

# CALGARY FOOTHILLS SOCCER CLUB

April 2020 – September 2020

## PROGRAM GUIDE

OUTDOOR 2020



## TABLE OF CONTENTS

REGISTRATION.....	3
PAYMENT .....	3
THE ACADEMY .....	4
COACHING EDUCATION/MENTORSHIP .....	5
SPORT SCIENCE PROGRAM .....	6
PLAYER DEVELOPMENT PROGRAM .....	7
U9 / BORN 2011 / TIER A, B & C.....	9
U9 / BORN 2011 / TIER D. ....	10
U10 / BORN 2010 / TIER A, B & C.....	11
U10 / BORN 2010 / TIER D. ....	12
U11 / BORN 2009 / TIER 1 -3. ....	13
U11/ BORN 2009/TIER 4-5. ....	14
U12 / BORN 2008 / TIER 1-3. ....	15
U12/BORN 2008/ TIER 4-5. ....	16
U13 / BORN 2007 / TIER 1- 3.....	17
U13 / BORN 2007 / TIER 4- 5.....	18
U15 / BORN 2006 & 2005 /TIER 1-3. ....	19
U15 / BORN 2006 & 2005 /TIER 4-5.....	20
U17 / BORN 2004 & 2003 /TIER 1-3. ....	21
U17 / BORN 2004 & 2003 /TIER 4-5.....	22
U19 / BORN 2002 & 2001 /TIER 2-4.....	23

## REGISTRATION

To register for a program at Calgary Foothills Soccer, please create an account using our Foothills Memberzone website:

<https://foothillssoccer.powerupsports.com/>

You only need one account per family. This account is used to sign up for the various programs and camps that Foothills offers. If you already have an account and have registered previously, you do not need to create a new account, just use your existing account.

Players must be registered to participate in tryouts.

**Registration for Outdoor 2020 will close on Sunday, March 15<sup>th</sup>, 2020.**

## PAYMENT

At time of registration you will be expected to pay the registration fees.

Following tryouts and player placement, additional fees for Academy, Skills and Sports Science programs will be required to be paid in deferred installments over the course of the season. If you require additional information, please contact the Club at [admin@gofoothills.ca](mailto:admin@gofoothills.ca) and we will be happy to help.

### **Please note:**

Players born in 2006 that are selected to participate in the National Youth Club Licence PDP league will be subject to additional fee's mandated from Calgary Minor Soccer Association and Alberta Soccer Association

### **Please note:**

Any Tier 3 team's that are moved down to Tier 4 based on CMSA pre-season results will still be required to participate in the Academy and Sport Science Program.

Any Tier 4 team that wishes to participate in CMSA Tier 3 league or higher will be subject to supplemental academy program and fee's associated with.

# U9-U19

# THE ACADEMY PLAYER & TEAM DEVELOPMENT

## CURRICULUM



Our technical is specifically designed curriculum designed for the ages & stages of youth development. Our players progress through the curriculum based on their proficiency.

## PLAYER DEVELOPMENT PLAN

### FOOTHILLS HABITS

Fundamental	Foundation	Development	Generation	NEXT
<input type="checkbox"/> Cuts and Turns	<input type="checkbox"/> Stops and Starts - Ball Mastery	<input type="checkbox"/> Advanced Ball Mastery - Coordination Work	<input type="checkbox"/> Advanced Ball Manipulation	<input type="checkbox"/> Positional Superiority
<input type="checkbox"/> Dribble with the Ball	<input type="checkbox"/> Passing and Receiving Skills - Including Heading	<input type="checkbox"/> Passing and Receiving Skills - Combination Play	<input type="checkbox"/> Advanced Passing and Receiving Skills	<input type="checkbox"/> Proficient Passing and Receiving Skills
<input type="checkbox"/> Basic Ball Striking - Laces	<input type="checkbox"/> 1v1 and 2v2 Attack/Defend Decision Maker	<input type="checkbox"/> Group/Unit Play - Attacking and Defending	<input type="checkbox"/> Vision and Anticipation Attack/Defend - Game Intelligence	<input type="checkbox"/> Winning Behaviours
<input type="checkbox"/> Shielding	<input type="checkbox"/> Shooting and Finishing Techniques	<input type="checkbox"/> Finishing Skills - End Product	<input type="checkbox"/> Team Tactics - Attack and Defend	<input type="checkbox"/> Vision and Anticipation Attack/Defend - Game Intelligence
<input type="checkbox"/> Movement Mechanics - ABC's	<input type="checkbox"/> Speed and Quickness	<input type="checkbox"/> Speed and Agility	<input type="checkbox"/> Advanced Finishing Skills	<input type="checkbox"/> Proficient Finishing Skills
		<input type="checkbox"/> Power and Strength	<input type="checkbox"/> Power and Strength	<input type="checkbox"/> Fit, Strong and Dynamic
		<input type="checkbox"/> Game Play	<input type="checkbox"/> Game Play	<input type="checkbox"/> Game Play

An Individual players development plan that enables us to review progress and provide feedback throughout their development pathway.

## TEAM DEVELOPMENT



This is the club's holistic approach catered towards the Foothills team experience. We focus on providing the players with an environment that develops excellent players and outstanding people.

