



# NEWSLETTER

————— CALGARY FOOTHILLS SOCCER CLUB —————



**WE ARE IN THIS TOGETHER**

- **OUR ACADEMY AND PATHWAY**
- **WHAT IS UWS? / WOMEN IN SPORT AND LEADERSHIP**
- **UPCOMING CLUB EVENTS AND FUNDRAISERS**
- **AND MUCH MORE**



**FOOTHILLS  
SOCCER CLUB**



# MESSAGE FROM THE TECHNICAL DIRECTOR

Dear Foothills Members;

It has been a crazy year with many ups and downs. On behalf of all of the Calgary Foothills staff, I want to thank each of you for your continued support and encouragement to keep our kids healthy, active and on the field. Through lessons learned during 2020 and bonds strengthened fighting together through adversity, we are more ready than ever to continue the next chapter of 2021. If you are re-registering your child with our club, welcome home. For those new members joining Foothills for the first time, I would personally like to extend you a warm welcome into the Foothills Family.

We call ourselves the Foothills Family as 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. Once a player steps into our training facility aptly known as “The Fieldhouse”, they will feel a sense of belonging through the training they receive, friends they make, and peers they interact within our vibrant culture.

Our club has been in operation since 1972 and has developed some great players over the years. However, we pride ourselves on two key things as part of our development ethos: to create **excellent players and outstanding people**. Not only do we proudly boast a strong and highly qualified coaching roster that can develop players, but our club culture also places a heavy emphasis on developing the person behind the player. The lessons a player learns and the experiences they have within our sports setting will help to strengthen their character and personality as they embark, well-prepared, on their personal journey through life.

We are firm believers in the long-term player development model and ensure we do our best to place every player in the right environment for their current stage of development. Every child unlocks their gift at different maturation stages of their development, so it is essential that we recognize the needs of the individual within our team programs. Thus, whether your child is joining us for their first ever soccer experience at U4, or soccer for life through our adult program and pathway, we will strive to make their soccer experience the best it can be.

Welcome to Foothills!

See you on the sidelines,

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



# 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.”**

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 programs 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”**

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.”**

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 staffed by a long-standing, loyal volunteer base of coaches and managers.



# ACADEMY AND PATHWAY

The Calgary Foothills academy program has been running since 2000 and is one of the most successful academy programs in Canada. The success is based on National/Provincial success, post-secondary placement, professional pathways, and coach qualifications. (delete the blurb about the facilities as it is highlighted in the previous article) We believe Foothills is not just a club but also a home for our young athletes.

**“In 2020, Calgary Foothills reached record growth to academy numbers, rising to close to 700+ players participating in our academy stream.”**

Calgary’s soccer landscape has changed significantly over recent years and Foothills has been at the forefront of this shift. With the creation of Pro-Am programs for our men and women’s players, Foothills FC (USL 2) and Foothills WFC (UWS) are now established steppingstones to attaining professional and international player status. 20+ male players have signed professionally. On the female side, Foothills WFC UWS is the highest level of club soccer available in Canada. 13 players have graduated on to sign professional playing contracts in Europe, while 3 players from the 2019 UWS team were called into a Women’s National training camp at the U20 level.

**“Our mission is to have a continuous stream of players graduate from our Foothills pathway into these programs and further on to National & International Stages.”**

To achieve this goal, we created an invitation-only, Enhanced Player Development Program (bold) in 2019 to provide more training hours to our aspiring players. At most European professional Clubs, players are working with their club’s technical staff between 12-14 hours per week, a number that we previously fell behind greatly. To achieve our mission, we provide our young players with access to the top staff and facilities in the country

The Foothills academy pathway is split into 4 stages that have full-time staff members assigned to ensure maximized development in a fun learning environment.

#### **Fundamental (U4-U8):**

The Fundamental phase is the base of the pyramid for our pathway at Foothills Soccer Club. At this stage, girls and boys decide if they are soccer players while growing a love for the game. Fun is the focus, while also developing fundamental movement and technical skills prior to progressing through the phases of the club.

