



**INDOOR SOCCER PROGRAM  
DETAILS 2023/24**



# CALGARY CITY FOOTBALL CLUB

## GRASSROOTS COMMUNITY PROGRAM

### Following LTPD Model by Canada Soccer

#### WHAT IS LTPD (Long Term Player Development)?

LTPD is a model of athlete development that parallels what doctors and psychologists have long used to better understand human development: as a series of distinct stages that take us from infancy to adulthood. A person's abilities, behaviours and emotions, as well as their understanding of the world around them, vary from stage to stage.

- Similarly, experts in sports science have identified several stages of development — each with its own physical and psychological characteristics — that form the basis for LTPD. When young soccer players can train and compete in an environment appropriate to their developmental stage, they not only perform at their best but also have more fun.
- Calgary City FC sessions are delivered by trained, certified and knowledgeable technical staff following an age-specific curriculum and game model. Calgary City FC is dedicated to providing a safe environment and creating a positive learning atmosphere for players of all ages, regardless of ability, to push themselves to their desired level. Joining the Calgary City CMSA program is perfect for any aspiring athlete who would like to play in a competitive team atmosphere, which is a great place to develop social skills, follow instructions, and meet lifelong friends.



**"NEVER STOP BELIEVING"**

# CALGARY CITY FC

## Volunteering:

To keep our grassroots program running efficiently, we strive for volunteers to support and help our coaches and young ones throughout their season. Each team will require a parent or volunteer coach/manager to help run practices and manage games for the season. Coaches are provided everything they need to be successful, including session plans, equipment, and Calgary City FC gear to wear during their sessions. If volunteering as a coach or a manager is something you'd be interested in fulfilling this upcoming season, you can indicate your interest during the registration process. You can also reach out to our Grassroots Director, Andrea Jervis or German Camacho at [Info@calgarycityfc.ca](mailto:Info@calgarycityfc.ca)

## Calgary City Academy:

Calgary City Academy sessions are delivered by trained, certified and knowledgeable technical staff to teams or small groups of players, following an age-specific curriculum and game model using the preferred training model focusing on long-term player development. The coach creates an environment for players to train at a game pace, build confidence to dribble, score and, most importantly, develop technical behaviour through repetition and demonstration.

**Our academy programs are Ball Mastering and Finishing Masterclasses.**

**Other programs: Just for FUN! And Strength and Conditioning.**

## Sponsorships:

We are actively looking for sponsorships to support our programs, equipment, uniforms, and now, more importantly, support to make our dream come true of having our training facility to develop the future athletes of Canada. Your contribution does not necessarily have to be financial; it could be offering your professional services to help our club.

***SPONSOR PRESENTATION AVAILABLE AT YOUR REQUEST!***



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# CALGARY CITY FC

## Calgary City FC family AID

At our club, we are community-oriented, helping each other. We understand that not all families have the same opportunities. Our club offers payment installments (3), or you can make one full payment.

## Three or more Sibling Discount

As part of our commitment to families, we offer a \$100 discount when you register all 3 or more siblings to any of our CMSA programs U7 and Up.

## First-Time Club Players

If your child has **NEVER** been registered with a club before, we would like to welcome you with a \$25 discount on your first registration for any CMSA programs.

## FREE SHOE EXCHANGE (Bring a pair OR Take a pair)

Donate your clean & gently used soccer shoes, or other gear for those who may need it. PLEASE ASK THE COACHES ABOUT THE SHOE EXCHANGE.

## New Referral

Invite a NEW friend to join our club, and as an appreciation, you will receive a **10% discount** on your own registration fees which can be credited to your account.



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# CALGARY CITY FC

## **Gear Requirements & Jersey Deposit:**

Each player must have their shin-pads and appropriate footwear for soccer. Jerseys will be provided to each player for the season. U9s and under will be able to keep it. From U10 to U17, the jersey must be returned, and a \$100 jersey deposit is required. The deposit will be returned if the player leaves the club and returns the jersey(s) in good condition. Shorts and socks are provided to keep at the beginning of the season. Additional gear can be purchased online at: <https://calgarycityfc.itemorder.com/shop/home/>

## **Education fee:**

The \$15 education fee covers the education costs for our team officials, such as Respect in Sport, National Coaching Certification Program Courses, Coach licenses and development.