# U9-U19

# COACH EDUCATION & MENTORSHIP

## Calgary Foothills Coach Education & Mentorship

At Foothills Soccer Club we encourage an environment of continuous improvement where to be extraordinary you must be looking to add the extra efforts – otherwise you will only ever be ordinary!

To support our coaches, we provide FREE coach education for all our U4-U19 assistant and head coaches. We can offer education in line with the current Canada Soccer Association community stream as follows:

**Active Start** – For U4-U6 Coaches (Coaching workshop designed to help develop a basic understanding of physical literacy) **Fundamentals** – U6-U8 Coaches (Building on the understanding of physical literacy and focusing on the Canada soccer LTPD model **Learning to Train** – U9-U12 Coaches (Focusing on a coaches understanding of the development stage of the players they are working with.

**Soccer for Life** – U13+ Coaches (Helping coaches to plan sessions considering the development stage of the players and focusing on technical and tactical development.

We also host regular in-house education specific to the Foothills Way looking at areas such as how to manage a practice, best practices for players within their respective phase of development and how to maximize the players training time. All our coach education clinics take place at the Foothills Fieldhouse which is the Club's own 85,000 square-foot 11v11 Fieldhouse.

## Coach Mentorship

Alongside our coach education we also have a coach mentorship program in place where we work with our coaches to support their individual needs. This will see us host 1-1 meetings to review past or upcoming practices or games and provide further support with our coaches during their on-field commitments.



**SPORTS SCIENCE PROGRAM**

As the game progresses through time, so do the demands of the athletes involved. The Sport Science Department was developed to assist and guide Calgary Foothills players to achieve maximal potential in an ever-changing game of soccer. While focusing on the fundamental movement patterns we can introduce certain aspects of strength and conditioning to develop an "all-round" athlete. These aspects include but are not limited to: fundamental movements, speed, agility, aerobic endurance, repeated sprint ability, strength, and power. Excelling on the above characteristics provides Calgary Foothills with a competitive edge amongst the Calgary soccer community.



# U13-U17

## PLAYER DEVELOPMENT PROGRAM



This indoor season sees the launch of a new style player development program that focuses on the development of individual player habits.

Linking directly to our player development plans we will focus on achieving proficiency in areas such as;

- 1v1, 2v2 attacking & defending
- Finishing techniques including combination play
- Decision making in game scenarios
- Group & unit play

How?

Players are put through personal development stations which focus on our key habits. We also use video analysis to observe “best practice” that the players can then take on field with them to recreate. We use footage from professional games and encourage our players to make their own videos so they can begin to evaluate their own performance.

The players also take part in additional sports science working on areas such as injury prevention, strength and conditioning through gym-based sessions, and speed and agility with on field work. We want our athletes to become fitter, faster and stronger.



# U9-U12 SKILLS PROGRAM

## FOOTHILLS SKILLS PROGRAM

At Calgary Foothills Soccer Club, we feel it is essential that we train the fundamental skills & techniques for our players to grow their confidence with the ball. At the U9-U12 area we believe that players are within their optimal skill development range and that repetition of the core skills plays a crucial role in their development.

As an old coach once said to me if you have 'no technical you have no tactical'. Technique and skill must come first and with high quality training at our club our players will receive more training and gain more touches of the ball than anywhere else in the city.'

We believe that all players should be proficient with both feet by the time they leave this stage.





# U9

# BORN 2011 DEVELOPMENTAL

## U9 / BORN 2011 DEVELOPMENTAL (TIER A, B, C)

Registration **\$375**  
Skills Program **\$295**

(Deferred payment date is May 22, 2020)

### SEASON

**Regular Season:** May 2 to June 28, 2020  
**Fall Regular Season** Aug. 29 – Sept. 27, 2020  
(Mandatory)

### TEAM PRACTICES

1 x 75-minute practices per week with Team Coach.

### SKILLS PROGRAM (14 WEEK PROGRAM WITH OPTION FOR ADDITIONAL 4 WEEKS AT ADDITIONAL COSTS)

1X60 minute skills session per week with Academy Staff added to a 60-minute team practice. Our U9/ U10 skills program has focus on our core technical components such as dribbling, changing direction, staying on the ball mixed with small sided games.

### CMSA GAMES

Average of 1-2 games played per week as per CMSA league format.  
U9 Developmental play Saturday and/or Tuesday

### LOCATION

Practices, Academy, and Skills Sessions are held at community fields in south Calgary. Games to be played at various community fields throughout the city and surrounding areas.

### UNIFORMS

Uniforms are included in registration fees. Game jerseys are to be returned at end of season.

### FREE PLAY PROGRAM

An Optional FREE drop in program will be scheduled for those players who wish to do additional training with our academy or skills program trainers (*Details to be released once the CMSA schedule is finalized*)



# U9

# BORN 2011 RECREATIONAL

## U9 / BORN 2011 RECREATIONAL (TIER D)

Registration **\$375**

### SEASON

Regular Season: May 2 to June 28, 2020

Fall Regular Season Aug. 29 – Sept. 27, 2020 (Mandatory)

### TEAM PRACTICES

1 x 60-minute Team Practice per week with Team Coach. Players can request to play on team with friends

### CMSA GAMES

An average of 1-2 games played per week as per CMSA league format. U9 Recreational Tier D play Sundays and/or Wednesday

### LOCATION

Practices, Academy, and Skills sessions are held at community fields in south Calgary. Games to be played at various community fields across the city.

