



FOOTHILLS
SOCCKER CLUB

YOUTH PROGRAM GUIDE

OUTDOOR 2025

APRIL 2025 - SEPTEMBER 2025



TABLE OF CONTENTS

Registration	3
Payment	3
The Academy	4
Coach Development and Mentorship	5
Sports Science Program	7
Video Analysis Program	8
U9- U12 Skills Program	11
Player Development Program	15
U9 / Born 2015	16
U10 / Born 2014	18
U11 / Born 2013	20
U12 / Born 2012	22
U13 / Born 2011	24
U15 / Born 2010 & 2009	26
U17 / Born 2008 & 2007	28
U19 / Born 2006 & 2005	30

REGISTRATION

To register for a program at Calgary Foothills Soccer Club, please create an account using our Foothills [Member Zone](#) website. It will be used to sign up for all of 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 2025 closes Sunday, March 23rd, 2025.

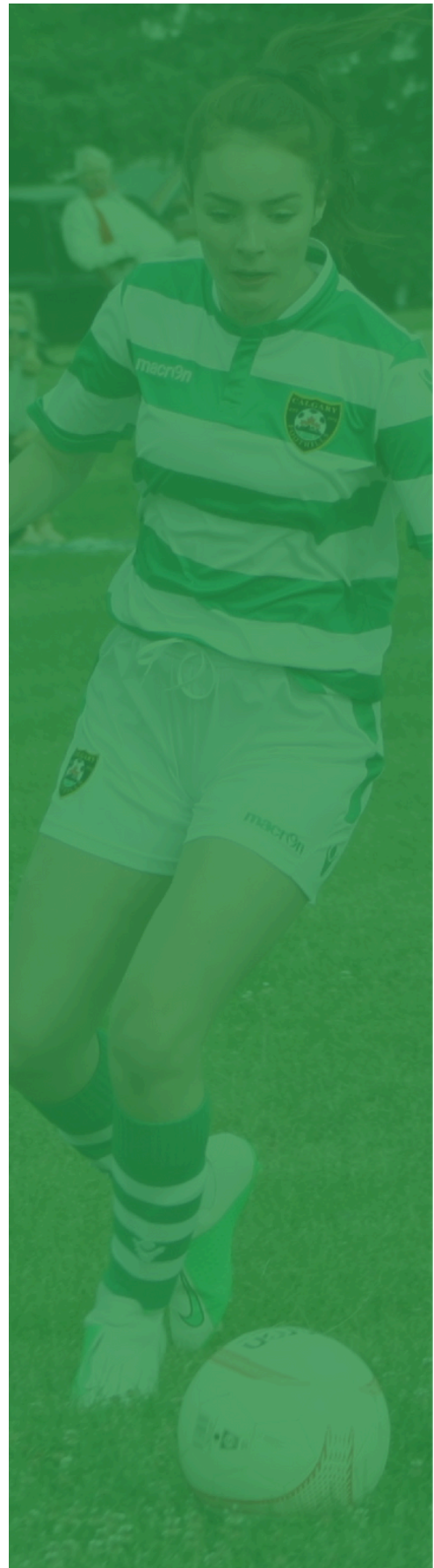
PAYMENT

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 PERFORMANCE REVIEWS

End of season feedback is structured around three key areas: technical, tactical, and mental. Both the academy coach and team coach provide insights, offering a summary of the season and commentary on 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, we encourage an environment of continuous improvement where to be extraordinary, you must be willing to make an extra effort. To assist our coaches to become extraordinary, we provide FREE coach education for all of our U4-U18 assistant and head coaches that adheres to the Canada Soccer Association community stream.

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.)

	Minimum Coaching Standards						Canada Soccer Coach Education Program									
	Through CMSA	Respect Group	NCCP Certification				Active Start		Fundamentals		Learn to Train		Soccer for Life		C-License Certified	
	e-PIC	Respect in Sport	Making Ethical Decisions	Making Good Way	Rule of Two	EAP	Theory	Practical	Theory	Practical	Theory	Practical	Theory	Practical	Theory	Practical
U7 - U9	✓	✓							★	★						
U10 - U11	✓	✓	+	+							★	★				
U12	✓	✓	★	★	★	★					★	★	★	★	★	★
U13 Tier II, III, IV	✓	✓	★	★	★	★							★	★	★	★
U13 Tier I	✓	✓	★	★	★	★							★	★	★	★
U15+ Tier II, III, IV	✓	✓	★	★	★	★							★	★	★	★
U15, U17 Tier I	✓	✓	★	★	★	★							★	★	★	★
House Leagues <small>Age & Group Association</small>	✓	✓	+	+			★	★	★	★	★	★	★	★		