## **Facility:**

A \$15 facility fee will be added to all registrations. Calgary City FC plans to have its own facility for our players. This fee will only be used for facility development purposes. Please visit our website for more information on our facility project.

**\*The jersey deposit, education & facility fees are in addition to registration fees**



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# CALGARY CITY FC

## VOLUNTEERS ARE ESSENTIAL FOR OUR CLUB

Volunteer as a coach, or team manager or let us know how can you help our club.

**It is fun and rewarding to give back to the community and support our young athletes!**

Calgary City FC provides an environment for all coaches to develop and continue their learning and education. We provide coaches with the opportunity to complete their mandatory NCCP courses, and community coaching stream, and we continue to support our coaches with the goal of getting a C License certification.

We do require that all coaches accept the Calgary City FC Harassment Policy and agree to abide by the league Coach Code of Conduct and have a valid Police check. If you are interested in coaching or helping our club, please do not hesitate to let us know. [Info@calgarycityfc.ca](mailto:Info@calgarycityfc.ca)

## VOLUNTEER CREDIT PROGRAM

Credits will be offered at the **END** of the season for VOLUNTEERS to be used for the following season:

Head Coach \$50

Team Manager \$25

Other volunteer credits to be discussed



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## Grassroots Active start

U4 - U5 - U6 (2020/2019/2018) Co-Ed



- Nov 06 - Feb 12 (Break Dec 20 to Jan 7)
- 13 Tech soccer sessions/games (60 min)
- Mondays from 5:15 to 6:30 pm at North Point School (2445 23Ave SW)
- Parental Participation may be required
- Includes club soccer training uniform
- *Cost \$230*

- ✓ *Fun Development Games*
- ✓ *Physical Literacy*
- ✓ *Running, Jumping, Rolling, Kicking*
- ✓ *Balance, Coordination, Changing directions*
- ✓ *Meet new friends*

[TO REGISTER CLICK HERE](#)

\*You will need to create a family profile on Demosphere, add each player individually and choose the program(s) you would like to register.



## Grassroots Fundamentals CMSA

U7 – U8 (2017/2016)



Season Oct 18 - Feb 25

- 14 Technical training sessions at North Point School (2445 23Ave SW)  
Mon 5:15 to 6:30
- 14 Saturdays CMSA Matches at Calgary West Soccer Centre
- . Formats - 3v3 U7 and 4V4 U8 (3 matches) 15 min each
- Includes club soccer training jersey and match uniform
- \$420

\* *Christmas Break is Dec 20 – Jan 07*

- ✓ *Fun Learning Developmental Soccer Games*
- ✓ *Physical Literacy*
- ✓ *Focus on Developing soccer skills*
- ✓ *Decision-making and creativity*
- ✓ *Controlling 1V1s and transitions*
- ✓ *Team effort*

**Registration is now open**

\*You will need to create a family profile on Demosphere, add each player individually and choose the program(s) that you would like to register.



## CMSA Developmental U9 (2015)



Season Oct 25 to Feb 24

- 14 Tech training sessions at North Point School(2445 23 Ave SW)Tuesdays from 6:00 to 7:15 pm
  - 14 Practice sessions Thursdays from 6 to 7:15 pm at North Point School (2445 23 Ave NW)
  - 14 CMSA Matches – Saturdays at Calgary West Soccer Centre Formats - 5v5 (Two 25 mins matches)
  - Includes club soccer training jersey and Matches uniform
- Cost \$550*

*\* Christmas Break is Dec 20 – Jan 07*

- ✓ *Soccer Technique*
- ✓ *Soccer game IQ*
- ✓ *Trial and Error*
- ✓ *Small-sided game*
- ✓ *Balance, Coordination, Changing directions*

**Registration is now open**

\*You will need to create a family profile on Power Up, add each player individually and choose the program(s) that you would like to register.