### UNIFORMS

Uniforms are included in registration fees; game jerseys are to be returned at end of season.

### FREE PLAY PROGRAM

An Optional FREE drop in program will be scheduled for those players who wish to do additional training with our academy or skills program trainers (*Details to be released once the CMSA schedule is finalized*)

# U10

# BORN 2010 DEVELOPMENTAL

## U10 / BORN 2010 DEVELOPMENTAL (TIER A, B, C)

**Registration \$375**  
**Skills Program \$295**

(Deferred payment date is May 22, 2020)

### SEASON

**Regular Season:** May 2 – June 28, 2020

**Fall Season Regular** Aug. 29 – Sept. 27, 2020 (Mandatory)

### TEAM PRACTICES

1x75 minute Team Practices per week with Team Coach.

Players can request to play on team with friends.

### SKILLS PROGRAM (14 WEEKS WITH OPTION FOR ADDITIONAL 4)

1X60 minute skills session per week with Academy Staff added to a 60-minute team practice. Our 1 U9/U10 skills program has focus on our core technical components such as dribbling, changing direction, staying on the ball mixed with small sided games.

### CMSA GAMES

Average of 1-2 games played per week as per CMSA league format.

U10 Developmental play Saturday and/or Tuesday

### LOCATION

Practices, Academy, and Skills Sessions are held at community fields in south Calgary. Games to be played at various community fields throughout the city and surrounding areas.

### UNIFORMS

Uniforms are included in registration fees; game jerseys are to be returned at end of season.

### FREE PLAY PROGRAM

An Optional FREE drop in program will be scheduled for those players who wish to do additional training with our academy or skills program trainers (*Details to be released once the CMSA schedule is finalized*)

# U10

# BORN 2010 RECREATIONAL

## U10 / BORN 2010 RECREATIONAL (TIER D)

Registration **\$375**

### SEASON

**Regular Season:** May 2 – June 28, 2020

**Fall Season** Aug. 29 – Sept. 27, 2020 (Mandatory)

### TEAM PRACTICES

1 x 75-minute Team Practices per week with Team Coach.

### CMSA GAMES

An average of 1-2 games played per week as per CMSA league format.  
U10 Recreational Tier D play Sundays and/or Wednesday

### LOCATION

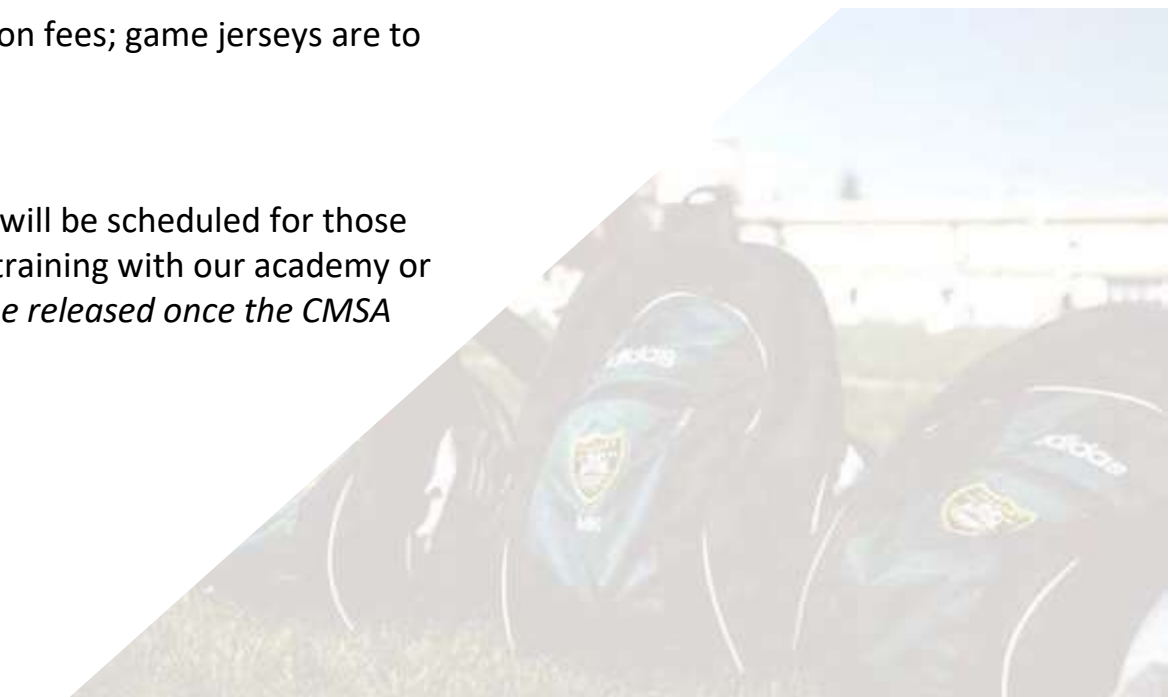
Practices, Academy, and Skills Sessions are held at community fields in south Calgary. Games to be played at various community fields throughout the city and surrounding areas.