Safe Sport

- ✓ Required for all team officials (coaches, assistant coaches, team managers)
- ★ Required education for coaches and assistant coaches
- ⊕ Recommended coach training

Technical Coaching Training Requirements



COACH DEVELOPMENT & MENTORSHIP

Foothills hosts regular in-house workshops that cover how to manage a practice, best practices for players within their respective phases of development, how to maximize player training time, and more. All of our coach education clinics take place at the Macron Performance Centre, which is the Club's 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.](#)

WE ARE EXPANDING OUR COACHING FAMILY

Are you passionate about soccer and love sharing your expertise with enthusiastic players? We're on the hunt for dedicated coaches to join our Club!

Whether you're an experienced professional or a recreational soccer enthusiast, we welcome male and female coaches of all levels.

Make a difference.

Inspire and nurture the next generation of soccer stars while promoting teamwork, discipline, and sportsmanship.

Grow your skills.

Enhance your coaching abilities through workshops and opportunities for professional development.

Enrich your life.

Experience the joy of guiding young players to learn, develop skills, and become outstanding individuals.



JOIN OUR FOOTHILLS SOCCER CLUB COACHING TEAM!

Inspire and nurture the next generation of soccer stars while promoting teamwork, discipline, and sportsmanship.

Contact Colin At Colin@gofoothills.ca To Sign Up



SPORTS SCIENCE

U11 - 19 PROGRAM

Players have access to a multidisciplinary team of sports-specific Strength and Conditioning Coaches and Sports Scientists as part of our holistic player development approach. Additionally, we are working on a medical partnership for the outdoor season, which will ensure athletes receive priority treatment from professionals in sports medicine, including doctors, physiotherapists, and athletic therapists [Please visit gofoothills.ca for more information].

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
- 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

Our focus is on improving movement through teaching acceleration, deceleration, running, jumping, and bounding mechanics.

Strength Training

Strength training in the gym begins at the U13 age group, where players work on injury prevention as well as strength and power development. These are massive cornerstones for athletic performance. Strength training helps players run faster, jump higher, and become more robust, better able to deal with the physical demands of training and gameplay. For U11 and U12 players, the focus is on on-field drills designed to improve movement patterns. These drills relate back to the game of soccer and set them up for success as they progress to gym-based training at U13 and older.

Conditioning

All aspects of energy systems are explored, 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

U12 TIER 1 (\$50 PER PLAYER)

DEFERRED PAYMENT DATE: JUNE 16, 2025

Video analysis has become an integral tool as we look to advance players' understanding when it comes to individual and team play. This newly offered program for U12 Tier 1 teams gives players an introduction to video analysis, allowing them to watch themselves score goals, make tackles and saves, and show off their 1v1 skills.

