



FOOTHILLS
SOCCER CLUB

YOUTH PROGRAM GUIDE

OUTDOOR 2024

APRIL 2024 - SEPTEMBER 2024



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REGISTRATION

To register for a program at Calgary Foothills Soccer, please create an account using our Foothills [Member Zone](#) website. It will be used to sign up for all off our Club's programs and camps.

<https://foothillssoccer.powerupsports.com>

You only need one account per family. If you already have an account and have registered previously, you do not need to create a new one. Just use your existing account.

Players must be registered to participate in tryouts.

Registration for Outdoor 2024 closes Sunday, March 17th, 2024.

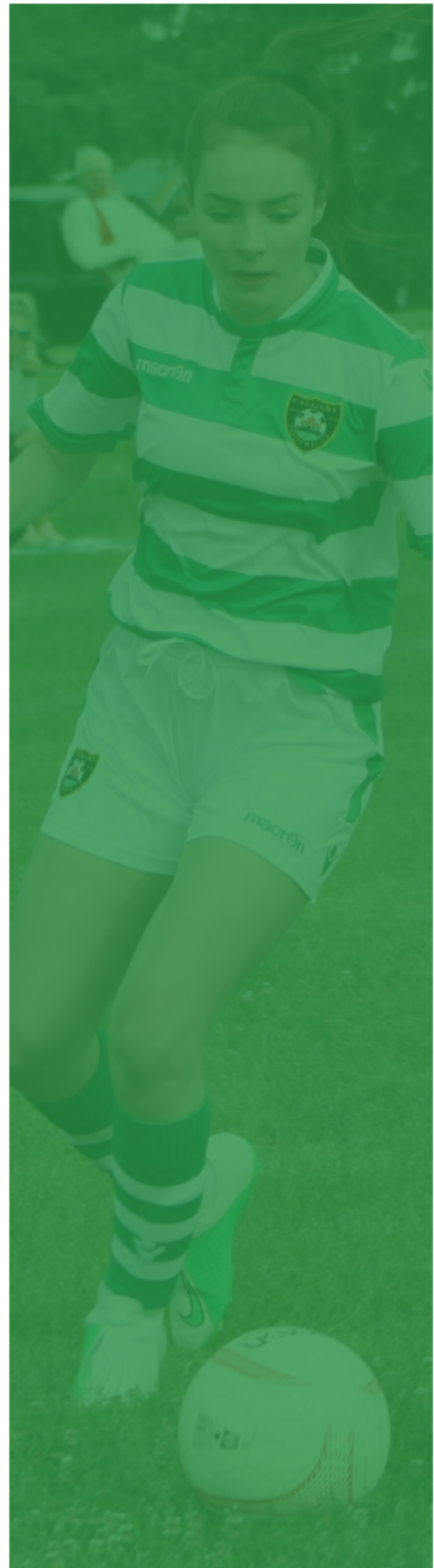
PAYMENT

Registration fees are due when you register.

Following tryouts and player placement, any additional fees for Academy, Skills, and Sports Science programs will be assessed. Payment by deferred installments can be made over the course of the season. If you require additional information, please contact the Club Administrator at admin@gofoothills.ca who will be happy to help.

Please note:

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





THE ACADEMY

PLAYER & TEAM DEVELOPMENT

CURRICULUM

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

PLAYER DEVELOPMENT PLAN

A development plan is created for each individual. The plan enables us to review progress and provide feedback throughout each player's development pathway.

TEAM DEVELOPMENT

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



COACH DEVELOPMENT & MENTORSHIP

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

To support our coaches, we provide FREE coach education for all of our U4-U18 assistant and head coaches. We offer education in line with the current Canada Soccer Association community stream as follows:

Active Start

For U4-U6 Coaches (Coaching workshop designed to develop a basic understanding of physical literacy.)

Fundamentals

U6-U8 Coaches (Building on understanding physical literacy and focusing on the Canada Soccer LTPD model.)

Learning to Train

U9-U12 Coaches (Focusing on a coach's understanding of the development stage of the players they are working with.)

Soccer for Life

U13+ Coaches (Helping coaches plan sessions that consider the players' development stage and focus on technical and tactical development.)

