



NEWSLETTER

— CALGARY FOOTHILLS SOCCER CLUB —



TECH TALK - OUTDOOR 2022

- OUR ACADEMY AND PATHWAY
- WHAT IS VIDEO ANALYSIS?
- NEW / RETURNING STAFF
- AND MUCH MORE



**FOOTHILLS
SOCCER CLUB**



MESSAGE FROM THE TECHNICAL DIRECTOR

Dear Foothills Members;

As you may already be aware, I am transitioning from my role as technical director at Calgary Foothills Soccer Club to a new role with Cavalry FC. Though it has long been my dream to work as a coach at the professional level, leaving Foothills is bittersweet; I have spent a memorable 10+ years at the club and most recently helped our organization navigate the challenges of the pandemic. Needless to say, we have been through many ups and downs together, but we emerge stronger than ever in 2022.

I want to thank each of you for your continued support in getting us to this point. I also want to thank you for continuing to trust us with the soccer education of your children. We call ourselves the Foothills Family as the time spent with us often equates to as much time as you spend at home - therefore we naturally become a second home to many of our members. I have felt this tremendously through my tenure at the club and perhaps the most over the past two years. Every time I walk into our wonderful Fieldhouse, I feel a sense of belonging that I will cherish for the rest of my life. I know our members feel this as well.

Our club has been in operation since 1972 and has developed some great players over the decades. As we celebrate our 50th anniversary in 2022, this continues to hold true. We have long prided ourselves on two key things as part of our development ethos: to create excellent players and outstanding people. We proudly boast one of the strongest and most highly qualified coaching rosters in the country. These are coaches that can teach the technical and tactical details of the game but can also develop the person behind the player. The lessons a player learns and the experiences they have within our sports setting help to strengthen their character and personality as they embark, well-prepared, on their personal journey through life.

I embark on my new journey having learned many valuable lessons from my time at Foothills and having made life-long friends.

I am proud knowing that the club is in good hands and that our players will not only continue to develop but thrive.

I wish the Foothills Family the best in whatever comes next and I hope to see you on the pitch in the near future.

Thank you,

**LEON HAPGOOD,
TECHNICAL DIRECTOR CALGARY FOOTHILLS SOCCER CLUB**

in the country, we also have an in-house performance center that includes:

- Sports science program to develop athleticism and injury prevention
- Video analysis to develop the tactical and technical understanding using state of the art technology and analytical software
- Goalkeeper program to focus on the specific training that goalkeepers to require to specialize in their position
- Resilience and mental health strategy as we understand the importance of mental health and mental skills training.

Over the past 10 years, Foothills has sent the most teams to Alberta Tier 1 provincials, and sent 19 teams to Canadian National Championships, (More than any club in Alberta). Along with 8 Canadian National Youth Championships won, Foothills has captured 7 silver medals and 4 bronze medals at Canadian Club National Championships.

Our men's pro-am team, Foothills FC, are 2018 PDL/USL2 Champions. Our women's pro-am team, Foothills WFC, compete at the highest level of women's soccer in Canada and are 2019 UWS Western Conference Champions.

Along with our competitive stream, we offer a robust recreational stream providing an opportunity for our Foothills players to have fun, learn the sport, and develop life skills and friendships, including a lifelong love of the game. This program is primarily devoted to the enjoyment and development of soccer players without the emphasis on travel or high-level competition. Our Tier 4/5 program is a volunteer-based program



WHY FOOTHILLS?

Calgary Foothills Soccer Club is a club for all, running soccer programs from aged 4 to adult for approximately 3000 players. We feature programs (delete “and pathways”) for all levels of play from recreation to high performance. We believe in the “soccer for life” model for all our players.

Foothills Soccer is a Canadian Soccer Association National Youth Club License holder. The Canadian Soccer Club Licensing Program is for clubs that demonstrate best principles for organizational development both on and off the field.

The Canadian Soccer Club Licensing Program principles are as follows:

1. Prioritize Fun
2. Emphasize Physical, Mental, and Emotional Safety
3. Provide Developmentally Appropriate, High Quality Programs
4. Maximize Attraction, Holistic Personal Development, Progression, and Long-Term Engagement
5. Focus on Participant-Centered Decision Making
6. Foster Accessible, Inclusive, and Welcome Environments
7. Act as a Good Corporate and Community Citizen

Home to our own full-size 84,000 square foot turf fieldhouse with state-of-the-art synthetic field turf, full-service gym & fitness area, media room, on-site physiotherapy and athletic rehabilitation, cafeteria, dressing rooms, and head office. Our second facility, the Foothills Skills Center, comprises 39,000 square feet of state-of-the-art field turf that boasts 3 futsal fields and 1500 square feet of turf training area.