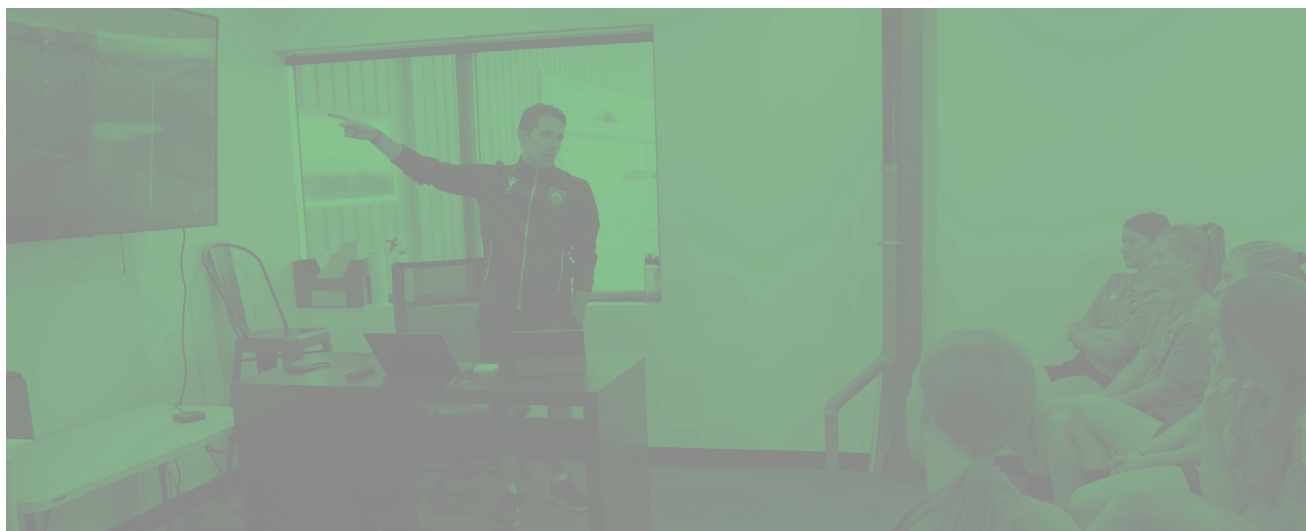
- Three games will be filmed and analyzed by our Video Analysis Department.
- Teams will participate in 6x30 min worked into the weekly schedule.

CLASSROOM SESSIONS INCLUDE:

- Team clips based on the current Academy curriculum.
- Individual-focused player traits and KPIs around all positions.
- Both group and individual work to highlight players and their teams.

As part of this package, players will utilize our comprehensive online Player Profile system - ProSoccerData (PSD) and the Veo camera solution. PSD is an advanced online data management application that provides individual and team profiles. It centralizes all player data, facilitating seamless collaboration among staff, coaches, and players to support individualized player development. The program offers players access to technical traits and sports science data, enabling active and visual comparisons throughout the season. Additionally, Veo allows teams to record games throughout the season, and create and share clips during video sessions or at home, all contributing to their player profiles.

[Learn More about our Performance Department and Video Analysis at Foothills.](#)



VIDEO ANALYSIS

U13+ TIER 1&2 VIDEO PACKAGE (\$100 PER PLAYER)

U13+ TIER 3 OPTIONAL PACKAGE BASED ON TEAM DECISION (\$100 PER PLAYER)

DEFERRED PAYMENT DATE: JUNE 16, 2025

Video analysis has become an essential tool for enhancing a player's understanding of both individual and team concepts. Integrated into the Academy curriculum, players will examine the five moments of the game: Attacking Organization, Defensive Organization, Attacking Transition, Defending Transition, and Set Pieces. Discussions on these moments will be facilitated through pre-prepared clips from the video analysis team or through small group activities during video sessions.

- 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.

CLASSROOM SESSIONS INCLUDE:

- Team clips analyzed by video staff based on the current Academy curriculum.
- Individual-focused player traits and KPIs around all positions
- Both group and individual work to highlight players and their teams.

As part of this package, players will utilize our comprehensive online Player Profile system - ProSoccerData (PSD) and the Veo camera solution. PSD is an advanced online data management application that provides individual and team profiles. It centralizes all player data, facilitating seamless collaboration among staff, coaches, and players to support individualized player development. The program offers players access to technical traits and sports science data, enabling active and visual comparisons throughout the season. Additionally, Veo allows teams to record games throughout the season, and create and share clips during video sessions or at home, all contributing to their player profiles.

[Learn More about our Performance Department and Video Analysis at Foothills.](#)



VIDEO ANALYSIS

OPTIONAL U13+ TIER 3 "B" PACKAGE (\$50 PER PLAYER)
DEFERRED PAYMENT DATE: JUNE 16, 2025

Video analysis has become an essential tool for enhancing a player's understanding of both individual and team concepts. Integrated into the Academy curriculum, players will examine the five moments of the game: Attacking Organization, Defensive Organization, Attacking Transition, Defending Transition, and Set Pieces. Discussions on these moments will be facilitated through pre-prepared clips from the video analysis team or through small group activities during video sessions.

- 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.

CLASSROOM SESSIONS INCLUDE:

- Team clips analyzed by video staff based on the current Academy curriculum.
- Individual-focused player traits and KPIs around all positions
- Both group and individual work to highlight players and their teams.