We also host regular in-house education specific to the Foothills Way that covers areas like how to manage a practice, best practices for players within their respective phases of development, and how to maximize the player's training time. All of 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 coach education, we also have a mentorship program where we work with our coaches to support their individual needs. This includes hosting 1-1 meetings to review past or upcoming practices or games and provide further support to coaches during their on-field commitments.

[Learn more about Coach Development and Mentorship at Foothills.](#)



SPORTS SCIENCE

U11 - 19 PROGRAM

Foothills provides players access to on-site Sports Science and Medical services at the Macron Performance Centre. Foothills is a leader in athlete development and performance, injury prevention and rehabilitation, and video analysis. Our Club is proud to be the only one in Calgary with dedicated Sports Science and Video Analysis Departments that take a long-term approach to athletic development, both physically and analytically.

Players can access a multidisciplinary team of sports-specific Physiotherapists, Athletic Therapists, Strength and Conditioning Coaches, and Sports Scientists as part of our holistic approach to player development.

As the game progresses, so do the demands of the athletes involved. The Sports Science Department assists and guides players to achieve maximal potential across the life cycle of their time with the Club. These aspects include but are not limited to

- fundamental movements,
- speed,
- agility,
- aerobic endurance,
- repeated sprint ability,
- strength, and
- power.

Excelling in these areas provides Foothills players with a competitive edge. Sessions cover a range of components depending on the age and stage of development of the player including:

Movement Mastery

The focus here is on improving movement and may involve teaching acceleration, deceleration, running, jumping, and bounding mechanics.

Strength Training

We cover injury prevention as well as strength and power development as massive cornerstones for athletic performance. Strength training helps players run faster and jump higher but also helps them become more robust and better able to deal with the physical demands of training and gameplay.

Last 15 Conditioning

We cover all aspects of the energy systems, from aerobic endurance to repeated sprint work. Players will improve their stamina, last longer in games, and keep their hands off their knees after a long run.



VIDEO ANALYSIS

TIER 1&2 VIDEO PACKAGE (\$100 PER PLAYER)
DEFERRED PAYMENT DATE: JULY 15TH, 2024

- Nine games will be filmed and analyzed by our Video Analysis Department.
- Teams will participate in 18x30 min or 9x60 min classroom sessions worked into the weekly schedule.

Example: Players have academy training on the field, then move upstairs to the media room to review analyzed game film/clips with video staff.

CLASSROOM SESSIONS INCLUDE:

- Examining individual KPIs as set by club technical staff.
- Team clips will be based on the academy curriculum at the time, with team tactics infused throughout.
- As part of this package, players will utilize our online Player Profile system - Pro Soccer Data (PSD.) PSD is an online data management solution where players will have individual and team profiles. Pro Soccer Data centralizes all player data, allowing staff, coaches, and players to work together as one team on individual player development. Within this program, players will have access to all technical traits and sports science data, allowing them to see an active and visual comparison throughout the season.

[Learn More about Video Analysis at Foothills.](#)



VIDEO ANALYSIS

**OPTIONAL TIER 3 "B" PACKAGE (\$50 PER PLAYER)
DEFERRED PAYMENT DATE: JULY 15TH, 2024**

- Three games will be filmed and analyzed by our Video Analysis Department.
- Teams will participate in 6x30 min or 3x60 min classroom sessions worked into the weekly schedule.

Example: Players have academy training on the field, then move upstairs to the media room to review analyzed game film/clips with video staff.

CLASSROOM SESSIONS INCLUDE:

- Examining individual KPIs as set by club technical staff.
- Team clips will be based on the academy curriculum at the time, with team tactics infused throughout.

As part of this package, players will utilize our online Player Profile system - Pro Soccer Data (PSD.) PSD is an online data management solution where players will have individual and team profiles. Pro Soccer Data centralizes all player data, allowing staff, coaches, and players to work together as one team on individual player development. Within this program, players will have access to all technical traits and sports science data, allowing them to see an active and visual comparison throughout the season.



VIDEO ANALYSIS

OPTIONAL TIER 3 "A" PACKAGE (\$100 PER PLAYER)

DEFERRED PAYMENT DATE: JULY 15TH, 2024

- Nine games will be filmed and analyzed by our Video Analysis Department.
- Teams will participate in 18x30 min or 9x60 min classroom sessions worked into the weekly schedule.