## CMSA Developmental U10 (2014)



Season Oct 19 to Mar 03

- 14 Tech training sessions at North Point School(2445 23 Ave SW )Thursdays from 7:15 to 8:30 pm
- . 14 Practice sessions Tuesday at North Point School from 7:15 to 8:30 p.m.
- 14 CMSA Matches – Any day of the week Format - 7v7 (50 mins match)
- Includes club soccer training jersey and Matches uniform

*Cost \$680*

*\* Christmas Break is Dec 20 – Jan 07*

- ✓ Soccer Technique
- ✓ Soccer game IQ
- ✓ Trial and Error
- ✓ Small-sided game
- ✓ Balance, Coordination, Changing directions

**Registration is now open**

\*You will need to create a family profile on Power Up, add each player individually and choose the program(s) that you would like to register.

## CMSA Developmental

U11 – U12 (2013 - 2012)



Season Oct 25 to Mar 03

- 14 Tech training sessions at Calgary West Soccer Centre on Fridays from 4:00 to 5:00 pm (Turf field)
- 14 Practice sessions Tuesdays from 6:15 to 7:40 U11s and 7:40 to 9:10 pm U12s at University School (3035 Utah Dr NW)
- 14 CMSA Matches – Any day of the week Formats - 7v7 (50 mins match)
- Includes club soccer training jersey and Matches uniform for new players

*Cost \$900*

*\* Christmas Break is Dec 20 – Jan 07*

- ✓ Soccer Technique
- ✓ Soccer game IQ
- ✓ Trial and Error
- ✓ Small-sided game
- ✓ Tactical games

**Registration is now open**

\*You will need to create a family profile on Power Up, add each player individually and choose the program(s) that you would like to register.



## CMSA Developmental

U14 (2011- 2010)



Season Oct 28 to Mar 10

- 14 Tech training sessions at Calgary West Soccer Centre on Fridays from 5:00 to 6:00 pm (Turf field)
- 10 Fitness Monday from 6:15 to 7:15 pm and 16 Practice from 7:15 pm to 8:30 at University School (3035 Utah Dr NW)
- 14 CMSA Matches – Any day of the week Formats - 7v7 (50 mins match)
- Includes club soccer training jersey and Matches uniform

*Cost \$1400*

*\* Christmas Break is Dec 20 – Jan 07*

- ✓ Soccer Technique
- ✓ Soccer game IQ
- ✓ Small-sided game
- ✓ Decision making
- ✓ Trial and Error
- ✓ Transitions Defend/Attack
- ✓ Tactical game

**Registration is now open**

\*You will need to create a family profile on Power Up, add each player individually and choose the program(s) that you would like to register.

## Academy Skills Programs



### **Just for FUN!**

This initiative is to invite your buddy to play “the beautiful game” with you for **FREE**  
4 Saturdays during the indoor season. Days are to be announced.

### **Ball Mastering**

8 Sessions Saturday, Nov 05 to Jan 21, 10:00 am to 11:00 am at North Point School \$160

### **Finishing**

8 Sessions Saturday, Nov 05 to Jan 21, 11:00 am to 12:00 pm North Point School \$160

# **“NEVER STOP BELIEVING”**



## HOW TO REGISTER

- 1) To [register](#) for a program visit [Calgary City FC](#) and create an account.
- 2) Create an account under your name - Parent/Guardian
- 3) Add a player – each player in your family needs to be added individually
- 4) Click on register now and pick the product you want to register your player in
- 5) Once you have added all the products you want to register in click on “Add to Basket”
- 6) Enter the promo code if applicable and click on “Update Basket”
- 7) Click on “Check Out”
- 8) Complete the waiver(s)
- 9) Choose payment method
- 10) Complete payment

Please note you only need one account per family. You do not need to create a new account if you already have an account and have registered previously.