As part of this package, players will utilize our comprehensive online Player Profile system - ProSoccerData (PSD) and the Veo camera solution. PSD is an advanced online data management application that provides individual and team profiles. It centralizes all player data, facilitating seamless collaboration among staff, coaches, and players to support individualized player development. The program offers players access to technical traits and sports science data, enabling active and visual comparisons throughout the season. Additionally, Veo allows teams to record games throughout the season, and create and share clips during video sessions or at home, all contributing to their player profiles.

[Learn More about our Performance Department and Video Analysis at Foothills.](#)



FOUNDATION PHASE

U9- U12 PROGRAM

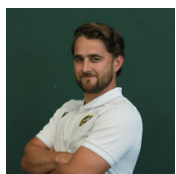
GOLDEN AGE OF LEARNING



TAYLOR TOMBIDES
UEFA B LICENCE COACH
WEST HAM UNITED PLAYER
HULL CITY PLAYER
WEST HAM UNITED COACH

The Foundation Phase, often called the Golden Age of Learning, is a critical period in a young player's development, typically between the ages of 9 and 12. During this time, players' brains are highly receptive to acquiring new skills, making it the perfect moment to establish a strong technical foundation in soccer.

At this age, children are especially capable of absorbing and retaining information, allowing them to develop motor skills, coordination, and technique effectively. This phase is when players build their technical toolbox by repeatedly practicing the Brilliant Basics, such as 1v1 situations, ball control, passing, and shooting. Each touch on the ball makes these skills more natural and instinctive.



CHACE JACQUART
NATIONAL B LICENCE COACH
AFC WIMBLEDON PLAYER
SPORTING CLUBE PORTIMONENSE
PLAYER

This period is also key for developing tactical understanding, as players begin to grasp basic concepts like positioning, spacing, and decision-making, which lay the foundation for more advanced tactics. The focus is on learning through play, experimentation, and making mistakes in a supportive environment.

Beyond technical development, the Foundation Phase is important for personal growth. As players gain confidence in their skills, they also learn valuable life lessons such as discipline, resilience, and teamwork. By fostering a positive, fun atmosphere, the Golden Age of Learning helps players build a love for the game and sets the stage for growth as both athletes and individuals.



FOOTHILLS SKILLS

U10-U12 PROGRAM

At Foothills, we focus on mastering the Brilliant Basics because a strong technical foundation is essential for long-term success. New this outdoor season, we are excited to introduce our U10 players to the Foothills Skills Program.

This provides young athletes with the opportunity to develop their technical abilities in a structured, supportive environment. The program helps players build a foundation in key aspects of the game, including 1 v 1 Domination, Passing & Receiving, goalscoring, Defending, and Final Ball Execution. By incorporating U10 players, we aim to support their growth and confidence, setting them up for future success while ensuring a fun, engaging experience.

The U10-U12 age group is crucial for skill development, and building confidence with the ball during this phase sets the stage for future growth. Through repetition of core skills, we ensure technical proficiency. Our program offers more touches on the ball than any other in the city, accelerating growth and internalizing key techniques.

We are committed to making players proficient with both feet by the end of this phase, enhancing versatility and adaptability. This comprehensive approach equips players with the skills and confidence needed to succeed at higher levels and continue their soccer journey. By focusing on these fundamentals, we are preparing players not just for the next season, but for long-term success

Brilliant Basics

1 v 1
Domination

Defending

Goal
Scoring

Passing &
Receiving

Final Ball
Execution



U13 - U17

TRADES PROGRAM

The curriculum for our U14 -U17, Tiers 1 to 3 teams includes a meticulously curated Trades Program. The Program comprises six, two-hour sessions that integrate technical, fitness, and performance aspects to holistically develop young athletes.

Technical Emphasis:

Concentrates on refining players' skills in critical areas, encompassing 1v1 and 2v2 attacking. Sessions are built around position-specific traits stemming from KPI traits our U13+ teams explore in video analysis. Whether a striker, defender, mid, or goalie, sessions will incorporate individual traits for player success.

U13 Skills Training:

Players will receive technical training designed to elevate their technical skills. Each session is packed with expert guidance and the chance to master new techniques, ensuring players develop a strong foundation in their development path.