We offer in-house coaching mentorship and certification programs for ALL U4-adult coaches which includes coaches’ resources, materials, clinics, clusters, tournaments and socials.

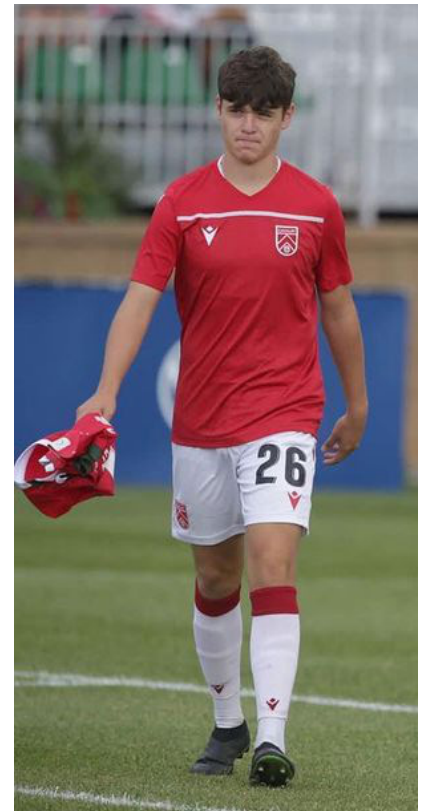
Foothills is verifiably Calgary’s best program with more resources and pathway to pro-am for male and female players. Our technical staff include professionally qualified (Canadian and European licensing) phase area managers at every age group, along with extensive player experience at university and professional environments. In addition to offering one of the top academy

ACADEMY AND PATHWAY

In 2021 the Foothills U23 Program participated in a Western Canada exhibition season which included games against Vancouver Whitecaps U23/ FC Tigers/ FC Okanagan / BTB Academy/ FC Manitoba + Edmonton Scottish. The leagues objective is to grow into a Central league 1 (Div 3 on the Canadian soccer pyramid).

Our team included an average age of 19 with 85% of the roster coming through our academy. Giving a chance to local Canadians has always been a goal of ours and to be able to have success with a young hungry squad shows the work that has been done in our academy. On the back of our season we got to see 2 players in Maxwell Piepgrass (2004) + Dale Reas Do (2003) sign their first professional contracts with Cavalry, Max was able to make 3 appearances for the first team. Also William Omoreniye (2004) was invited in to trial with the first team and has since been called back for the 2022 pre season environment.

We also had 2 members of our roster Caden Rogozinski (2002) + Markus Kaiser (2002) be selected in the 2022 Usports draft for Cavalry. The environment and level of play we provide is crucial for a young players development as they look to progress into the professional ranks.



From a collegiate stand point we had many players play in the Usports environment with Markus Kaiser making it and scoring in nationals with UBC. MRU Pair Ethan Keen and Caden Rogozinski achieved Canada West Bronze along with multiple individual awards, and Luke Green also getting a Bronze with ST FX out in Halifax. Liam Collens was a stand out goalkeeper with U of A, being recognized with individual awards.

This years crop will be even more exciting, we already have a large portion of local players in training full time, getting fit and ready for their next steps ahead. 2022 will prove to be an even more beneficial year for our program as we continue to strive towards changing the landscape of Canadian Soccer.



BOYS PROGRAM

U 13 Tier 1: During the year our development program has allowed 6 players to be promoted in the age group. We also have had +15 players with call-up opportunities from tier to tier and in different age groups. Our teams have gone and won Tournaments in 2021 such as the Junior Cup in Calgary and the Caledonia Cup in Edmonton.

U 14 Tier 1: During the year our development program has allowed 9 players to be Promoted in the age group. We also have had +10 players with call-up opportunities from tier to tier and in different age groups. Our teams have gone and competed in tournaments in Vancouver, BC. This age group were also winners of the Outdoor Season and Fall Cup.

U 15 Tier 1 & AYSL: During the year our development program has allowed 5 players to be Promoted in the age group. We also have had +15 players with call-up opportunities from tier to tier and in different age groups. Our teams have gone and competed in tournaments in Edmonton, AB, and Vancouver, BC. This age group have also been winners of the Fall Cup.