Example: Players have academy training on the field, then move upstairs to the media room to review analyzed game film/clips with video staff.

CLASSROOM SESSIONS INCLUDE:

- Examining individual KPIs as set by club technical staff.
- Team clips will be based on academy curriculum at time, with team tactics infused throughout.

As part of this package, players will utilize our online Player Profile system - Pro Soccer Data (PSD.) PSD is an online data management solution where players will have individual and team profiles. Pro Soccer Data centralizes all player data, allowing staff, coaches, and players to work together as one team on individual player development. Within this program, players will have access to all technical traits and sports science data, allowing them to see an active and visual comparison throughout the season.



FOOTHILLS SKILLS

U9 - U13 PROGRAM

At the Calgary Foothills Soccer Club, we are dedicated to fostering a comprehensive approach to player development, emphasizing the acquisition of fundamental skills and techniques. Our commitment lies in nurturing the confidence of our players with the ball, recognizing that the U9-U13 age range represents a pivotal period for optimal skill development.

Within this critical developmental phase, we prioritize the repetition of core skills as a cornerstone for the players' progress. A renowned coach once imparted the wisdom that "If you have 'no technical, you have no tactical.'" This underscores our philosophy that technique and skill must take precedence in the learning process. Notably, at Foothills, our players benefit from an unparalleled training regimen, ensuring they accumulate more touches of the ball than any other program in the city.

In line with our holistic approach, we hold the conviction that every player should achieve proficiency with both feet by the completion of this developmental stage. This emphasis on comprehensive skill acquisition sets the foundation for a well-rounded and capable soccer player as they advance through their sporting journey.



U14 - U17

TRADES PROGRAM

Calgary Foothills Soccer Club has introduced an enhanced iteration of our U14-17 Trades Program. This program comprises four meticulously curated 3-hour camps and seamlessly integrates both Technical and Performance departments to holistically develop young athletes.

Technical Emphasis:

The Technical component of the program concentrates on refining players' skills in critical areas, encompassing 1v1 and 2v2 attacking and defending, finishing, and the cultivation of individual player habits.

Performance Focus:

Our Performance department is dedicated to sculpting well-rounded athletes. This season, we've augmented the program to include sessions on essential facets such as nutrition, recovery, and mental skills. Additionally, the Performance team facilitates physical testing, encompassing speed assessments, change of direction evaluations, and strength training.

Physical Testing Highlights:

The Trades Program incorporates a battery of physical tests designed to gauge various aspects of an athlete's prowess:

1. 30m Sprint: Evaluates an athlete's top speed.
2. Broad Jump: Measures lower body power and strength.
3. The 5-10-5 Pro Agility Test: Assesses a player's agility and ability to change direction at maximum speed.
4. Yo-yo Intermittent Recovery Test: A football/soccer-specific assessment that quantifies a player's aerobic endurance.



ALBERTA YOUTH SOCCER LEAGUE

**An additional \$185.00 per player will be required for ALL players who are selected for Foothills' AYSL rosters.
(Deferred Payment Date is July 15th, 2024)**

Alberta Soccer Vision: A centre of excellence for the game, providing opportunities for all players to reach their full potential.

Alberta Youth Soccer League (AYSL) Vision: To create a competitive development environment that provides opportunities for all participants at the highest level of amateur youth soccer in Alberta and Canada.

AYSL is a partnership between Alberta Soccer, local District Members, and Canada Soccer National Youth Club License (NYCL) holders.

Players will participate in a periodized schedule across the whole calendar year that will develop athletes technically, physically, psychologically, and socially. The schedule will provide the proper amount of competition, training, and rest with a specific focus on maximizing our ability to use indoor and outdoor facilities that create a true soccer environment.

Calgary Foothills – AYSL Program

To support the development of our players, the number of training weeks will increase from 36 weeks to a minimum of 40 weeks across the calendar year. The increase in training load will be balanced across the following areas;

- Technical and tactical on fieldwork
- Video analysis, individual and team development
- Sports science, individual, and age group plans

The National Youth Club License

The Canada Soccer National Youth Club License recognizes the highest achieving organizations from across Canada and rewards them with the Canada Soccer “Approved Youth Soccer Club” endorsement and associated MLS Home Grown Player benefits. Organizations achieving this license display characteristics and demonstrate behaviours aligned with the highest expectations of governance, administration, infrastructure, and technical, support their Member Association and Canada Soccer Pathways and participate in the highest level of competition in Canada; the Canada Soccer Player Development Program.