Performance Focus:

Our Performance department is dedicated to sculpting well-rounded athletes. This season, we've expanded 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 features a series of physical tests to measure different aspects of an athlete's abilities:

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



U11 - U17

NEXT LEVEL TRAINING PROGRAM

Take Your Game to the Next Level

The "Next Level" Program is a premier training initiative designed for ambitious young players ready to refine their skills and excel in competitive soccer. This program offers a comprehensive pathway to success, combining elite coaching, world-class facilities, and a high-performance environment. It's modeled after elite soccer academies worldwide, including top Premier League (UK) and European academy programs, where players train with technical staff for a minimum of 12–14 hours per week. This elevated training frequency and environment create the foundation for success at the highest levels.

More than just a training session, the Next Level Program is crafted to develop technical skills, tactical understanding, and mental resilience. The program emphasizes structured, high-intensity training tailored to players competing at the highest levels, including APDL, Tier 1, Tier 2, and Tier 3. Players will:

- Hone technical abilities like ball control, passing accuracy, finishing, and positioning.
- Build game intelligence, decision-making under pressure, and leadership skills.
- Train in groups matched by skill, age, and stage to foster high-tempo sessions.

Program Details:

- Dates: April 2025 - September 2025
- Schedule and Location: TBC
- Cost: \$180 for each 6-week block

Why Choose the Next Level Program?

1. Elite Coaching:

- Canada Soccer (CSA) and UEFA-licensed coaches dedicated to developing the whole player.

2. Comprehensive Development and Opportunities to Shine:

- Enhance technical and tactical skills while building resilience, leadership, and adaptability.
- Prepare for real-game scenarios and decision-making under pressure.

As a key part of the Calgary Foothills player pathway, our Next Level program provides an opportunity for players to be identified & potentially invited into our Enhanced Player Development program at U13-U15. Join us to train with like-minded, motivated athletes and take your soccer journey to new heights.



CALGARY FOOTHILLS SOCCER CLUB: THE GOLD STANDARD FOR APDL AND PDP PLAYER DEVELOPMENT

About the APDL and PDP

The Alberta Player Development League (APDL) is the competitive game component of Canada Soccer's Player Development Program (PDP) in Alberta. Governed by the Alberta Soccer Association, the APDL provides a structured, high-performance environment designed to develop players, coaches, officials, and administrators.

How Calgary Foothills Leads the Way

Since joining the APDL (formerly the Alberta Youth Soccer League) in 2021, Foothills has earned championships at both the city and provincial levels. Our sustained excellence positions us as the leader in youth player development. Our success is built on a foundation of dedicated people and cutting-edge programs. We boast a team of highly skilled coaches, technical trainers, and club leaders who have developed programs that attract top-tier players.

Unrivalled Success in the APDL

In 2024, Foothills made history by earning **all four Alberta Soccer #1 berths** for the PDP National Championship, a feat unmatched by any other club in the country. Our U-17 and U-15 boys and girls teams **swept the league titles and secured provincial cup victories** in both girls' divisions.

This achievement underscores our leadership not just in Alberta but across Canada. Our U-17 Girls' National Championship **win at the inaugural PDP event** proves we are a powerhouse in youth soccer, as we competed and excelled against the best clubs from British Columbia, Ontario, and Québec.

What's Next?

Plans are already in motion to refine and enhance our programs. We are committed to staying ahead of the competition and solidifying our reputation as **Canada's premier club for player development**.



SEASON

Foothills Programs Run: April 21st - September 28th

Foothills programming breaks in August TBD

CMSA Season dates: May 3rd -June 21st

CMSA Rally: June 21st

CMSA GAMES

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

TEAM PRACTICES

1 x 60-minute Team Session paired with the academy session*

1 x 75 minute stand alone team session

ACADEMY PROGRAM SESSIONS

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

*Note: Academy session will be attached to one weekly team session.

Our U9/U10 Academy program will focus on the Brilliant Basics, the technical components, such as 1 v 1 Domination, Goal Scoring, Final Ball Execution, Defending, and Passing & Receiving

COACHES

Our program ensures professional coaching for all players through the academy program, our volunteer team coaches deliver a high standard to provide exceptional soccer experiences supported by full time staff, If you would like to volunteer to coach please email admin@gofoothills.ca

LOCATION

Team practices and Academy program sessions are held at community fields in South Calgary. Games will be played at quadrant-based soccer centres throughout the city.