U 16 Tier 1 & AYSL: During the year our development program has allowed 5 players to be promoted in the age group. We also have had +15 players with call-up opportunities from tier to tier and in different age groups. Our AYSL team won the 1st Ever Edition of the AYSL. While our Tier 1 Program has gone and won their Regular Outdoor Season, Fall Cup and is currently playing in an older age group

GIRLS PROGRAM

As we look ahead to the summer of 2022 we do so with immense pride and huge excitement. With the challenges that became part of our everyday lives in the last 12-18 months, we were able to come through that period with a clear vision on what opportunities & benefits it presented us with.

More time dedicated to supporting each individual, a chance to work on aspects of the game that can be developed at home resulting in our players feeling more confident with the ball and continuing to maximize their development. We focused heavily on the impact video analysis can have with our players development and for all, how key physical & mental well-being is to life in general.

With our female program almost complete we see opportunities for coaches, players & parents from our Grassroots program at U4 all the way through to our Pro-Am women's team that compete in the United Women's Soccer League (UWS).

We want our UWS team to serve as an inspiration for players & coaches alike to aspire towards. Which player(s) will take the steps through our academy program to play at the highest level of soccer available to female players in the country. Which coaches can we guide, mentor & support to be



part of our Pro-Am team. Then beyond that – can we get our players to represent our country.

In December 2021 we made that breakthrough. Anna Hauer & Isabel Monck were selected to take part in a U17 National training camp and represent Canada playing in two games against Mexico. Both players were a part of our UWS team in the summer and have worked through our academy program over the past few seasons.

This is a great example of the quality that our program offers and the impact of the pathway that we can provide for our female players. In a recent interview with Sandra Prusina from Citynews, the girls summed it up perfectly;

Izzy; “For our development this past summer was a great environment to develop and an amazing experience”

Anna: “Having the chance to play in the UWS was so beneficial for my development and preparing

me for my future beneficial for my development and preparing opportunities”

We hope to see Anna & Izzy selected for the next upcoming camps, World Cup qualifiers and to see them play in a World Cup later this year.

As we continue to focus on developing the next wave of players through our academy program we also turn a focus to what's next – for individuals, as a club and our role for soccer in Canada as we continue with our vision to change the landscape of Canadian soccer.

The next step for female soccer in Canada has to be a professional playing opportunity. We are committed to bringing that opportunity to Canada, to Calgary and to Foothills.

We are ready to go for 2022 and hope to share some more exciting news soon!

TIER 2/3 PROGRAMS

Currently there are 101 boys' players and 74 girls' playing/registered with Foothills' Tier 2/3 program.

NUMBER OF TEAMS IN THE CURRENT CMSA INDOOR SEASON

Foothills Boys U13 –U17 - 7 teams

Foothills Girls U13 – U17 – 5 teams

2021 OUTDOOR CMSA CLUB REPORT

Tier 2 U13 – 5 boys' teams & 3 girls' teams

U15 – 8 boys' teams & 5 girls' teams

U17 – 6 boys' teams & 7 girls' teams

Tier 3 Boys – U13 4 boys' teams & 3 girls' teams

U15 – 7 boys' teams & 7 girls' teams

U17 – 1 boys' team (MSB) & 2 girls' teams

In our U13 age group we promoted 6 players through the tiers, while at U14 our club promoted 9 players during the 2021/2022 indoor season.

U15 and U16 our club promoted 5 players each from each age group. Calgary Foothills continues to promote players from within our own tiers which aligns with our player development pathway.

Currently there are 13 boys' teams in Tier 2/3 from U11 – U17 at Foothills. Our boys' teams compete in Calgary Minor Soccer league play throughout the city. Players are currently playing in 3 different formats of play such as Futsal, boarded play and 7 v 7 which our club supports with our player development model and coach support through coach education and video analysis.

I am excited to be joining such a prestigious club and want to thank all the staff and parents for making me feel welcomed.

My key visions for this phase are to create an environment on and off-field where players are being challenged appropriately and have access to resources to achieve their personal goals and accelerate their development.

I want to work alongside the team coaches to support them as individuals and create plans for them as they continue their coaching journey.

What are you most excited for with your new role?

I'm most excited to get ingrained in the foothills culture and

and doing everything I can to maximize the players development and enjoyment in the sport

How has soccer impacted your life?

Soccer has been massive for me in terms of joy as a player growing up, to learning valuable life skills such as punctuality, competitiveness and work ethic, as well as helping create friendships in my senior playing days and most recently career opportunities

What is your most memorable moment (player or coach)?

The 2018 B.C. summer games I got to work with an incredible group of players and coaches who reinforced the enjoyment

a team can have.



