartments, Airbnbs, or hotels, we handle meal arrangements through trusted local vendors, restaurants, and catering partners, ensuring variety, convenience, and balanced nutrition.

 **Athlete Meal Prep Program** – Available to all Players, we stock kitchens with healthy ingredients and provide meal prep workshops to teach athletes how to plan, prepare, and manage their own performance-focused meals. This approach fosters independence and lifelong healthy habits.

KEY FEATURES:

- 3 Meals a Day + Snacks (as needed)
- Balanced Nutrition for Performance & Recovery
- Customizable for Dietary Restrictions & Preferences
- Hydration & Recovery Support
- Nutrition Education & Guidance

Our meal plan isn't just about eating—it's about fueling excellence, supporting recovery, and helping athletes understand the role of nutrition in achieving peak performance both on and off the field.



PROFESSIONAL ENVIRONMENT

Within our Residency Programs we are committed to providing an environment that mirrors the demands of collegiate and professional soccer. Our athletes train in top-tier facilities, surrounded by a professional culture and guided by a team of highly experienced coaches dedicated to maximizing each player's potential.

Elite Training Facilities:

Our state-of-the-art facilities are designed to support every aspect of player development, featuring: Top-Tier Soccer Fields with natural grass and turf surfaces ; High-Performance Gym & Recovery Centers, equipped with the latest technology for strength, conditioning, injury prevention and recovery as well as dedicated Video Analysis & Classroom Spaces.

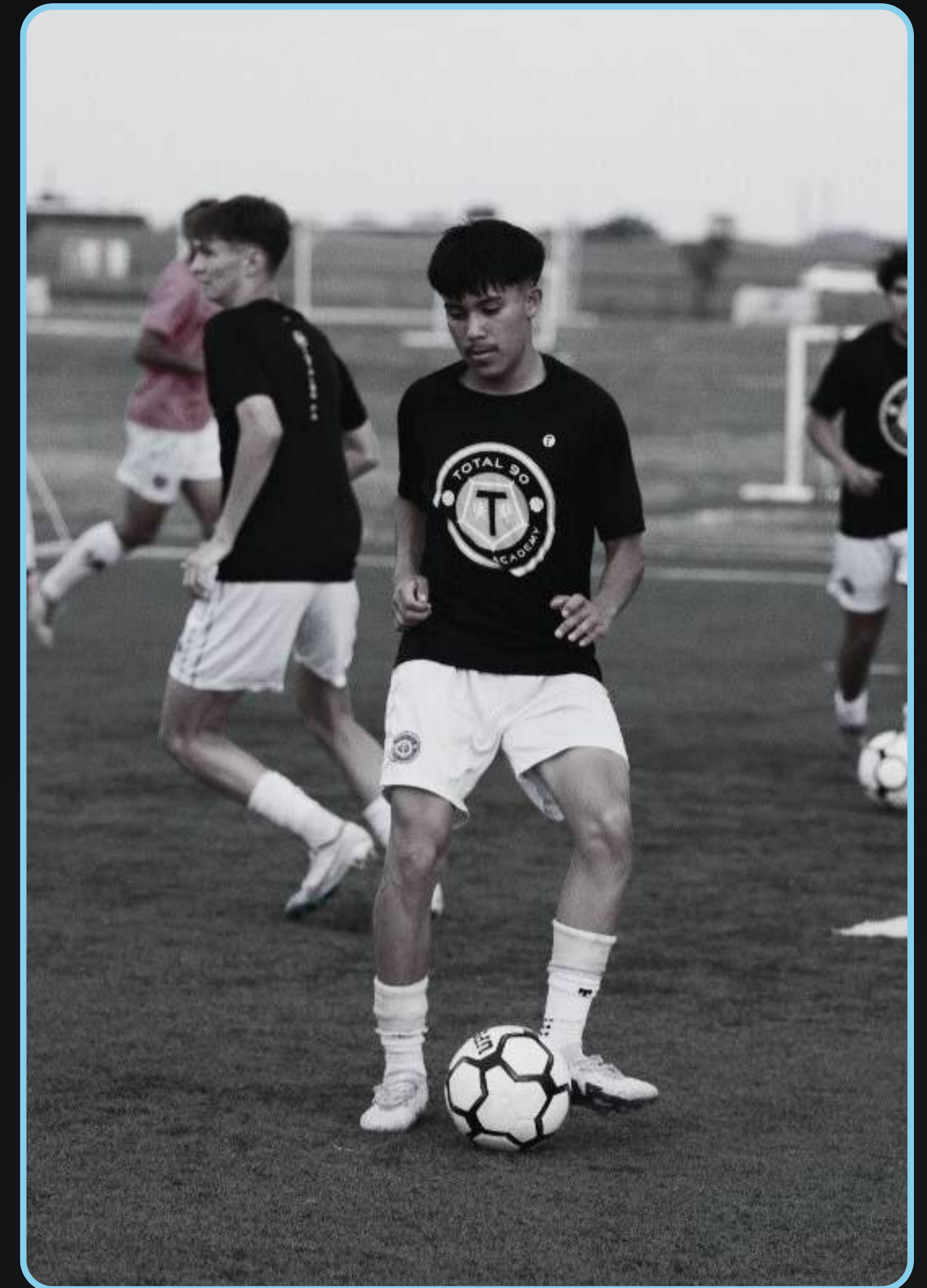
Expert Coaching & Support Staff:

Our staff and partners are licensed, experienced professionals with backgrounds in collegiate, professional, and international soccer who all bring a wealth of knowledge ensuring every aspect of the athletes development is covered.

Professional Training Environment:

The program fosters a culture of excellence, discipline, and accountability, creating an environment where athletes learn to balance the demands of training and life. Players train with professional-level intensity and structure while competing daily in a high-performance atmosphere that pushes them to be their best.

We don't just train athletes—we prepare them for life beyond the program, giving them the tools to succeed in competitive environments, both on and off the field. With top-tier facilities, a professional environment, and expert mentorship, the Next Level Residency Program is where players come to transform their potential into performance and their dreams into reality.



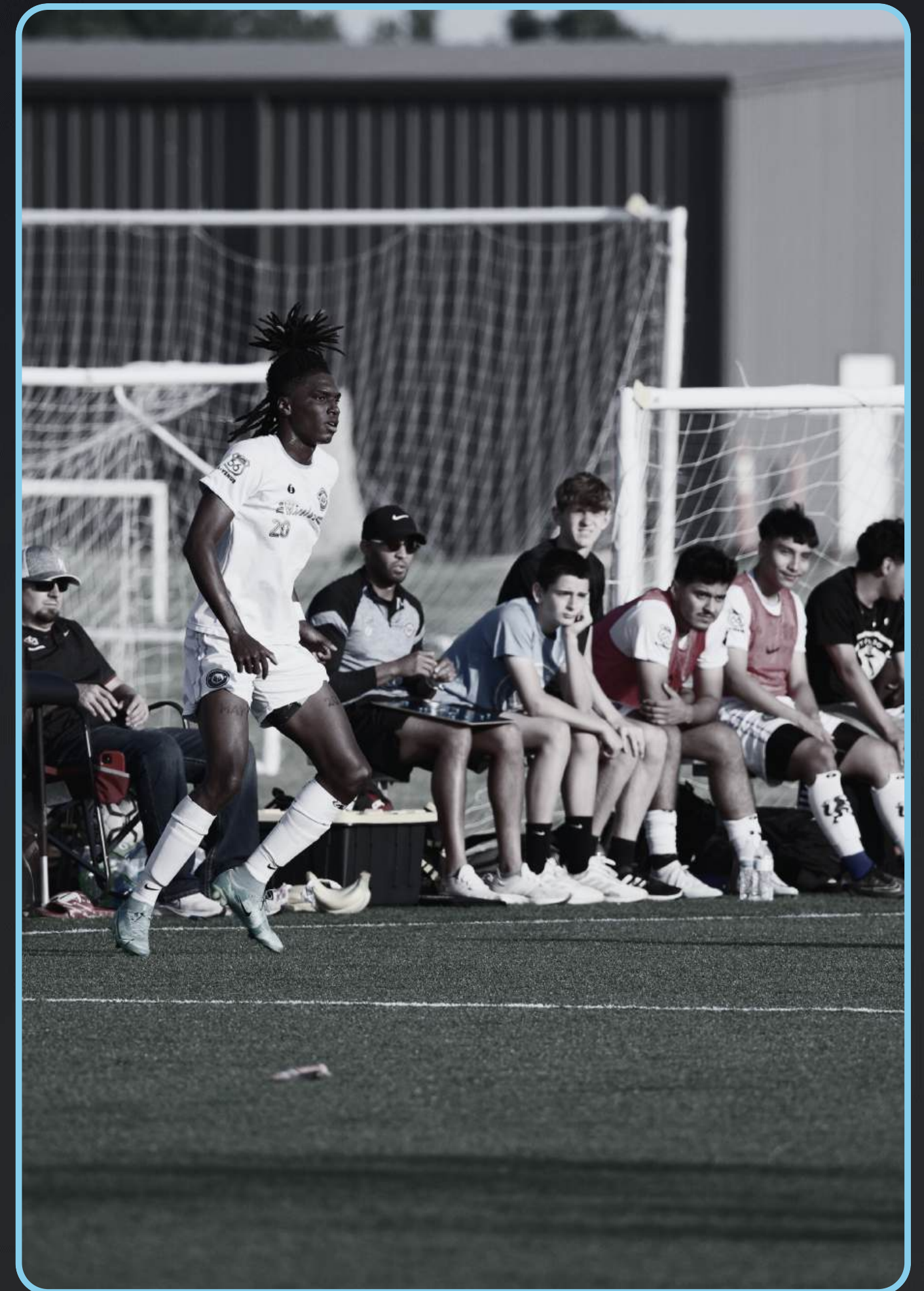
COMPETITIVE MATCH OPPORTUNITIES

Our Residency Programs provide unparalleled opportunities for players to gain competitive match experience and showcase their talents on the biggest stages. Our players participate in a variety of high-level games, designed to maximize exposure, challenge their abilities, and prepare them for the demands of collegiate and professional soccer. Our Pro-Am Teams compete in:

- Men's Team - United Premier Soccer League UPSL (Premier Division)
- Women's Team - United Premier Soccer League UPSL (Premier Division) & Women's Premier Soccer League (WPSL Division 1)
- Youth Players 8 - U19 - Access to our team playing in Top-Tier National Leagues

⚽ COMPETITIVE MATCH OPPORTUNITIES:

- **Pro-Am League Games** – Compete in an elite Pro-Am League against semi-professional teams, college-level athletes, and emerging professionals, offering real-game experience in a high-performance environment.
- **Regional & National Championships** – Pursue silverware with your team, competing in playoff-style formats that simulate the pressure and intensity of top-level competitions.



ADDITIONAL SCOUTING OPPORTUNITIES

☀️ **Showcase Matches & ID Camps:**


- **College ID Camps** – Participate in events attended by college coaches and scouts from across the country, giving you direct exposure and the chance to make an immediate impact.
- **Showcase Tournaments** – Play in high-profile showcase matches against top-level competition, including teams from elite youth academies and Pro-Am clubs, attracting scouts from collegiate, professional, and national team programs.
- **Scouting Events** – Featured matches specifically designed to connect players with recruiters, agents, and pro scouts, providing critical opportunities to be evaluated in a competitive setting.