**Installment plans are available for all CMSA Development teams.**





## REFUNDS

All refund requests go to [info@calgarycityfc.ca](mailto:info@calgarycityfc.ca)

- An Administration fee applies and will be deducted from all refunds. Grassroots \$50 and CMSA \$100
- There will be **NO** refunds granted or issued after October 13, 2023
- The timeline for receiving a refund will be 8 to 12 weeks from receipt of the refund request.

## DEADLINES

Non-injury-related refunds (October 13, 2023)

Injury-related (with a doctor's note) Refunds might be offered on a case-by-case basis to be determined by the cost already incurred in the program.

Moving/relocating (with proof) Refunds might be offered on a case-by-case basis to be determined by the cost already incurred in the program.

## CONDITIONS FOR REFUND

Will ONLY be considered under the following circumstances:

- Request is received prior to the deadline.
- For non-injury-related requests - the player has not yet been placed on a team.
- Change in family circumstances, by moving out of the city or country.
- Injury to a player that will be medically deemed unable to play for the remainder of the season, accompanied by a doctor's note.

# League Overview for indoor 2023/24

## Grassroots U7 toU9



### Meaningful Matches

Ensuring all players have a positive experience in soccer



### Consistent Match Days & Times

Allows families to plan their schedules in advance



### Centralized Locations

Quadrant-based play to limit travel time for families



### Child-first Approach

Encouraging activity, supporting the individual players development

## Program Structure

	U7	U8	U9
Season Dates	Nov. 4 – Feb. 24 with restart Jan. 6	Nov. 4 – Feb. 24 with restart Jan. 6	Nov. 4 – Feb. 24 with restart Jan. 6
# of Match Days	14 Total	14 Total	14 Total
Match Day Play Dates	1 per week, Saturdays  7 Match Days before Winter Break, 7 Match days after Winter Break  Quadrant based: • Calgary West Soccer Center • Genesis Centre • Calgary Soccer Centre	1 per week, Saturdays  7 Match Days before Winter Break, 7 Match days after Winter Break  Quadrant based: • Calgary West Soccer Center • Genesis Centre • Calgary Soccer Centre	1 per week, Saturdays  7 Match Days before Winter Break, 7 Match days after Winter Break  Quadrant based: • Calgary West Soccer Center • Genesis Centre • Calgary Soccer Centre
Match Length	(3) 15 min matches per Match Day	(3) 15 min matches per Match Day	(2) 25 min matches per Match Day
Winter Break	Dec. 18 - Jan. 5	Dec. 18 - Jan. 5	Dec. 18 - Jan. 5
Post Season	Tim Hortons Grassroots Rally, Feb. 24	Tim Hortons Grassroots Rally, Feb. 24	Tim Hortons Grassroots Rally, Feb. 24
Fields	Supplied by CMSA	Supplied by CMSA	Supplied by CMSA
Referees	Coach facilitated	Coach facilitated	Coach facilitated
Jerseys	Shane Homes Jerseys at no cost to clubs	Shane Homes Jerseys at no cost to clubs	Shane Homes Jerseys at no cost to clubs
Standings	No scores or standings posted	No scores or standings posted	No scores or standings posted
Format	3v3	4v4	5v5 with goalkeeper
Min/Max Roster Sizes	Min 4 - Max 8	Min 4 - Max 8	Min 6 - Max 10

# League Overview for indoor 2023/24

## CMSA U10 and U11



### Meaningful Matches

Ensuring all players have a positive experience in soccer



### Consistent Match Days & Times

Allows families to plan their schedules in advance



### Centralized Locations

Quadrant-based play to limit travel time for families



### Child-first Approach

Encouraging activity, supporting the individual players development

### Developmental Plus+ Stream

This stream is appropriate for players and families interested in:



#### Soccer as their primary activity

For players who LOVE soccer, are very interested & likely to participate year-round



#### Longer Season, City-Wide

For players looking for a longer season and are comfortable with city-wide play



#### More activity each week

For players looking for increased play/training opportunities within their club environment

### Developmental Stream

This stream is appropriate for players and families interested in:



#### A variety of sports or activities

For players who may be multi-sport, have a variety of different interests/commitments, looking for 'part-time soccer'