### UNIFORMS

Uniforms are included in registration fees; game jerseys are to be returned at end of season.

### FREE PLAY PROGRAM

An Optional FREE drop in program will be scheduled for those players who wish to do additional training with our academy or skills program trainers (*Details to be released once the CMSA schedule is finalized*)



# U11

BORN 2009  
TIER 1-3

## U11 / BORN 2009 / TIER 1-3

### SEASON

**Regular Season:** May 2 to June 28, 2020

**Fall Regular Season:** Aug. 29 – Sept. 27, 2020  
(Mandatory)

### TEAM PRACTICES

1 x 90-minute practice per week with Team Coach.

1 x 60-minute practice per week with Team Coach attached to the 1 X 60-minute Skill Session.

### ACADEMY SESSIONS (18 WEEKS)

1 x 90-minute Academy Session per week with Academy Staff.

### SKILLS & SPORTS SCIENCE PROGRAM (DEVELOPING THE INDIVIDUAL TECHNICAL FOUNDATION)

1 x 60-minute skills session per week with Academy Staff added to a 60 minute team practice. 30 minutes of sport science per week with Sport Science Staff

### CMSA GAMES

1-2 game played per week as per CMSA league.

Tier I play on Sunday and/or Wednesday Tier II play on Saturday and/or Monday Tier III play on Sunday and/or Thursday

### LOCATION

Practices, Academy, and Skills Sessions are held at community fields in south Calgary. Games to be played at various community fields throughout the city and surrounding areas.

### UNIFORMS

Uniforms are provided for all players for no additional cost after team rosters are formed, game jerseys to be returned at end of season

### FREE PLAY PROGRAM

An Optional FREE drop in program will be scheduled for those players who wish to do additional training with our academy or skills program trainers (*Details to be released once the CMSA schedule is finalized*)

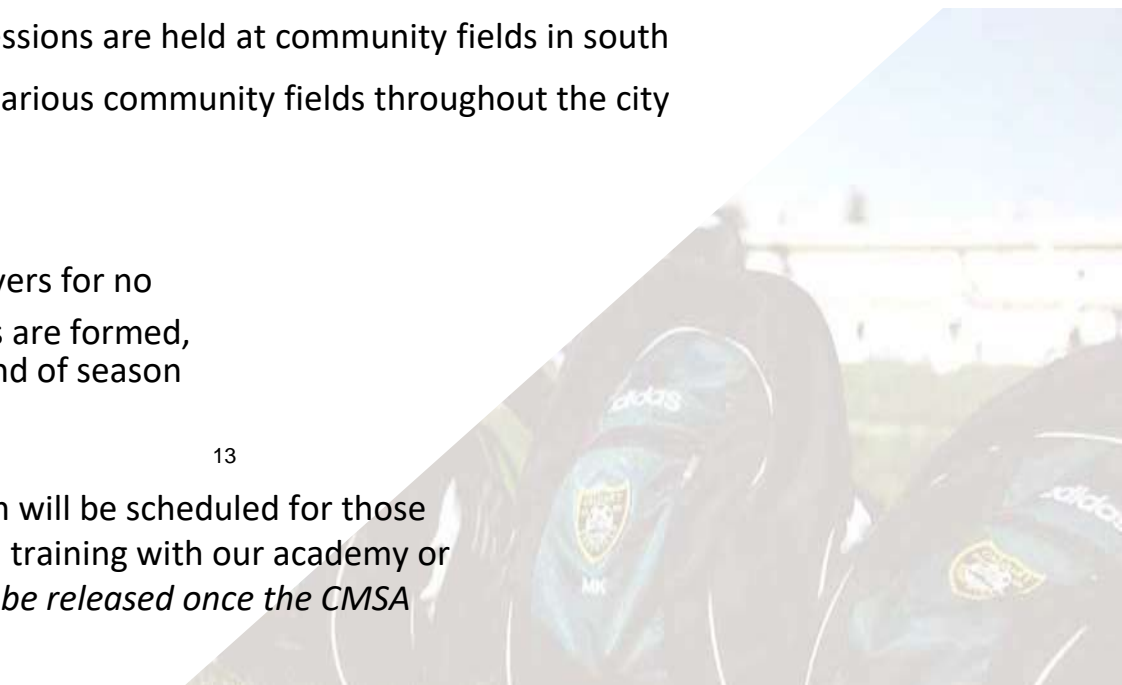
**Registration \$495**

**Academy \$575**

Deferred payment date for academy is April 24, 2020

**Skills/Sports Science \$295**

Deferred payment date for skills/sports science is June 24, 2020



# U11

# BORN 2009 TIER 4-5

## U11 / BORN 2009 / TIER 4 - 5

Registration **\$495**

### SEASON

**Regular Season:** May 2 – June 28, 2020

**Fall Regular Season:** Aug. 29 – Sept. 27, 2020

(Mandatory)

### TEAM PRACTICES

1 x 90-minute Team Practice per week with Team Coach.

### SKILLS & SPORTS SCIENCE PROGRAM

Optional for an additional fee. (\$295)

### CMSA GAMES

1 game played per week as per CMSA League.