Through these competitive platforms, players not only develop their game but also gain the visibility and connections needed to advance to the collegiate, professional, or international levels.





KEY BENEFITS OF OUR LEAGUES AND EVENTS


Playing in a Pro-Am League environment bridges the gap between youth soccer and the professional game, giving players the platform to prove themselves, gain exposure, and prepare for the demands of collegiate and professional soccer.

 **High-Level Competition** – Regular matches against top-tier teams, exposing players to fast-paced, physical, and technically demanding games.

 **Player Development Focus** – Tactical integration with real-time game analysis to accelerate growth and improve decision-making under pressure.

 **Scouting & Exposure** – Gain visibility in front of college coaches, pro scouts, and agents looking for the next standout talent.

 **League & Tournament Play** – Compete in regional and national competitions, including showcase events designed to attract recruiters from all levels.

 **Competitive Environment** – Train and play alongside driven athletes, fostering a culture of excellence and accountability.



RECRUITMENT & SCOUTING SUPPORT

At our Residency Programs, we go beyond player development by providing comprehensive recruitment and scouting support to help athletes achieve their dreams of playing at the collegiate, professional, or international levels. Our dedicated recruitment team works closely with each player to create opportunities, build connections, and showcase their talents to the right audiences.

Recruitment Services:

- College & Club Connections
- Personalized Recruitment Strategy
- Direct Access to ID Camps & Showcases

Scouting Support & Mentorship:

- One-on-One Weekly Advisory Meetings
- Networking Opportunities

Player Branding & Marketing:

- Professional Player Profiles
- Highlight Video Support
- Social Media & Online Presence

WHY IT MATTERS:

Recruitment isn't just about being seen—it's about being seen by the right people, at the right time, with the right message. Our program ensures that every player is not only prepared to perform but also strategically positioned to attract attention from the programs that match their goals.

Be Seen. Be Recruited. Be Next Level.



FLEXIBLE DURATION AND PRICING

12-MONTH



\$21,000

A year-long commitment for players focused on long-term preparation and scouting, providing an excellent opportunity for gap year participants.

9-MONTH



\$18,500

Ideal for players seeking a complete season of training, games, and development with the PRO-Am Team while also being recruited.