#### Shorter Season, Quadrant-based

For players looking for a shorter season and want games closer to home



#### Less activity each week

For players looking for less soccer activity to make time for other interests/family time

## League Structure

	U10	U11
Programs	Developmental Plus+ and Developmental	Developmental Plus+ and Developmental
Format	7v7 including GK	7v7 including GK
Regular Season	Dev +: Oct. 28 – Mar. 10 Dev: Nov. 4 – Mar. 3 Division format will depend on number of groups entered	Dev +: Oct. 28 – Mar. 10 Dev: Nov. 4 – Mar. 3 Division format will depend on number of groups entered
Match Length	(1) 50 min match, (2) 25 min. halves	(1) 50 min match, (2) 25 min. halves
Winter Break	Dec. 18 - Jan. 5	Dec. 18 - Jan. 5
# of Games	14*	14*
Play Dates	May play any day of the week. Dev +: City-wide Dev: Regional Divisions where possible <u>Clubs are HIGHLY encouraged to enter their House League groups into Dev Division.</u>	May play any day of the week. Dev +: City-wide Dev: Regional Divisions where possible <u>Clubs are HIGHLY encouraged to enter their House League groups into Dev Division.</u>
Post Season	Wrap Up Rally Dev +: March 9/10 Dev: March 2/3	Wrap Up Rally Dev +: March 9/10 Dev: March 2/3
Standings	No scores or standings posted	No scores or standings posted
Fields	Supplied by CMSA	Supplied by CMSA
Referees	Scheduled and paid by CMSA	Scheduled and paid by CMSA
Min/Max Roster Sizes	Min 11 - Max 20	Min 11 - Max 20

\*Includes Season End Rally Game(s)



# League Overview for indoor 2023/24

## League Structure

### CMSA U12 to U13

#### Tier I and Tier II Considerations



##### More developed players

For players who are more developed and experienced in the game of soccer



##### Year-round soccer participation

For players who are more likely to play year-round and/or have soccer as their primary activity



##### Increased weekly commitment\*

For families committed to 3 or more soccer activities each week (training and a match)

#### Tier III and Tier IV Considerations



##### More entry-level players

For recreational players and/or players who are entering the sport for the first time



##### Seasonal or multi-sport athletes

For multi-sport athletes interested in seasonal participation or a variety of activities



##### Decreased weekly commitment\*

For families committed to less than 3 soccer activities each week (training and a match)

\*Typical commitment level, will vary from Club-to-Club

	U12	U13
Program	Tier I, II, III, IV, V	Tier I, II, III, IV, V
Format	7v7 including GK	7v7 including GK
Regular Season	Tier I/II: Oct. 28 – Mar. 10 Tier III/IV/V: Nov. 4 – Mar. 3	Tier I – V: Oct. 28 – Mar. 10
Winter Break	Dec. 22 – Jan. 5	Dec. 22 – Jan. 5
# of Games	14*	14
Play Dates	May play any day of the week	May play any day of the week
Game Length	(1) 50 min match, (2) 25 min. halves	(1) 60 min match, (2) 30 min. halves
Post Season	Wrap up Rally Tier I/II: March 9/10 Tier III - V: March 2/3	Challenge Cup (Final 4 Playoffs) ASA Provincials
Standings	No scores or standings posted	Scores and standings posted
Fields	Supplied by CMSA	Supplied by CMSA
Referees	Scheduled and paid by CMSA	Scheduled and paid by CMSA
Provincials	-	Opt-in Provincial Qualifier Cup Competition: Jan 27 – Feb 25 Provincials: March 15 - 17
Min/Max Roster Sizes	Min 11 - Max 20	Min 11 - Max 20

\*Includes Season End Rally Game(s)

# League Overview for indoor 2023/24

## CMSA U14 to U19

### Tier I and Tier II Considerations



#### More developed players

For players who are more developed and experienced in the game of soccer



#### Year-round soccer participation

For players who are more likely to play year-round and/or have soccer as their primary activity



#### Increased weekly commitment\*

For families committed to 3 or more soccer activities each week (training and a match)