#### **Foundation (U9-U12):**

As a club, we feel it is essential that we train the foundational skills and techniques in order for our players to grow their confidence with the ball. Between U9-U12, 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 our players will receive more high-quality 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.

#### **Development Phase (U13-U15):**

This stage focuses on the facilitation of player growth and personal development. This is the time when most of the physical growth and mental/social changes occur in the lives of our players. We encourage individuals to continue to work on their fundamental techniques, while helping players to understand how to work in a group or unit. The aim is to create effective decision makers with the focus on long term player development and preparing for players on what is next.

#### **Generation Phase/Generation Program (U16-U20):**

The Generation Phase is used to groom our athletes into becoming professionals not just in soccer but in life as well. Within this phase we host post-secondary showcase tournaments and information nights for all our players to learn more about their next steps. We support our players with their next journey through their life.

Our Generation Program is designed to increase hours for selected players to ensure they are given the same opportunities to that of top European academies. Over the last year this program has flourished with plenty of players moving on to higher teams and environments. The WHY behind the program is to provide a higher level of training to enable players to progress into the collegiate/ professional ranks.

#### **What’s Next?**

**“Calgary Foothills has a next level-pathway to bridges the gap from youth soccer to post-secondary, pro-amateur and professional ranks. We look at 4 avenues for our players, on both the female and male side”**

#### **Post-Secondary:**

We encourage our players to get an education first and foremost - if they can play soccer as well, even better!

#### **Pro-Am:**

Calgary Foothills has been the conference champion in both the USL II and UWS leagues with mainly Calgary Foothills graduates making up the bulk of these teams. This is another step to help our young players within their path to professional.

#### **Professional:**

Calgary Foothills boasts an excellent wall of professional graduates who have gone on to play pro either within CPL or abroad, even some for their country.

#### **Soccer for Life:**

Alumni program opportunities, Calgary Foothills has teams both within the CUSA/CWSA systems to allow our alumni to remain in the Green and White no matter what their level is.



## RECENT PRO SIGNINGS [VIEW FULL LIST: UWSOCCER.COM](#)

- ALEX LAMONTAGNE** (2018-19 Calgary Foothills WFC) - Rodez Aveyron Football
- KRYSZYNA FREDA** (2016 NJ Copa FC) - Glasgow City FC
- CATALINA PEREZ** (2019 NE Mutiny) - ACF Fiorentina
- EVI POPADINOVA** (2018-19 SC Blue Heat) - AaB Kind Elitefodbold (4x Bulgarian Footballer of the Year)
- EMILY DOLAN** (2016 Lanc Inferno) - Real Betis Feminas
- ANNIKA SCHMIDT** (2018-19 Indiana Union) - Göteborg FC
- SABRINA FLORES** (2018 LAGOC) - Sky Blue FC
- MEGAN WARNER** (2020 Unity FC) - UMF Sindri  
\*1st UWS League 2 player to sign a professional contract

# WHAT IS UWS?

**United Women's Soccer (UWS)** is a national pro-am league composed of professionally operated clubs within the United States and Canada. UWS provides high level competition for college players, aspiring & former professionals, and international stars. The league is second only to the National Women's Soccer League (NWSL) in the US Soccer Federation's player pathway.

**“The league is second only to the National Women's Soccer League (NWSL) in the US Soccer Federation's player pathway.”**

The UWS program is the highest level of women's soccer in Canada and provides our Canadian female players with an opportunity to develop their game while competing against top players from across the country, including the best of the Canadian U SPORTS environment and NCAA talent.

Our Foothills WFC team are the back-to-back (2018 & 2019) Western Conference Champions. In 2019, Calgary hosted the UWS National Championship with Foothills WFC competing in front of 1,500 fans against LA Galaxy in the National Final. The game was highly competitive with the LA Galaxy team securing a 1-0 victory with a goal from Catarina Macario. Macario recently received MVP honors for the US Women's national team in her first two caps and has signed a professional contract with Olympique Lyon in France

**“Macario recently received MVP honors for the US Women's national team and has recently signed a professional contract with Olympique Lyon in France.”**

### Growing the Game in Canada

Mya Jones, Caleigh Boeckx, and Tanya Boychuk have all played for our Foothills team and gone on to represent Canada at the U20 World Cup. Stephanie Labbe (Women's National Team goalkeeper) was part of the Foothills WFC team in 2018 and we are excited to showcase the next rising stars this summer.