UNIFORMS

Uniforms are provided for all players at no additional cost after team rosters are formed. Game jerseys are to be returned at end of season. Uniform handout will be communicated to families prior to the start of the Academy program.

REGISTRATION \$450 + ACADEMY PROGRAM \$350
Register at www.gofoothills.ca / Deferred payment date is May 16th, 2025



U9

BORN 2016 DEVELOPMENTAL

SEASON

Foothills Programs Run: April 21st - September 28th

Foothills programming breaks in August TBD

CMSA Season dates: May 3rd - June 21st

CMSA Rally: June 21st

CMSA GAMES

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

TEAM PRACTICES

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

TEAM COACH

Teams are led by volunteer coaches with support & mentorship from Foothills staff. If you would like to volunteer to coach please email admin@gofoothills.ca

LOCATION

Team practices and Academy program sessions are held at community fields in South Calgary. Games will be played at quadrant-based soccer centres throughout the city.

UNIFORMS

Uniforms are provided for all players at no additional cost after team rosters are formed. Game jerseys are to be returned at the end of the season. Uniform handout will be communicated to families prior to the start of the season.

REGISTRATION \$450

Register at www.gofoothills.ca.



SEASON

Foothills Programs Run: April 21st - September 28th

Foothills programming breaks in August TBD

CMSA Season dates: April 26th - July 27th

CMSA Rally: September 12-14th

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.

TEAM PRACTICES

1 x 60-minute Team Session paired with the academy session*

1 x 60-minute Team Session paired with the skills session*

ACADEMY PROGRAM SESSIONS

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

*Note: Academy session will be attached to one weekly team session.

SKILLS PROGRAM SESSIONS

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

*Note: Skill session will be attached to one weekly team session.

COACHES

Our program ensures professional coaching for all players through the academy program, our volunteer team coaches deliver a high standard to provide exceptional soccer experiences supported by full time staff, If you would like to volunteer to coach please email admin@gofoothills.ca

LOCATION

Team practices and Academy program sessions are held at community fields in South Calgary. Games will be played at quadrant-based soccer centres throughout the city.

UNIFORMS

Uniforms are provided for all players at no additional cost after team rosters are formed. Game jerseys are to be returned at the end of the season. Uniform handout will be communicated to families prior to the start of the academy program.

REGISTRATION \$450 + ACADEMY \$350 + SKILLS \$200

Register at www.gofoothills.ca / Deferred payment date is May 16th, 2025



SEASON

Foothills Programs Run: April 21st - September 28th

Foothills programming breaks in August TBD

CMSA Season dates: April 26th - July 13th

CMSA Rally: September 12-14th

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.

TEAM PRACTICES

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

TEAM COACH

Teams are led by volunteer coaches with support & mentorship from Foothills staff. If you would like to volunteer to coach please email admin@gofoothills.ca. Players can request to play with friends.

LOCATION

Team practices and Academy program sessions are held at community fields in South Calgary. Games will be played at quadrant-based soccer centres throughout the city.

UNIFORMS

Uniforms are provided for all players at no additional cost after team rosters are formed. Game jerseys are to be returned at end of season. Uniform handout will be communicated to families prior to the start of the academy program.

REGISTRATION \$450

Register at www.gofoothills.ca



SEASON

Foothills Programs Run: April 21st - September 28th

Foothills programming breaks in August TBD

CMSA Season dates: April 26th - July 27th

CMSA Rally: September 12-14th

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.

TEAM PRACTICES

1 x 90minute practice per week with Team Coach

1 x 60 minute* practice per week with Team Coach

ACADEMY PROGRAM SESSIONS

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*

Note: This will be attached to one weekly team practice.

1 x 30 minutes of Sport Science per week with Sports Science Staff.

COACHES

Our program ensures professional coaching for all players through the academy program, our volunteer team coaches deliver a high standard to provide exceptional soccer experiences supported by full time staff, If you would like to volunteer to coach please email admin@gofoothills.ca

LOCATION

All Foothills programming is held either at the Foothills Skills Centre or Macron Performance Centre. As per CMSA guidelines games will be played at various soccer centres throughout the city.