Foothills has been a proud holder of the Canada Soccer National Youth Club License since 2021.



U9

BORN 2015 DEVELOPMENTAL PLUS

SEASON

Foothills Programs Run: April 23 to September 29, 2024 with Foothills programming break in August.

Spring Season Games: May 4 to Jun. 22, 2024

CMSA Rally: Jun. 22, 2024

TEAM COACH

Teams are led by volunteer coaches with support from Foothills staff.

TEAM PRACTICES

2 x 60-minute Team Sessions per week with Team Coach. 1 session to be paired with skills session.

SKILLS SESSIONS

1 x 60-minute Skills Session per week with academy staff.

Our U9/U10 Academy will focus on core technical components, such as dribbling, changing direction, staying on the ball with small-sided games.

CMSA GAMES

1 CMSA Match Day per week on Saturdays as per CMSA league structure. Games are 5 vs 5 format.

LOCATION

Practices, Academy and Skills Sessions are held at community fields in South Calgary. Games will be played at quadrant-based community fields throughout the city.

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 \$395 + SKILLS PROGRAM \$295

Register at www.gofoothills.ca / Deferred payment date is May 1st, 2024.



U9

BORN 2015 DEVELOPMENTAL

SEASON

Foothills Programs Run: April 23 to September 29, 2024 with Foothills programming break in August.

Spring Season Games: May 4 to Jun. 22, 2024
CMSA Rally: Jun. 22, 2024

TEAM COACH

Teams are led by volunteer coaches with support from Foothills staff.

TEAM PRACTICES

1 x 60-minute Team Sessions per week with Team Coach.

CMSA GAMES

1 CMSA Match Day per week on Saturdays as per CMSA league structure. Games are 5 vs 5 format.

LOCATION

Practices, Academy and Skills Sessions are held at community fields in South Calgary. Games will be played at quadrant-based community fields throughout the city.

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 \$395

Register at www.gofoothills.ca.



U10

BORN 2014 DEVELOPMENTAL PLUS

SEASON

Foothills Programs Run: April 23 to September 29, 2024 with Foothills programming break in August

Season Games: Apr 27 to Jul 28, 2024

CMSA Rally: July 27 & 28, 2024

CMSA Fall Series: September 13-15

TEAM COACH

Teams are led by volunteer coaches with support from Foothills staff.

TEAM PRACTICES

2 x 60 minute team session per week with Team Coach, 1 session to be paired with skills session.

SKILLS SESSIONS

1 x 60-minute Skills Session per week with academy staff.

Our U9/U10 Academy will focus on core technical components, such as dribbling, changing direction, staying on the ball with small-sided games.

CMSA GAMES

1 CMSA Match Day per week to be played on any day of the week as per CMSA league structure. Games are 7 vs 7 format.

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.

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 \$395 + SKILLS PROGRAM \$295
Register at www.gofoothills.ca / Deferred payment date is May 1st, 2024.



U10

BORN 2014 DEVELOPMENTAL

SEASON

Foothills Programs Run: April 23 to September 29, 2024 with Foothills programming break in August

Season Games: May 4 to Jul 19, 2024

CMSA Rally: July 20 & 21, 2024

CMSA Fall Series: September 13-15

TEAM COACH

Teams are led by volunteer coaches with support from Foothills staff. Players can request to play on team with friends.

TEAM PRACTICES

1 x 60-minute Team Sessions per week with Team Coach.

CMSA GAMES

1 CMSA Match Day per week to be played on any day of the week as per CMSA league structure. Games are 7 vs 7 format.

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.

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 \$395

Register at www.gofoothills.ca



U11

BORN 2013 DEVELOPMENTAL PLUS

SEASON

Foothills Programs Run: April 23 to September 29, 2024 with Foothills programming break in August

Season Games: Apr 27 to Jul 28, 2024

CMSA Rally: July 27 & 28, 2024

CMSA Fall Series: September 13-15

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

1 x 60 Minute skill session per week with Academy Staff added to a 60 minute team practice. 30 minutes of Sport Science per week with Sports Science Staff.