As well as providing opportunities on the field, the program has benefited the club and local community by creating a professional experience where we focus on:

- The development of females within soccer. This can be from coaching through to supporting with the planning and marketing aspects of the team and being a part of the Foothills WFC committees that we have.
- Club inclusion: this is a key part of our game day and provides us with an opportunity to inspire so many young players by encouraging them to come out and be a part of the experience. We are always looking for walk out teams and ball girls, as well as those that want to be in our supporters group!

## RECENT NOTABLE PLAYERS

- ASHLEY SANCHEZ** (2019 SC Blue Heat) - Washington Spirit (2020 NWSL Future Legend Award recipient)
- TAYLOR KORNIACK** (2019 LAGOC) - Orlando Pride
- ZOE MORSE** (2019 Lansing United) - Chicago Red Stars
- ELLIE JEAN** (2018-19 NE Mutiny) - PSV Eindhoven
- SAMANTHA DEWEY** (2019 Indiana Union) - Real Betis Feminas
- SARAH KINZNER** (2017-19 Calgary Foothills WFC) - Ferencvárosi TC
- CHLOE CASTANEDA** (2016-19 SC Blue Heat) - Houston Dash
- KAIYA MCCULLOUGH** (2019 SC Blue Heat) - Washington Spirit

- Role models: our younger players can now see players that have played at the highest level in soccer (“If you can see it, you can be it”).

### Calgary Foothills Women's Program

We are proud to provide our players with additional opportunities to continue with their playing journey through the Alberta Soccer Major League (AMSL) and Calgary Women's Soccer Association (CWSA), respectively.

**“It is key that at U17/U18 players continue to be a part of our Club and have access to a team training program as well as enjoying games in standards-based leagues**

Once our players reach the U16 Generation Phase within our youth program they have a clear pathway ahead of them with respect to adult soccer. It is key that at U17/U18 players continue to be a part of our Club and have access to a team training program as well as enjoying games in standards-based leagues. This ensures that we are able to have a comprehensive player pathway that starts at the U4 Fundamental Phase and continues on to adult soccer in our soccer for life stream which encompasses all levels of play from Tier 1-6.

It is fantastic to see so many of our alumni playing in these environments and enjoying the game through the Foothills program. We feel that this is a key part to our club experience and adds to our club culture when we see our adult players paying it forward by returning to coach within our youth program.

We are excited to see our club being represented at all levels of soccer this summer and continuing with our pursuit of creating excellent players and outstanding people.

For more information on our UWS or Adult Soccer Program please contact 'Lee Tucker: tucks@goothills.ca





# GRASSROOTS



The Fundamental Phase (U4-U8) also known as our Grassroots Program is the base of the pyramid for our pathway at Foothills Soccer Club. Through this phase, girls and boys decide if they are soccer players while growing a love for the game. Fun is at the forefront and so is developing fundamental movement and technical skills prior to progressing to the next stages of the club.

**“Grassroots, where the journey begins. Through this phase, girls and boys decide if they are soccer players while growing a love for the game.”**

Led by phase leads Sean Petryna and Al Fernandes, the main outcomes for the children are the introduction to soccer, a focus on physical literacy, in addition to specific technical aspects of dribbling, change of direction with and without the ball, shielding, and ball striking (also known as goal scoring).

After a unique outdoor 2020 season where we were able to run our programs through the summer and fall. We are excited for registration to be open and be running back in the spring/summer for the Outdoor 2021 season taking place in our community partners.

Our community partners consist of Auburn Bay, Canyon Meadows, Chaparral, Copperfield, Cranston, Deer Ridge, Deer Run, Evergreen, Legacy, Mahogany, Queensland, and Walden

## What's New?

### Legacy Community Partnership

We are excited for our new partnership of Legacy Community association and look forward to offering and running our programs out of their community for the first time this Outdoor 2021 season as they are a new and growing community in the southeast of Calgary.