UNIFORMS

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

REGISTRATION \$520+ ACADEMY \$625+ SKILLS/ SPORTS SCIENCE \$295

Deferred payment date is May 5, 2025 / Deferred payment for skills/sports science is June 23, 2025

Register at www.gofoothills.ca



SEASON

Foothills Programs Run: April 26 to September 28, 2025 with Foothills programming break in August

Season Games: Apr 26 to Jul 13, 2025

CMSA Fall Series: September 12-14, 2025

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 \$520

Register at www.gofoothills.ca



U12

BORN 2012 TIER 1 -3

SEASON

Foothills Programs Run: April 21st - September 28th

Foothills programming breaks in August TBD

CMSA Season dates: April 26th - July 27th

CMSA Rally: September 12-14th

CMSA GAMES

1 CMSA Match Day per week as per CMSA format, played on any day of the week. Matches are 9v9 format.

TEAM PRACTICES

1 x 90 minute practice per week with Team Coach

1 x 60 minute practice per week with Team Coach*

ACADEMY PROGRAM 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.*

*Note: This will be attached to one weekly team session.

30 minutes of sport science per week with Sport Science Staff.

COACHES

Our program ensures professional coaching for all players through the academy program, our volunteer team coaches deliver a high standard to provide exceptional soccer experiences supported by full time staff, If you would like to volunteer to coach please email admin@gofoothills.ca

LOCATION

All Foothills programming is held either at the Foothills Skills Centre or Macron Performance Centre. As per CMSA guidelines games will be played at quadrant-based soccer centres throughout the city where possible.

UNIFORMS

Home uniforms are provided for all players at no additional cost after team rosters are formed. Game jerseys are to be returned at the end of the season. Additional away uniforms may be required at an additional cost.

REGISTRATION \$520+ ACADEMY \$625+ SKILLS/ SPORTS SCIENCE \$295

Deferred payment date is May 5th, 2025 / Deferred payment for skills/sports science is June 23, 2025

Register at www.gofoothills.ca



U12

BORN 2012 TIER 4 & 5

SEASON

Foothills Programs Run: April 21 to September 28, 2025 with Foothills programming break in August

Season Games:

Tier IV – V – April 26 – July 13, 2025

CMSA Fall Series: September 12-14, 2025

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 \$520

Register at www.gofoothills.ca



U13

BORN 2011 TIER 1 - 3

SEASON

Foothills Programs Run: April 21 to September 28, 2025 with Foothills programming break in August

Season Games:

Tier I-III – April 26 – July 24, 2025

Challenge Cup: July 25-27, 2025 ASA Provincials

CMSA Fall Series September 12-14, 2025

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 \$650+ ACADEMY \$625+ SKILLS / SPORTS SCIENCE \$295

Deferred payment date is May 5th, 2025 / Deferred payment for skills/sports science is June 23, 2025

Register at www.gofoothills.ca



SEASON

Foothills Programs Run: April 26 to September 28, 2025 with Foothills programming break in August

Season Games:

Tier IV -V – April 26 – July 13, 2025

Challenge Cup: July 26-28, ASA Provincials

CMSA Fall Series: September 19-21, 2025

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 \$650

Register at www.gofoothills.ca



U15

BORN 2009/10 TIER 1 - 3

SEASON

Foothills Programs Run: April 21 to September 28, 2025 with Foothills programming break in August

Season Games:

Tier I-III – April 26 – July 24, 2025

Challenge Cup: July 25-27, 2025 ASA Provincials

CMSA Fall Series: September 19-21, 2025

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 \$650+ ACADEMY \$625+SKILLS/ SPORTS SCIENCE \$295

Deferred payment date is May 5th, 2025 / Deferred payment for skills/sports science is June 23, 2025

Register at www.gofoothills.ca



SEASON

Foothills Programs Run: April 23 to September 28, 2024 with Foothills programming break in August

Season Games:

Tier IV -V – April 26 – July 13, 2025

ASA Provincials - July 18 - 20, 2025

Challenge Cup: July 25-27, 2025,

CMSA Fall Series: September 19-21, 2025

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 \$650

Register at www.gofoothills.ca



U17

TIER 1 - 3

SEASON

Foothills Programs Run: April 21 to September 28, 2025 with Foothills programming break in August

Season Games:

Tier I-III – April 26 – July 24, 2025

Challenge Cup: July 25-27, 2025 ASA Provincials

CMSA Fall Series: September 19-21, 2025

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 2-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.