CMSA GAMES

1 CMSA Match Day per week to be played on any day of the week as per CMSA league structure. Games are 7 vs 7 format.

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.

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.

TEAM COACH

Teams are led by volunteer coaches with support from Foothills staff. Players can request to play on team with friends.

REGISTRATION \$495 + ACADEMY \$595 + SKILLS/ SPORTS SCIENCE \$295

*Deferred payment date is May 1st, 2024 / Deferred payment for skills/sports science is June 24, 2024
Register at www.gofoothills.ca*



U11

BORN 2013 DEVELOPMENTAL

SEASON

Foothills Programs Run: April 23 to September 29, 2024 with Foothills programming break in August

Season Games: May 4 to Jul 19, 2024

CMSA Rally: July 20 & 21, 2024

CMSA Fall Series: September 13-15

TEAM PRACTICES

1 x 90 minute practice per week with Team Coach.

SKILLS / SPORTS SCIENCE PROGRAM

Optional for an additional fee. [\$295]

CMSA GAMES

1 CMSA Match Day per week to be played on any day of the week as per CMSA league structure. Games are 7 vs 7 format.

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.

TEAM COACH

Teams are led by volunteer coaches with support from Foothills staff. Players can request to play on team with friends.

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 \$495

Register at www.gofoothills.ca



U12

BORN 2012 TIER 1 -3

SEASON

Foothills Programs Run: April 23 to September 29, 2024 with Foothills programming break in August.

Season Games:

Tier I/II – April 27 – July 28

Tier III – April 27 – July 19

CMSA Rally:

Tier I/II - July 27 & 28

Tier III - July 20 & 21

CMSA Fall Series: September 13-15

TEAM PRACTICES

1 x 90 minute practice per week with Team Coach 1 x 60 minute practice per week with Team Coach attached the 1 X 60 minute Skill Session

TEAM COACH

Teams are led by volunteer coaches with support from Foothills staff.

ACADEMY SESSIONS

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

SKILLS / SPORTS SCIENCE PROGRAM

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 CMSA Match Day per week as per CMSA format, played on any day of the week. Matches are 9 vs 9 format.

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.

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 \$495 + ACADEMY \$595 + SKILLS/SPORTS SCIENCE \$295

Deferred payment date is May 1st, 2024 / Deferred payment for skills/sports science is June 24, 2024

Register at www.gofoothills.ca



U12

BORN 2012 TIER 4 & 5

SEASON

Foothills Programs Run: April 23 to September 29, 2024 with Foothills programming break in August

Season Games:

Tier IV – V – April 27 – July 19

CMSA Rally:

Tier IV-V - July 20 & 21

CMSA Fall Series: September 13-15

TEAM PRACTICES

1 x 90 minute practice per week with Team Coach

SKILLS / SPORTS SCIENCE PROGRAM

Optional for an additional fee. [\$295]

TEAM COACH

Teams are led by volunteer coaches with support from Foothills staff.

CMSA GAMES

1 CMSA Match Day per week as per CMSA format, played on any day of the week. Matches are 9 vs 9 format.

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.

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 \$495

Register at www.gofoothills.ca



U13

BORN 2011 TIER 1 - 3

SEASON

Foothills Programs Run: April 23 to September 29, 2024 with Foothills programming break in August

Season Games:

Tier I-III – April 27 – July 28

Challenge Cup: July 26-28, ASA Provincials

CMSA Fall Series September 13-15

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.

TEAM COACH

Teams are led by volunteer coaches with support from Foothills staff.

SKILLS / SPORTS SCIENCE PROGRAM

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 CMSA Match Day per week as per CMSA format, played on any day of the week. Matches are 9 vs 9 format.

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.

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 \$575 + ACADEMY \$595 + SKILLS / SPORTS SCIENCE \$295

Deferred payment date is May 1st, 2024 / Deferred payment for skills/sports science is June 24, 2024

Register at www.gofoothills.ca



U13

BORN 2011 TIER 4 & 5

SEASON

Foothills Programs Run: April 23 to September 29, 2024 with Foothills programming break in August

Season Games:

Tier IV -V – April 27 – July 19

Challenge Cup: July 26-28, ASA Provincials

CMSA Fall Series: September 13-15

TEAM PRACTICES

1 x 90 minute practice per week with Team Coach.