# U8 SKILLS PROGRAM



## The Why

The U8 Skills Program was introduced during the 2020 indoor season for our U8 developmental players. The reason behind the U8 skills program was to give our players more time on the ball and more time with our fulltime technical staff. More time with certified staff and more time on the ball working on their technical skills equals better players, more success for our players and more confidence with the ball on field.

**“More time with certified staff and more time on the ball working on their technical skills, equals better players, more success for our players and more confidence with the ball on field.”**

We recognize there is a need and want from players to have more time on the ball in their prime skill acquisition years. Our focus remains to create technically proficient players who love the game, who are creative decision makers and confident with the ball.

We look forward to working and coaching our U8 Skills players, as we look to create technically proficient players who love the game, confident in their abilities, creative and imaginative decision makers who love the game as much as we do

## Your Staff

Paul Ferries – U8 Skills Technical Lead – CSA Children’s License/CSA Youth License(pending) CSA B License (pending). Coach Paul brings a wealth of experience and knowledge to the academy while ensuring our players are learning/training in a positive environment.

Sean Petryna – Fundamentals Phase Manager – CSA Children’s License(pending)/CSA C License /NCCP Certified/ Coerver Diploma. Coach Sean adds a clear technical vision for our players with a fun and encouraging skills program delivery.

Al Fernandes – Fundamentals Phase Manager – NCCP I, II & III/Provincial B License/ NCCP Certified/ Former Head Coach @ Lethbridge College/AMSL Former Head Coach/Player. Coach Al brings a wealth of experience to the U8 Skills program as coaching for over 30 years at all levels of the game. Energy and enthusiasm personified as Coach Al delivers the U8 Skills curriculum to our players.



**Smith Doyle Gareth** 10/06/2002 - Calgary Foothills Soccer Club

Personal Contact Follow up Planning Training sessions Games Feedback Objectives

Video

**Personal details**

Birthplace:	Calgary	Date of registration:	
Nationality:	Canada	Licence data:	
Football nationality:	Canada	Status:	
National register number:		Contract details:	
FA number:		Agent:	

**Extra info**

Height:	6'1"	Weight:	
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Calgary Foothills Soccer Club



# VIDEO ANALYSIS

At Foothills, we have always looked towards what could be next for our players, coaches, and staff, whether it be close to home in the fieldhouse or creating a pathway for our players. Video analysis became an important focus for us to bridge a few important gaps in our pursuit of excellence. Professional clubs use video analysis to help their players, teams, and coaches achieve that next level.

The next question was the programs and software to use, so we partnered with Veo and Pro Soccer Data. Veo is a camera solution has ball tracking capabilities and stores all filmed games in a cloud where players can view and edit clips. Pro Soccer Data is an online data management solution where players have individual and team profiles, centralizing all player data within the club. This allows staff, coaches,

**ANDERLECHT IS THE TOP 5 IN THE WORLD IN PLAYER PRODUCTION**



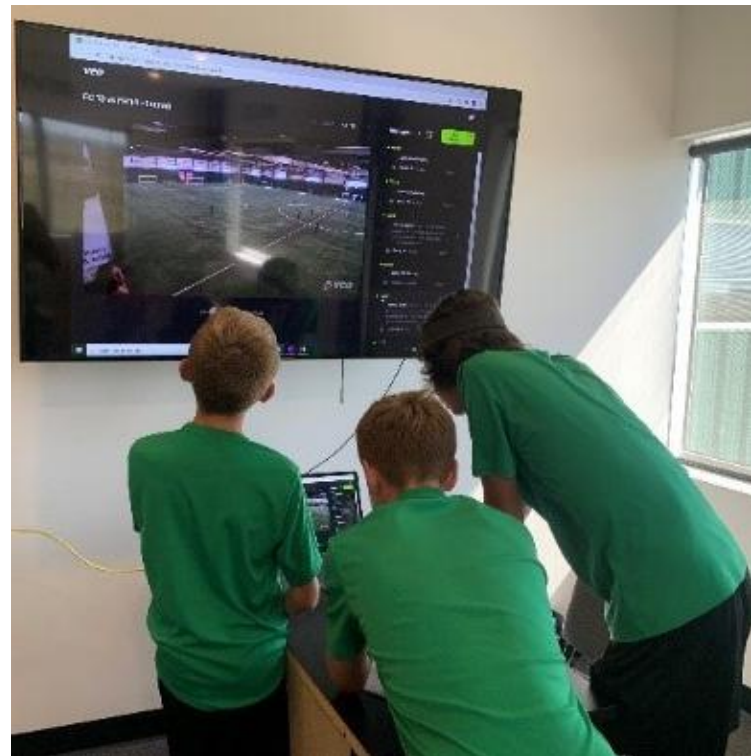
**AJAX WON THE EUROPEAN CHAMPIONSHIP 4 TIMES**