Tier IV play on Saturday and/or Tuesday

Tier V play on Sunday and/or Thursday

### LOCATION

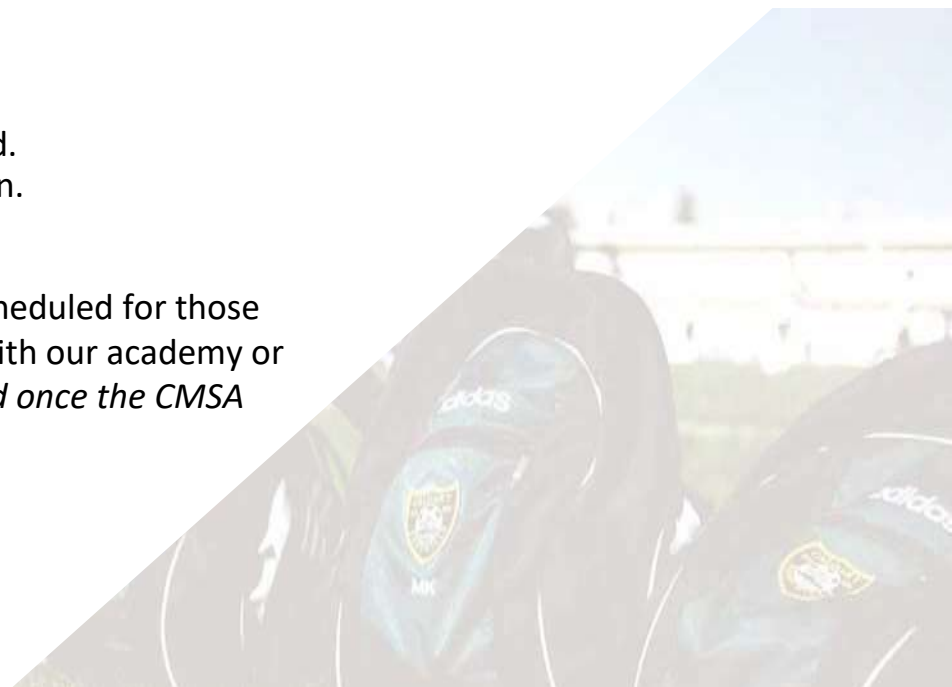
Practices, Academy, and Skills Sessions are held at community fields in south Calgary. Games to be played at various community fields throughout the city and surrounding areas.

### UNIFORMS

Uniforms are provided for all players for no additional cost after team rosters are formed. Game jerseys to be returned at end of season.

### FREE PLAY PROGRAM

An Optional FREE drop in program will be scheduled for those players who wish to do additional training with our academy or skills program trainers (*Details to be released once the CMSA schedule is finalized*)





# U12

# BORN 2008 TIER 1 - 3

## U12 / BORN 2008 / TIER 1 - 3

### SEASON

**Regular Season:** May 2 – June 28, 2020

**Fall Regular Season:** Aug. 29 – Sept. 27, 2020  
(Mandatory)

### TEAM PRACTICES

1 x 90-minute Team Practice per week with Team Coach.  
1 x 60-minute practice per week with Team Coach attached to the 1X60 minute Skill Session.

### ACADEMY SESSIONS (18 WEEKS)

1 x 90-minute session per week with Academy Staff.

### SKILLS & SPORTS SCIENCE PROGRAM

1 x 60 minute Skills Session per week with Academy Staff attached to a 60-minute Team Practice 30 minute of Sport Science per week with Sport Science Staff.

### CMSA GAMES

1 game played per week as per CMSA League  
Tier I play on Saturday and/or Tuesday  
Tier II play on Sunday and/or Wednesday  
Tier III play on Saturday and/or Monday

### LOCATION

Practices, Academy, and Skills Sessions are held at community fields in south Calgary. Games to be played at various community fields throughout the city and surrounding areas.

### UNIFORMS

Uniforms are provided for all players for no additional cost after team rosters are formed. Game jerseys to be returned at end of season.

### FREE PLAY PROGRAM

An Optional FREE drop in program will be scheduled for those players who wish to do additional training with our academy or skills program trainers  
(Details to be released once the CMSA