ACADEMY SESSIONS

Optional for an additional fee.

TEAM COACH

Teams are led by volunteer coaches with support from Foothills staff.

SKILLS / SPORTS SCIENCE PROGRAM

Optional for an additional fee.

CMSA GAMES

1 CMSA Match Day per week as per CMSA format, played on any day of the week. Matches are 9 vs 9 format.

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.

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 \$575

Register at www.gfoothills.ca



U15

**BORN 2009/10
TIER 1 - 3**

SEASON

Foothills Programs Run: April 23 to September 29, 2024 with Foothills programming break in August

Season Games:

Tier I-III – April 27 – July 28

Challenge Cup: July 26-28, ASA Provincials

CMSA Fall Series: September 20-22

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.

SKILLS / SPORTS SCIENCE PROGRAM

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

TEAM COACH

Teams are led by volunteer coaches with support from Foothills staff.

TRADES PROGRAM

Experience the transformative U14-17 Trades Program, comprising four monthly 3-hour camps spanning both indoor and outdoor seasons. This comprehensive initiative encompasses Physical Testing, speed, agility, and individual technical components complemented by enlightening seminars on nutrition recovery and mental skills.

CMSA GAMES

1 CMSA Match Day per week as per CMSA format, played on any day of the week. Matches are 11 vs 11 format.

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.

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 \$575 + ACADEMY \$595 + SKILLS/SPORTS SCIENCE \$295

Deferred payment date is May 1st, 2024 / Deferred payment for skills/sports science is June 24, 2024

Register at www.gfoothills.ca



U15

BORN 2009/10 TIER 4 & 5

SEASON

Foothills Programs Run: April 23 to September 29, 2024 with Foothills programming break in August

Season Games:

Tier IV -V – April 27 – July 14

Challenge Cup: July 26-28, ASA Provincials

CMSA Fall Series: September 20-22

TEAM PRACTICES

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

ACADEMY SESSIONS

Optional for an additional fee.

SKILLS / SPORTS SCIENCE PROGRAM

Optional for an additional fee.

CMSA GAMES

1 CMSA Match Day per week as per CMSA format, played on any day of the week. Matches are 11 vs 11 format.

TEAM COACH

Teams are led by volunteer coaches with support from Foothills staff.

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.

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 \$575

Register at www.gofoothills.ca



U17

BORN 2007/08 TIER 1 - 3

SEASON

Foothills Programs Run: April 23 to September 29, 2024 with Foothills programming break in August

Season Games:

Tier I-III – April 27 – July 28

Challenge Cup: July 26-28, ASA Provincials

CMSA Fall Series: September 20-22

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.

SKILLS / SPORTS SCIENCE PROGRAM

60 minutes of SportScience per week with Sport Science Staff.

TEAM COACH

Teams are led by volunteer coaches with support from Foothills staff.

TRADES PROGRAM

Experience the transformative U14-17 Trades Program, comprising four monthly 3-hour camps spanning both indoor and outdoor seasons. This comprehensive initiative encompasses Physical Testing, speed, agility, and individual technical components complemented by enlightening seminars on nutrition, recover, and mental skills.

CMSA GAMES

1 CMSA Match Day per week as per CMSA format, played on any day of the week. Matches are 11 vs 11 format.

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.