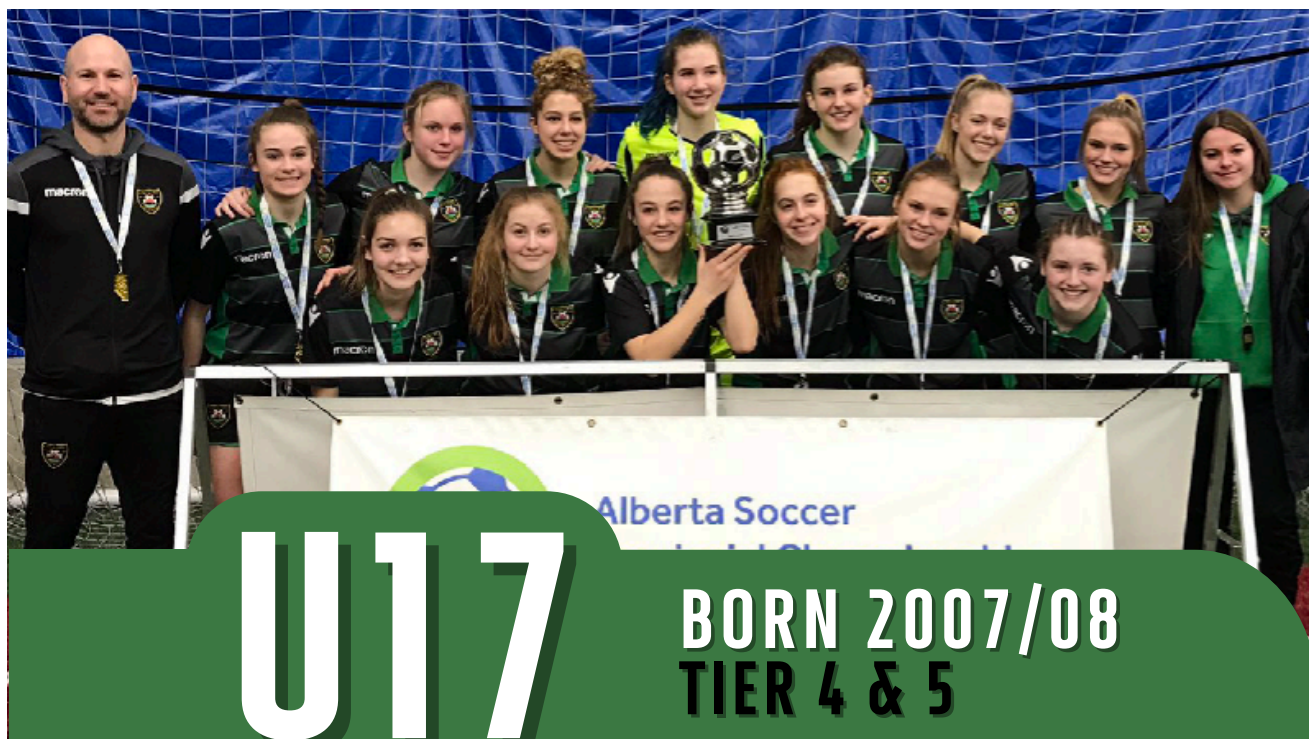
UNIFORMS

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 \$650+ ACADEMY \$625+ SKILLS / SPORTS SCIENCE \$295

Deferred payment date is May 5th, 2025 / Deferred payment for skills/sports science is June 23, 2025

Register at www.gofoothills.ca



SEASON

Foothills Programs Run: April 21 to September 28, 2025 with Foothills programming break in August

Season Games:

Tier IV -V – April 26 – July 13

ASA Provincials: July 18 - 20, 2025

Challenge Cup: July 25-27, 2025

CMSA Fall Series: September 19-21, 2025

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 \$650

Register at www.gofoothills.ca



U19

BORN 2005/06
TIER 2 - 4

SEASON

Foothills Programs Run: April 21 to September 28, 2025 with Foothills programming break in August

Season Games:

Tier 2-3 – April 26 – July 24

Tier 4 – April 26 – July 24

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 \$650+ ACADEMY \$625

Deferred payment date is May 5th, 2025 / Deferred payment for skills/sports science is June 23, 2025

Register at www.gofoothills.ca