RILEY MURRAY
GIRLS DEVELOPMENT ACADEMY
MANAGER (U11-18)

VIDEO ANALYSIS

What is Video Analysis?

Video Analysis has become an integral tool for our players to further their development. Using our Veo camera system, players can watch and analyse their games in both their video analysis sessions and at home on their own. Veo allows staff, coaches, and players to watch, create clips and analyze their games, bridging what they do on the training field to their games. Classroom sessions are a combination of team analysis with pre-prepared clips focused on academy curriculum outcomes, and individual focus on positional key performance indicators and clips.

How does this program enhance our players?

The most critical way our players can develop through this program is with our weekly video sessions where we can review the previous game or training session. Visual representation has been a great way for players to see what coaches explain to them, with many players showing greater understanding of a concept after reviewing it. By looking at both the individual and team aspects, we can find solutions to directly affect an individual players performance.

As part of this program, players, coaches, and staff examine key



performance indicators for their position(s), giving us a new level of detail to their game. For example, a winger may look at their successful and unsuccessful 1v1 attempts at dribbling. From here we can examine where the moment had success and how we can improve where they did not.

GRASSROOTS

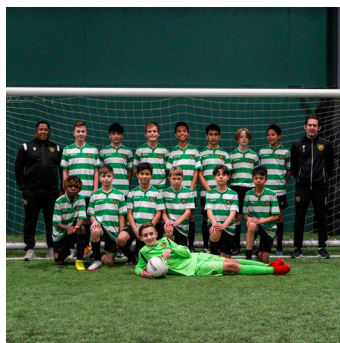
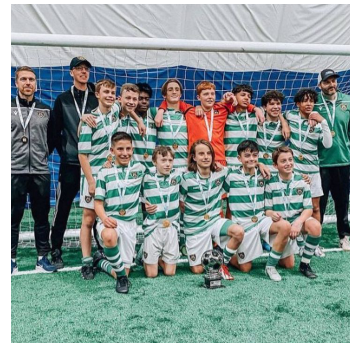
After a record-breaking 2021-2022 Indoor Grassroots registration of 431 players, we can't wait for the Outdoor 2022 Season for our Grassroots players! In addition to recovering our registration numbers back to normal levels in Outdoor 2021, we also formed three new community partnerships with Legacy, Evergreen, and Langdon. We look forward to continuing to grow their programs along with all of our other community partners including: Auburn Bay, Canyon Meadows, Chaparral, Cranston, Deer Ridge, Deer Run, Copperfield/Mahogany, and Queensland.

Following a successful first season in 2021, we will also be running our Competitive Parkland location for U7/U8 boys and girls for 14 weeks instead of 8 weeks to provide more to those wanting more soccer. The program duration will be for 10 weeks between May and July, with the 4 remaining weeks in September for fall soccer. This will also include our U8 Skills program offering skills sessions for our players with Foothills Staff.

Lastly, with Al Fernandes moving into his new role within the Boys Tier 2/3 program, we are excited to welcome Alex Valerio back from maternity leave who will be joining Sean Petryna as Fundamental Phase Managers looking after the Grassroots U4-U10 players.



CONGRATULATIONS TO ALL OF OUR TEAMS THAT PARTICIPATED IN THE 2022 YOUTH INDOOR PROVINCIAL CHAMPIONSHIPS AND THE CMSA FINAL FOUR TOURNAMENT.



THANK YOU VOLUNTEERS

Thank you so much for the immeasurably valuable work you have done for Calgary Foothills Soccer Club this season. We have not thanked you enough, and want to let you know that your dedication is essential to the work that we do to grow our club and making the Foothills Soccer Club a world class program and venue. We cannot do it without you. We would not want to do it without you.

You bring ideas, positive energy, professionalism and a ruthless intensity to keep our home to a high standard. Even though you're not in the spotlight, you are the backbone of each and every event we have whether it be CMSA games, CUSA games, CWSA games, Football games, or ASA provincials through different roles such as vaccination attendant, checking ID, parking attendant in the deep cold temperatures, dealing with unhappy and rude members of our soccer community. It is a THANKSLESS job.

Please know that we could not do this without your hard work. We are forever thankful for the time you have given to Foothills Soccer Club. You have made an unforgettable difference, and greatly under appreciated by many people in our soccer community. We are still working on hosting an event for our



Foothills volunteers as its important we get together to celebrate the work you all do. We thank you for your time, energy and commitment to move Foothills Soccer Club forward to a new level.