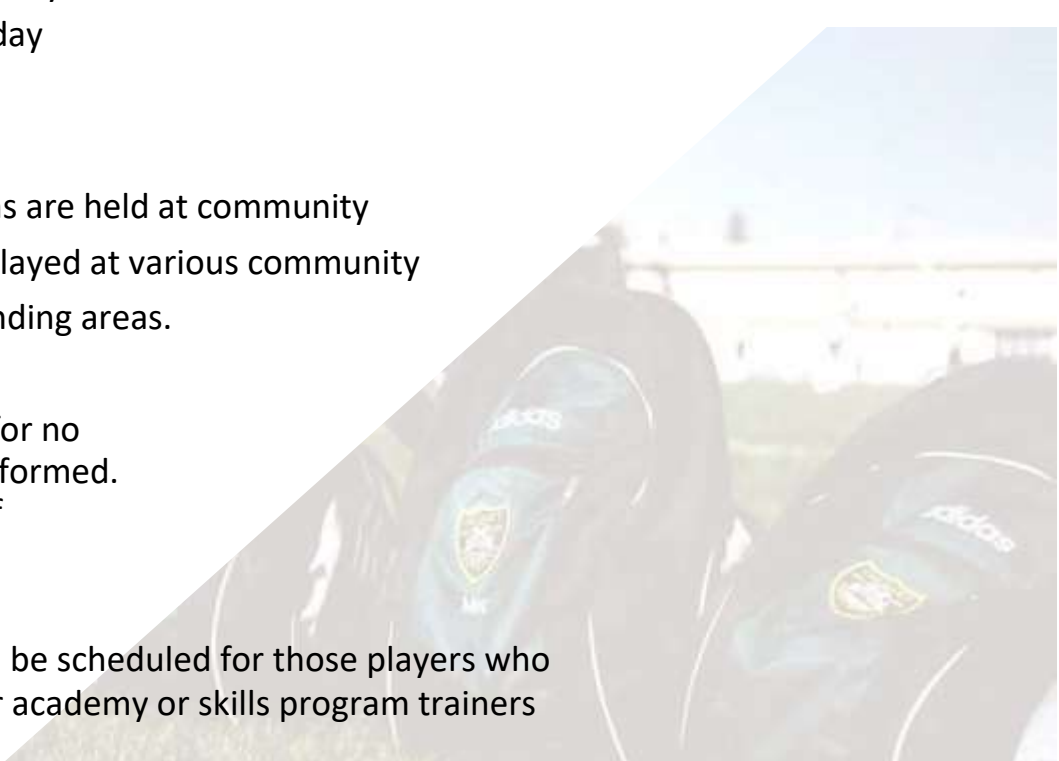
**Registration \$495**

**Academy \$575**

Deferred payment date for academy is April 24, 2020

**Skills/Sports Science \$295**

(Deferred payment date for skills/sports science is June 24, 2020)



# U12

# BORN 2008 TIER 4 - 5

## U12 / BORN 2008 / TIER 4 - 5

Registration **\$495**

### SEASON

**Regular Season:** May 2 – June 28, 2020

**Fall Regular Season:** Aug. 29 – Sept. 27, 2020  
(Mandatory)

### TEAM PRACTICES

1 x 90-minute Team Practice per week  
with Team Coach.

### SKILLS & SPORTS SCIENCE PROGRAM

Optional for an additional fee. (\$295)

### CMSA GAMES

1 game played per week as per CMSA League Tier  
IV play on Sunday and/or Thursday  
Tier V play on Saturday and/or Monday

### LOCATION

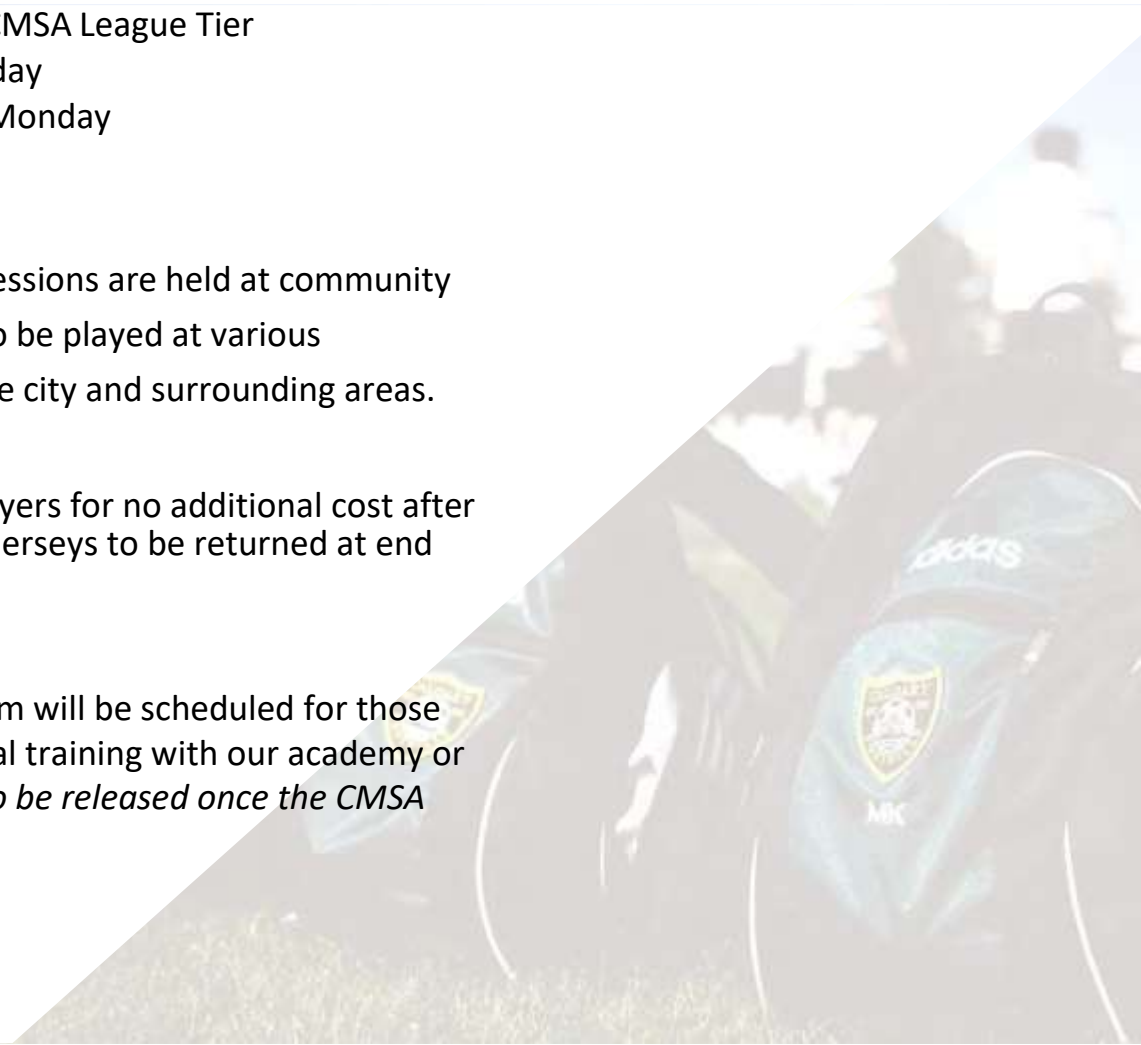
Practices, Academy, and Skills Sessions are held at community  
fields in south Calgary. Games to be played at various  
community fields throughout the city and surrounding areas.