With PSD, you can always rely on this platform and build up a club history

**JEAN KINDERMANS**  
RSC Anderlecht - Technical director

PSD supports our youth academy in tracking the biggest football talents

**THIJS KRACHT**  
Ajax AFC - Head of Planning & Coordination



and players to work together as one team on individual player development. Within the video analysis program players have access to all technical data, sports science data, video clips, and other individual support documents, allowing them to see an active visual personal profile throughout the season and beyond.

As part of this program, players, coaches, and staff examine key performance indicators (KPI) for each of the playing position(s), opening new ways to discuss and project player development. For example, each game players will have a specific KPI to achieve and strive towards. This individual measure helps narrow focus and garner feedback from coaches and academy staff. technical data, sports science data, video clips, and other individual support documents, allowing them to see an active visual personal profile throughout the season and beyond.



# WOMEN IN SPORT & LEADERSHIP



Sport is so much more than just a game; it is an avenue for children to begin learning about life. For young kids, it provides instant personal connections with like-minded individuals to help build a community in which they are safe to express themselves. Sport helps kids explore who they are, what they value, and builds many skills that can be transferred to school, work and life.

For young girls, sport is incredibly important to stay active, build confidence, and learn about teamwork, leadership and adversity. It is about finding ways to grow your comfort zone, try new things, and learn to creatively solve problems both as an individual and within a team dynamic. It shows you the importance of commitment, sacrifice, and how to excel in your craft. It teaches you how to receive feedback and grow under different leadership styles; most importantly, it provides kids with leaders and role models to look up to.

**“Calgary Foothills is committed to supporting our girls, not only on the field, but in life beyond sport.”**

Calgary Foothills is committed to supporting our girls, not only on the field, but in life beyond sport. In 2020, we introduced “Grow Our Girls,” a program in which we focused on building three different avenues of the girls’ program: **Retention and Growth of participation, Leadership Development and Player/Coach pathway.**

Through the positive outcomes of the 2020 program, our intention in 2021 is to continue to build and grow the impact of the “Grow our Girls” program across the club building off three pillars:

**1. Building the Capacity and Retention of Girls in Sport / More Girls Playing More Often**

Creating a community through girls only events, incorporating the importance of the social development and environment of teams and club culture.

Making families feel part of something bigger through partnerships like Fast and Female, Headversity, and other personalized processes to support each individual. In 2019 we registered 2 staff and 8 of our Senior Leadership group as a part of the Fast and Female Ambassador team.

**“In 2019 we registered 2 staff and 8 of our Senior Leadership group as a part of the Fast and Female Ambassador team.”**

Listening to the needs of our players through seasonal 1on1 meetings to identify the goal of each player and provide mentorship and guidance along their path.

**2. Leadership Development and Mentorship for the Future Generation of Leaders**

Provide a forum for the development of Leadership skills in targeted future leaders. Based around the belief, “If you can see it, you can be it,” we aim to provide a wide range of role models to not only

to lead and conquer their own paths beyond sport. In 2021 we will also aim to provide guidance and opportunities to gain experience within leaders’ desired learning outcomes as they work toward their careers.