### Tier III and Tier IV Considerations



#### More entry-level players

For recreational players and/or players who are entering the sport for the first time



#### Seasonal or multi-sport athletes

For multi-sport athletes interested in seasonal participation or a variety of activities



#### Decreased weekly commitment\*

For families committed to less than 3 soccer activities each week (training and a match)

\*Typical commitment level, will vary from Club-to-Club

### League Structure

	U14	U15	U16	U17	U19
Tiers	Tier I, II, III, IV, V	Tier I, II, III, IV, V	Tier I, II, III, IV, V	Tier I, II, III, IV, V	Tier II, III, IV
Match Format	7v7 including GK	7v7 including GK	7v7 including GK	7v7 including GK	7v7 including GK
Season Length	Tier I – V: Oct 28 - Mar.10	Tier I – V: Oct 28 - Mar.10	Tier I – V: Oct 28 - Mar.10	Tier I – V: Oct 28 - Mar.10	Tier I – V: Oct 28 - Mar.10
Winter Break	Dec. 21 – Jan. 5	Dec. 21 – Jan. 5	Dec. 21 – Jan. 5	Dec. 21 – Jan. 5	Dec. 21 – Jan. 5
# of Games	14	14	14	14	14
Play Dates	Any day of the week	Any day of the week	Any day of the week	Any day of the week	Any day of the week
Game Length	2 x 30-minute halves	2 x 30-minute halves	2 x 30-minute halves	2 x 30-minute halves	2 x 30-minute halves
Fields	Supplied by CMSA	Supplied by CMSA	Supplied by CMSA	Supplied by CMSA	Supplied by CMSA
Referees	Supplied by CMSA	Supplied by CMSA	Supplied by CMSA	Supplied by CMSA	Supplied by CMSA
Post Season	Challenge Cup ASA Provincials	Challenge Cup ASA Provincials	Challenge Cup ASA Provincials	Challenge Cup ASA Provincials	Challenge Cup ASA Provincials
Provincial Qualifier Cup Competition Dates	Opt-in Provincial Qualifier Cup Competition: Jan 27 – Feb 25  *Competes in U15	Opt-in Provincial Qualifier Cup Competition: Jan 27 – Feb 25	Opt-in Provincial Qualifier Cup Competition: Jan 27 – Feb 25  *Competes in U17	Opt-in Provincial Qualifier Cup Competition: Jan 27 – Feb 25	Opt-in Provincial Qualifier Cup Competition: Jan 27 – Feb 25
Min/Max Roster Sizes	Min 11 - Max 20	Min 11 - Max 20	Min 11 - Max 20	Min 11 - Max 20	Min 11 - Max 20



## FINANCIAL ASSISTANCE

To apply for financial assistance, please complete the applications online listed below, and submit completed applications or confirmation numbers to [info@calgarycityfc.ca](mailto:info@calgarycityfc.ca)

- [KidSport](#)
- [Jumpstart](#)
- [Their Opportunity](#) (new)

## POLICIES

Calgary City FC adheres to CMSA Policies

- [Accessibility, Equity, Diversity and Inclusion Policy](#)
- [Anti Discrimination Policy](#)
- [ASA Severe Weather and Air Quality Policy](#)
- [Bloodborne Pathogen Policy](#)
- [Code of Conduct to Protect Children](#)
- [Concussion Policy](#)
- [Extreme Heat Guidelines](#)
- [Governance Policy](#)
- [Harassment Policy](#)
- [Privacy Policy](#)





Home Jersey (red)

+



Maxi Short

+



Professional II Socks



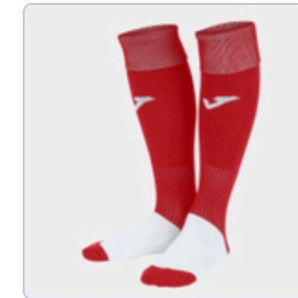
Away Jersey (white)

+



Maxi Short

+



Professional II Socks

Calgary City FC uniform information and gear, please visit:

<https://calgarycityfc.itemorder.com/shop/home/>