### UNIFORMS

Uniforms are provided for all players for no additional cost after  
team rosters are formed. Game jerseys to be returned at end  
of season.

### FREE PLAY PROGRAM

An Optional FREE drop in program will be scheduled for those  
players who wish to do additional training with our academy or  
skills program trainers (*Details to be released once the CMSA  
schedule is finalized*)





# U13

BORN 2007  
TIER 1-3

## U13 / BORN 2007 / TIER 1-3

### SEASON

**Regular Season:** May 2 – July 30, 2020

**Post Season:** Tier I: Provincial Competition August 20 – Sun. August 23 Tier II-III: Fri. August 7 – Sun. August 9

**Fall Season:** Aug. 29 – Sept. 27, 2020  
(Optional at Foothills discretion)

### TEAM PRACTICES

2 x 90-minute Team Practices per week with Team Coach

### ACADEMY SESSIONS (18 WEEKS)

1 x 90-minute Academy Session per week with Academy Staff.

### SPORTS SCIENCE PROGRAM

1x 60-minute Sport Science sessions per week with Sport Science Staff.

### PLAYER DEVELOPMENT PROGRAM

12 hours of additional training through our Players Development Program (Subject to CMSA game schedule). PDP will include Skills Testing, Positional Specific Skills, Video Analysis and Player Feedback.

### CMSA GAMES

1 game played per week as per CMSA League Games to be played on any day of the week.

### LOCATION

Practices, Academy, and Skills Sessions are held at community fields in south Calgary. Games to be played at various community fields throughout the city and surrounding areas.

### UNIFORMS

Uniforms are provided for all players for no additional cost after team rosters are formed. Game jerseys to be returned at end of season.

**Registration \$550**

**Academy \$575**

(Deferred payment date for academy is April 24, 2020)

**PDP/Sports Science \$295**

Deferred payment date for skills/sports science is June 24, 2020

# U13

BORN 2007 TIER 4 - 5

**U13 / 2007 / TIER 4-5**

**Registration \$550**

## **SEASON**

**Regular Season:** May 2 – July 5, 2020

**Post Season:** July 17 – Sun. July 19

**Fall Season:** Aug. 29 – Sept. 27, 2020

(Optional at Foothills discretion)

## **TEAM PRACTICES**

1 x 90-minute Team Practice per week with Team Coach.

## **ACADEMY SESSIONS**

Optional for an additional fee.

## **SPORTS SCIENCE PROGRAM**

Optional for an additional fee. (\$295)

## **CMSA GAMES**

1 game played per week as per CMSA League. Games are 6 a-side boarded soccer. Games to be played on any day of the week.

## **LOCATION**

Practices, Academy, and Skills Sessions are held at community fields in south Calgary. Games to be played at various community fields throughout the city and surrounding areas.

## **UNIFORMS**

Uniforms are provided for all players for no additional cost after team rosters are formed. Game jerseys to be returned at end of season.

# U15

BORN 2006 & 2005  
TIER 1-3

## U15 / BORN 2004 & 2005 / TIER 1-3

### SEASON

**Regular Season:** May 2 – July 30, 2020

**Post Season:** Tier I: August 20 – August 23

Tier II-III: August 7 – August 9

**Fall Season:** Aug. 29 – Sept. 27, 2020

(Optional at Foothills discretion)

### TEAM PRACTICES

2 x 90-minute Team Practices per week with Team Coach.

### ACADEMY SESSIONS (18 WEEKS)

1 x 90-minute Academy Session per week with Academy Staff.

### SPORTS SCIENCE PROGRAM

60 minutes of Sport Science per week with Sport Science Staff.

### PLAYER DEVELOPMENT PROGRAM

12 hours of additional training through our Players Development Program (Subject to CMSA game schedule). PDP will include Skills Testing, Positional Specific Skills, Video Analysis and Player Feedback.

### CMSA GAMES

1 game played per week as per CMSA League Games to be played on any day of the week.

### LOCATION

Practices, Academy, and Skills Sessions are held at community fields in south Calgary. Games to be played at various community fields throughout the city and surrounding areas.