**“In 2020, Olympic Silver Medalist Dr. Cari Din from the University of Calgary Faculty of Kinesiology worked with our leadership group on building 5 key leadership qualities.”**

**3. Building the Pathway for Women’s Soccer**

Our vision is to ensure our pathway is both accessible and intentional for player advancement opportunities - whether it be youth national team program(s), post-secondary destination(s), pro-amateur opportunities, professional opportunities, or simply continuing in sport for life. We are very proud of the young women who have found success upon graduating from our youth program and have gone on to have varsity, pro-am, and professional experience playing the game that they love. We are equally proud of those who have gone on to succeed as professionals within the work force. It is our job to facilitate the opportunity for players, coaches, and young professionals to gain every opportunity through sport that they will need to succeed as they chase the dreams.

**“IF YOU CAN SEE IT,  
YOU CAN BE IT!”**

# COACH EDUCATION



**FOOTHILLS IS PROUD TO HAVE TRAINED OVER 400+ COACHES THROUGH NATIONAL COACH CERTIFICATION PROGRAMS**



## Using a Compass Not a Stopwatch for Coach Development

Coaches can get better in lots of different ways: by going on a course; by seeking a mentor; by observing others coach; by reading articles; or by engaging in social media. During these past months, quality Foothills staff connections with team coaches was a big focus to ensure that the players weren't the only ones training online. In order to maximize players' learning through providing a range of high-quality experiences, coaches also need to learn and improve.

Wayne Cleverly (Foundation Phase Boys Lead) and Lee Tucker (Generation Phase Girls Manager) have delivered coach education opportunities to all coaches U4 -U20 via Google Classroom over the past 10 months. Coaches have been provided regular access to resources and video content designed by the staff that will help their coaching delivery and refine their critical thinking about multiple topics of development.

**“Foothills encourages coaches to embrace modern technology and work through our online Google Classroom site by viewing, reading, reflecting, and completing the assignments attached to the learning content.”**

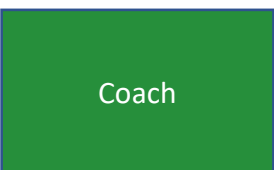
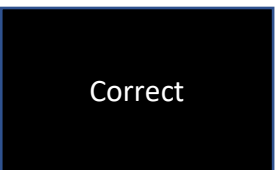
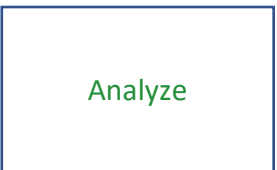
Foothills encourages coaches to embrace modern technology and work through our online Google Classroom site by viewing, reading, reflecting, and completing the assignments attached to the learning content. The challenge for coaches is to look through the content and then experiment, adapt, and tweak it for their group in the coaching environment once we are back on the field.

We have exposed coaches to multiple modules,

resources for them to read as well as webinars/zoom chats that have included coaches from various professional environments such as

1. England National Team Coach
2. Former Premier League player
3. Coach educators from English FA
4. Jason DeVos – Canada Soccer Director of Development
5. Toronto FC Sports Scientist
6. English Championship Academy Coaches

These experiences and exposure to world class coaches will inspire ALL to be better and seek out opportunity to observe, learn from, and ask questions from peers within the professional game. The Google Classroom will allow coaches to work at their own pace and use it as a 'compass and not a stop watch' for learning on a continuous journey.





# GOALKEEPING PROGRAM

The club is very excited to announce the start-up of the Foothills Goalkeeping Program, led by Foothills alumni Thomas Cowlshaw. Goalkeeper-specific training will now be conducted for all Foothills goalkeepers, with many techniques and skills to be worked on. The goal of this program is to produce the highest level of training possible, provide the players with sessions used by goalkeepers across the world, and to give our goalkeepers an environment specific to them to help them flourish. Players can look forward to fast paced, technical and enjoyable sessions with constant feedback and encouragement. Thomas is looking forward to working you all soon!