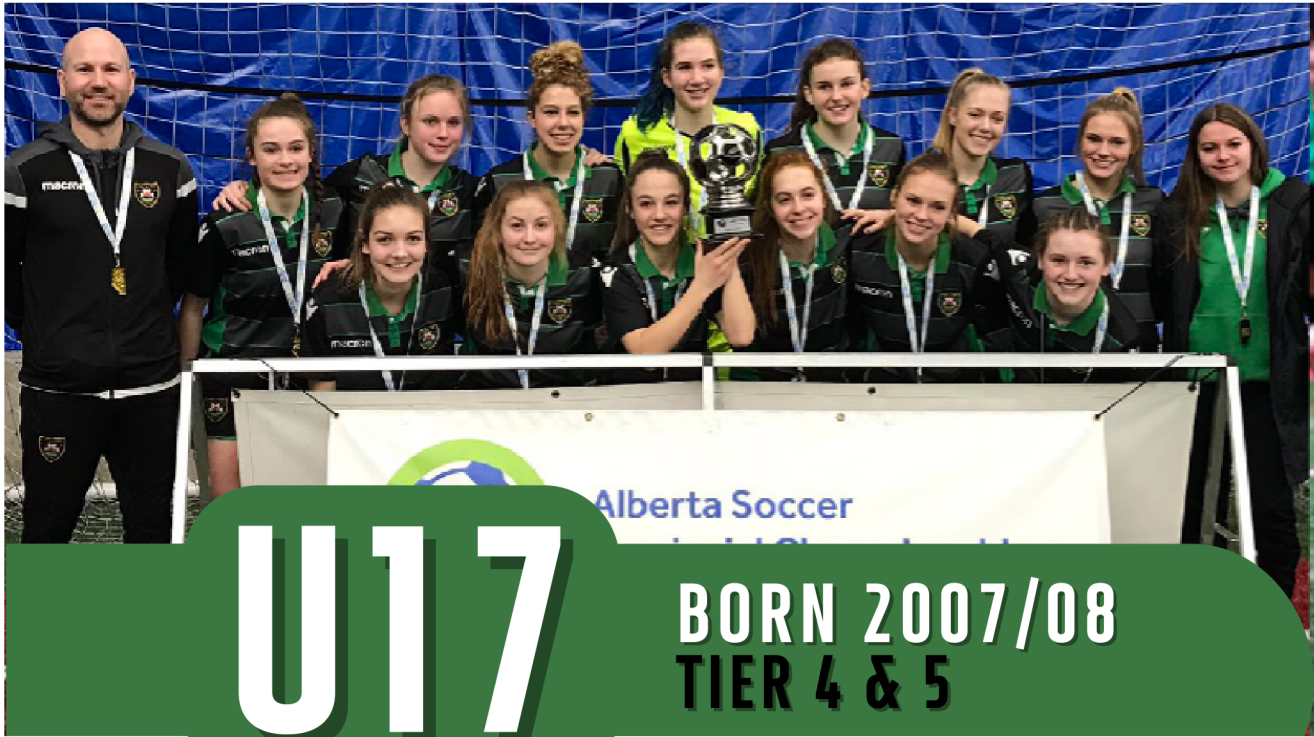
UNIFORMS

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 \$575 + ACADEMY \$595 + SKILLS / SPORTS SCIENCE \$295

Deferred payment date is May 1st, 2024 / Deferred payment for skills/sports science is June 24, 2024

Register at www.gofoothills.ca



SEASON

Foothills Programs Run: April 23 to September 29, 2024 with Foothills programming break in August

Season Games:

Tier IV -V – April 27 – July 14

Challenge Cup: July 26-28, ASA Provincials

CMSA Fall Series: September 20-22

TEAM PRACTICES

1 x 90 minute Team Practices per week with Team Coach

ACADEMY SESSIONS (18 WEEKS)

Optional for an additional fee.

SKILLS / SPORTS SCIENCE PROGRAM

Optional for an additional fee.

CMSA GAMES

1 game played per week as per CMSA League, played on any day of the week. Matches will be 11 vs 11 format.

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.

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.

TEAM COACH

Teams are led by volunteer coaches with support from Foothills staff.

REGISTRATION \$575

Register at www.goothills.ca



U19

BORN 2005/06
TIER 2 - 4

SEASON

Foothills Programs Run: April 23 to September 29, 2024 with Foothills programming break in August

Season Games:

Tier 2-3 – April 27 – July 28

Tier 4 – April 27 – July 14

Challenge Cup: July 26-28, ASA Provincials, Optional Fall Series

Teams may play in the CUSA/CWSA depending on numbers

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.

SKILLS / SPORTS SCIENCE PROGRAM

Optional for an additional fee.

CMSA / CWSA / CUSA GAMES

1 game played per week as per in CMSA, CWSA or CUSA League, played on any day of the week. Matches will be 11 vs 11 format

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.

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 \$575 + ACADEMY \$595

Deferred payment date is May 1st, 2024 / Deferred payment for skills/sports science is June 24, 2024

Register at www.gofoothills.ca