### UNIFORMS

Uniforms are provided for all players for no additional cost after team rosters are formed. Game jerseys to be returned at end of season.

**Registration \$550**  
**Academy \$575**

(Deferred payment date for academy is April 24, 2020)

**PDP/Sports Science \$295**

(Deferred payment date for skills/sports science is June 24, 2020)

### PLEASE NOTE:

*Players born in 2006 that are selected to participate in the National Youth Club License PDP league will be subject to additional fee's mandated from Calgary Minor Soccer Association and Alberta Soccer Association*

# U15

BORN 2006 & 2005  
TIER 4 - 5

**U15 / BORN 2006 & 2005 / TIER 4-5**

**Registration \$550**

## **SEASON**

**Regular Season:** May 2 – July 5, 2020

**Post Season:** July 17 – Sun. July 19

**Fall Season:** Aug. 29 – Sept. 27, 2020  
(Optional at Foothill's discretion)

## **TEAM PRACTICES**

1x 90-minute Team Practice per week with Team Coach.

## **ACADEMY SESSIONS**

Optional for an additional fee.

## **SPORTS SCIENCE PROGRAM**

Optional for an additional fee. (\$295)

## **CMSA GAMES**

1 game played per week as per CMSA League  
Games to be played on any day of the week.

## **LOCATION**

Practices, Academy, and Skills Sessions are held at community fields in south Calgary. Games to be played at various community fields throughout the city and surrounding areas.

## **UNIFORMS**

Uniforms are included in registration fees and players will keep their uniform. Game jerseys to be returned at end of season.

# U17

BORN 2004 & 2003  
TIER 1-3

## U17 / BORN 2004 & 2003 / TIER 1-3

### SEASON

**Regular Season:** May 2 – July 30, 2020

**Post Season:** Tier I: August 20 – August 23

Tier II-III: August 7 – August 9

**Fall Season:** Aug. 29 – Sept. 27, 2020

(Optional at Foothills discretion)

### TEAM PRACTICES

2 X 90-minute Team Practices per week  
with Team Coach

### ACADEMY SESSIONS (18 WEEKS)

1 x 90-minute Academy Session per week with Academy Staff.

### SPORTS SCIENCE PROGRAM

60 minute of Sport Science per week with Sport Science Staff.

### PLAYER DEVELOPMENT PROGRAM

12 hours of additional training through our Players Development Program (Subject to CMSA game schedule). PDP will include Skills Testing, Positional Specific Skills, Video Analysis and Player Feedback.

### CMSA GAMES

1 game played per week as per CMSA League (any day of the week)

### LOCATION

Practices, Academy, and Skills Sessions are held at community fields in south Calgary. Games to be played at various community fields throughout the city and surrounding areas.

### UNIFORMS

Uniforms are provided for all players for no additional cost once teams rosters are formed. Game jerseys to be returned at end of season.

Registration **\$550**

Academy **\$575**

(Deferred payment date for academy is April 24, 2020)

**PDP/Sports Science \$295**

(Deferred payment date for skills/sports science is June 24, 2020)



# U17

## BORN 2004 & 2003 TIER 4-5

### U17 / BORN 2004 & 2003 / TIER 4-5

Registration **\$550**

#### SEASON

**Regular Season:** May 2 – July 5, 2020

**Post Season:** July 17 – Sun. July 19

**Fall Season:** Aug. 29 – Sept. 27, 2020

(Optional at Foothill's discretion)

#### TEAM PRACTICES

1 x 90-minute Team Practice per week with Team Coach.

#### SKILLS & SPORTS SCIENCE PROGRAM

Optional for an additional fee. (\$295)

#### CMSA GAMES

1 game played per week as per CMSA League (any day of the week)

#### LOCATION

Practices, Academy, and Skills Sessions are held at community fields in south Calgary. Games to be played at various community fields throughout the city and surrounding areas.

#### UNIFORMS

Uniforms are provided for all players for no additional cost after team rosters are formed. Game jerseys to be returned at end of season.

# U19

## BORN 2002 & 2001 TIER 2-4

### U19 / BORN 2002 & 2001 / TIER 2-4

#### SEASON

**Regular Season:** May 2 – July 30, 2020

**Post Season:** Tier II-III: August 7 – Sun. August 9 Tier IV: July 17 – July 19

#### TEAM PRACTICES

2 X 90-minute Team Practice per week with Team Coach.

#### ACADEMY SESSIONS (18 WEEKS)

1 x 90-minute Academy Session per week with Academy Staff.

#### SPORTS SCIENCE PROGRAM

Optional for an additional fee. (\$295)

#### CMSA GAMES

1 game played per week as per CMSA League (any day of the week).

#### LOCATION

Practices, Academy, and Skills Sessions are held at community fields in south Calgary. Games to be played at various community fields throughout the city and surrounding areas.

#### UNIFORMS

Uniforms are provided for all players for no additional cost after team rosters are formed. Game jerseys are to be returned at end of season.

**Registration \$550**

**Academy \$575**

(Deferred payment date for Academy is April 24, 2020)

**PDP/Sports Science**

**\$295**

(Optional - Deferred payment date for skills/ sports science is June 24, 2020)