★ Popular Choice

6-MONTH



\$13,500

A thorough choice and optimal selection for the development and recruitment process, ideally suited for easier VISA compliance.

3-MONTH



\$7,250

An excellent choice for players who have already reached a high level and are seeking that additional boost, as well as a solid platform to showcase their talents.

1-MONTH



\$2,750

Perfect for athletes looking for short-term, intensive training opportunities along with exposure to showcase events, team trials, and ID camps.

CUSTOM



CUSTOM

We are dedicated to helping players reach their objectives and support them in their journey. Please reach out to us to develop a personalized program tailored to your needs.



*** Please notify Us if you are a local player or have a family member/friend that can provide housing/transportation/meals as this will lower the cost of the residency program

SAMPLE OF A WEEKLY SCHEDULE

SUMMER SEASON

***Schedule Subject to adjust based on games, events, and time of the year

	MON	TUE	WED	THU	FRI	SAT	SUN
MORNING 5 AM - 12 PM	SPORTS PERF. 9:00 AM - 10:00 AM	TEAM TRAINING 7:30 AM - 9:00 AM	TEAM TRAINING 7:30 AM - 9:00 AM	TEAM TRAINING 7:30 AM - 9:00 AM	IDP TRAINING 9:00 AM - 10:30 AM	MATCH/OFF DAY/TEAM EVENT	MATCH/OFF DAY/TEAM EVENT
AFTERNOON 12 PM - 5 PM	ELEVATE 1:00 PM - 2:00 PM	Rest/Personal Time	ELEVATE 1:00 PM - 2:00 PM	ADVISOR MEETING 12:30 PM - 1:00 PM	ELEVATE 1:00 PM - 2:00 PM	MATCH/OFF DAY/TEAM EVENT	MATCH/OFF DAY/TEAM EVENT
EVENING 5 PM - 9 PM	FILM/MATCH REVIEW 2:30 PM - 3:00 PM	IDP TRAINING 2:30 PM - 4:00 PM	SPORTS PERF. 2:30 pm - 4:00 pm	IDP TRAINING 2:30 PM - 4:00 PM	Rest/Personal Time	MATCH/OFF DAY/TEAM EVENT	MATCH/OFF DAY/TEAM EVENT
NIGHT 9 PM - 4 AM	Rest/Personal Time	Rest/Personal Time	Rest/Personal Time	Rest/Personal Time	Rest/Personal Time	MATCH/OFF DAY/TEAM EVENT	MATCH/OFF DAY/TEAM EVENT

SESSION TYPE

- Team Training - Technical/Tactical training sessions to develop team principles and development within a team setting
- Individual Development Plan Training - Training session focused on individual development and or position specific training
- Match Day/Off Day/Team Event - Match within the league, Showcase Event, ID Camps, etc.
- Sports Performance Training - Session focused on athletic development and key components of physical demands and recovery to perform at optimal level
- Elevate Program - Personal Growth Sessions, Leadership/language classes, informative seminars/webinars
- Advisor Meeting/Film Review - Meetings with personal advisor to discuss college/pro plan, analyze game footage, check-in on progress

APPLICATION PROCESS

Are you ready to take your game to the next level? The Next Level Residency Program is designed for dedicated players who are committed to their development and aspiring to reach the collegiate, professional, or international stages.

Don't Hesitate. Apply today and take the first step toward achieving your goals.



**SUBMIT
APPLICATION**

1

Complete our online application form, providing key details about your soccer background, academic achievements, and personal goals. Include any highlight videos, player profiles, or stats that showcase your skills and accomplishments.

**PLAYER
EVALUATION**

2

After reviewing your application, selected players will be invited to submit additional game footage or participate in a virtual or in-person evaluation session with our coaching staff.

**INTERVIEW &
CONSULTATION**

3

Qualified applicants will have a one-on-one interview (virtual or in-person) with a program advisor to discuss your aspirations, development needs, and how the residency can help you achieve your goals.

**ACCEPTANCE
& ENROLLMENT**

4

If accepted, you will receive an official offer to join the program, along with details about housing, training schedules, and program fees. Secure your spot by completing the enrollment process and submitting the necessary documents.

If you have any questions about the process, feel free to reach out to our recruitment team for personalized guidance.

CONTACT US

Have questions about the Next Level Residency Program? We're here to help! Whether you need more information about the program, the application process, or how we can support your soccer journey, don't hesitate to reach out, or simply fill out our contact form on the website, and our Program Director will get back to you promptly.

Let's connect and help you get on the Pathway to the NEXT LEVEL!



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