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# CLUB EVENTS & FUNDRAISERS

Subject to COVID regulations we will be hosting our **Legacy Night Fundraiser on Friday, June 25th.**

## **What is Legacy Night?**

Legacy Night is a tradition that was started in 2015 to celebrate the graduating class of athletes leaving the Foothills Soccer Club. It addresses the feeling of finality after a player's last league game, when the team they have been a part of for years, is no longer a team. Legacy Night is a way to come together and celebrate the many years spent developing as players and people at Foothills. However, this is not just for the graduating class! At Foothills we believe that everyone should always be included, so while we celebrate our graduating athletes, we encourage all Foothills families to come over for a night of amazing food, drinks, and conversations!

Subject to COVID regulations we will be hosting our annual **Foothills Golf Tournament on Thursday, August 12th.**

## **Why host the Foothills Golf Tournament?**

Foothills Soccer Club is always looking for ways to fundraise which will allow our club to do more and our members to pay less! The Foothills Golf Tournament is a way for us to connect with businesses in Calgary and create a network of support that relates to a variety of industries, organizations, and people. We raise funds through sponsorship, participation fees, and a silent auction at the end of the event! Think you're up for it? Join us this summer at Cottonwood Golf and Country Club for remarkable views and a fantastic day!



# FINANCIAL SUPPORT

There are a number of options when families require financial support to help pay for their child's sporting experience.

## KidSport Calgary & Area

We provide grants to help cover the costs of registration fees, as well as providing no-cost equipment so that all kids aged 18 and under in Calgary & Area can play a season of sport.

Our chapter accepts applications and administers grants of up to **\$300 per child/year**, for kids who live in Calgary & Area. If you live outside of Calgary & Area please click on the chapter list to find your local chapter.

To Apply Visit - <https://kidsportcanada.ca/alberta/calgary/apply-for-a-grant>

To Donate to Kidsport, Visit - <https://kidsportcanada.ca/alberta/calgary/donate>

## Canadian Tire Jumpstart Program

Empowering every kid to play!

Giving kids the opportunity to access sport and play is essential for their growth and development, which is why Jumpstart funds a variety of different sports and activities all with the goal of giving all kids the chance to discover their passion.

To Apply Visit - <https://jumpstart.canadian-tire.ca/pages/apply>

To Donate to Jumpstart, Visit - <https://secure.ctjumpstart.ca/registrant/DonationPage.aspx?eventid=211185>

## Their Opportunity Program

Their Opportunity exists to support under serviced families with the means to enroll their children into local sports and recreation programs. We set out to

eliminate the financial barriers so children can develop essential life skills such as confidence and sportsmanship, as well as develop a healthy lifestyle. Their Opportunity hosts a unique Giveback Program where children receiving funding are required to "pay it forward" within their community.

Since its inception, Their Opportunity has helped provide opportunities for over 12,000 children and affected thousands more through its Giveback Program translating to 162,000 recreation hours and 36,000 hours of community service or engagement.

To Apply Visit - <https://theiropportunity.com/apply-give-backapplyingforfundscalgary/>

To Donate to Their Opportunity, Visit - <http://theiropportunity.com/donate/>

# SPORT SCIENCE

We are delighted to now be able to provide our players with access to on-site Sports Science and Medical services at the Macron Performance Centre in partnership with Elite Athletic Development and Rehabilitation.

Our players can now access a multidisciplinary team of soccer specific Physiotherapists, Athletic Therapists, Strength and Conditioning Coaches and Sports Scientists on-site as part of our holistic approach to developing players.

The Elite Athletic Development and Rehabilitation team are able to assist and guide Calgary Foothills players with their physical development to achieve their maximal potential on-field.

Services include but are not limited to:

- Physiotherapy
- Athletic Therapy

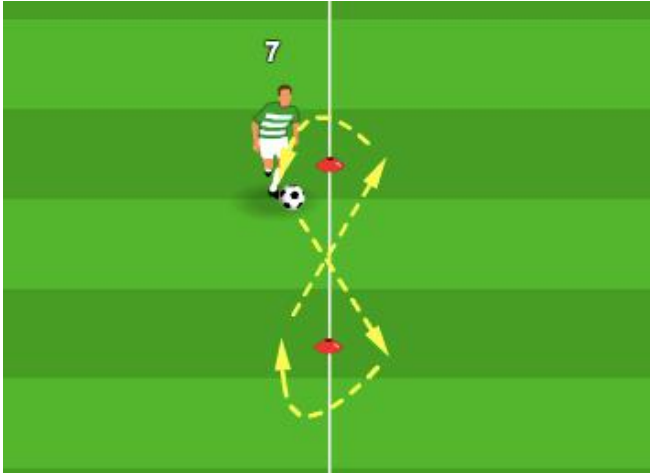
- Athletic Development (Including Speed, Agility, Strength, Power, Endurance)
- Injury Screening
- Performance Testing

You can find more information about the experienced staff and the services they provide, at [www.eliteathleticcycc.com](http://www.eliteathleticcycc.com). You can book in directly for an appointment via their website, simply click on "Book Appointment" to take you straight to their online booking system!





# SOCCER SKILLS FROM HOME



## THE FIGURE 8

Equipment: 2 cones or small objects & 1 soccer ball

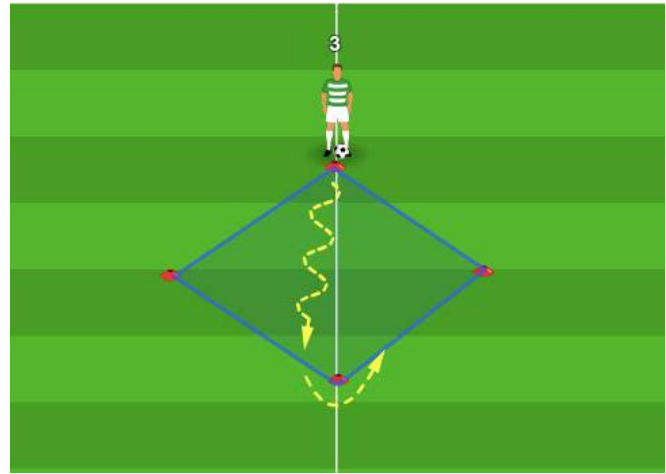
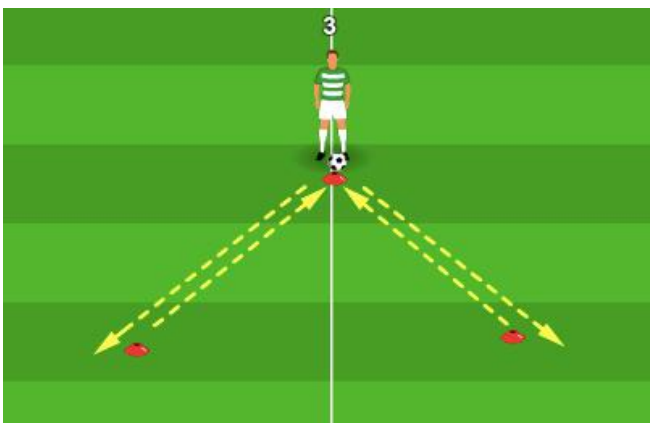
Instruction: Player goes around the two cones in a figure 8 formation in 45 second intervals. Do so in the following ways

### Examples

- Inside left foot / Inside right foot
- Outside left foot / Inside right foot
- Both feet inside/outside foot

### Progression

- Rolling ball only
- Change direction
- Skill moves between cones



## SKILL MOVE DIAMOND

Equipment: 4 cones or small objects & 1 soccer ball

Instruction: Player go around the cones in any pattern and must do a skill move when travelling in between. This is to be done in 45 second intervals

### Examples

- Messi
- Ronaldo
- Maradona
- Scissors
- Elastico

## SKILL COMBINATION

Equipment: 3 cones or small objects & 1 soccer ball

### Instruction:

Player combines a skill move and one turn in quick succession. Players are to do combination between two cones. Make sure do so each combination in both directions (left & right).

### Examples

- Scissors to outside cut
- Messi to hook turn
- Maradona to pull back turn
- Elastico to Cruyff turn

Be creative and think of new combinations.