



Calgary City Football Club Outdoor 2025 Program Details

CALGARY CITY FOOTBALL CLUB

Following the LTPD Model by Canada Soccer

What is LTPD (Long-Term Player Development)?

LTPD is a developmental framework based on understanding human growth stages, from childhood to adulthood. It identifies specific stages with unique physical and psychological characteristics, allowing young athletes to train and compete in environments suited to their age and abilities. This approach ensures players perform their best while enjoying the game.

Calgary City FC and LTPD

At Calgary City FC, sessions are led by certified and knowledgeable technical staff who follow an age-specific curriculum and game model. The club prioritizes creating a safe and positive learning environment for players of all abilities, encouraging them to reach their potential.

Why Choose Calgary City FC?

- Competitive team atmosphere.
- Opportunities to develop technical skills and social skills.
- A supportive environment to build lifelong friendships.

Joining the Calgary City CMSA program is perfect for aspiring athletes who want to grow in a structured and fun environment.



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CALGARY CITY FC AID

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 25% 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.

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

Bring a Friend Initiative

Help grow our girls' soccer program!

If you bring a new female player to join the CMSA league, both you and your friend will receive a **40% discount on registration fees that will be credited to your club account**. This offer is valid for new female players born between **2016 to 2021**. Let's build our community together—one teammate at a time!

FINANCIAL ASSISTANCE

To apply for financial assistance, please complete the applications online listed below, and submit completed applications.

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



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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 in getting a C License certification.

We do require that all coaches, managers and BOD accept the Calgary City FC Harassment Policy agree to abide by the league Coach Code of Conduct and have a valid Police check. If you are interested in coaching, managing a team or helping our club, please do not hesitate to let us know. 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 \$50

Other volunteer credits to be discussed



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Minimum Coaching Standards

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

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



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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 to be kept at the end 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 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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HOW TO REGISTER

- 1) To [register](#) for a program visit [Calgary City FC](#) and click on the program that you want to register
- 2) Create a Demosphere 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 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

- 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 **April 02, 2025**
- The timeline for receiving a refund will be 8 to 12 weeks from receipt of the refund request.

DEADLINES

Non-injury-related refunds deadline before **April 02, 2025**

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 before the deadline of **April 02, 2025**
- 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.

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](#)
- [Calgary City FC 24-Hour Policy](#)



Grassroots Active start

U4 - U5 - U6 (2021/2010/2019) Co-Ed



- April 28 - Jun 21
- Tech soccer sessions/games (50 min)
- Mondays from 4:40 to 5:30 pm At St Andrew's Heights (2504 13Ave NW) and Cappy Smart School (5808 Madigan Dr NE)
- Parental Participation may be required
- Includes club soccer training jersey
- **Cost \$135**

What to Bring:

Water, soccer shoes or running shoes, shin guards

Training Kit:

provided by CCFC

- ✓ *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 (2018/2017)



- Mondays 5:30 to 6:30 pm April 28 – Jun 21
- Tech soccer sessions At St Andrew's Heights (2504 13Ave NW) and Cappy Smart School (5808 Madigan Dr NE)
- CMSA Matches – Saturdays at Dalhousie Community Centre or Edgemont NW Teams and Genesis NE teams.

Formats - 3v3 U7 and 4V4 U8 (3 matches) 20 min each

- Includes club soccer training jersey and Matches uniform Sponsor by Shane Homes
- \$250

* **Summer Break Jun 22 to Aug 19**

What to Bring:

Water, soccer shoes or running shoes, shin guards

Training Kit and uniform:

Provided by CCFC

- ✓ *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.

Grassroots CMSA Developmental Spring and Fall

U9 (2016)



- April 28 to Jun21
 - Mondays Tech sessions from 5:30 to 6:45 pm Team practice Wednesdays from 5:30 to 6:45 pm
- Locations: St Andrew's Heights (2504 13 Ave NW) and Cappy Smart School (5808 Madigan Dr NE).
- CMSA Matches – Saturdays at Dalhousie Community Centre or Edgemont NW Teams and Genesis NE teams.

Formats - 5v5 (two 25 Min matches)

- Includes club soccer training jersey and Matches uniform sponsored by Shane Homes

Cost \$550

- ✓ 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 Demosphere, add each player individually and choose the program(s) that you would like to register.

Team Structure

| | U7 | U8 | U9 |
|----------------------|--|--|--|
| Registration Fee | \$39.00 | \$49.30 | \$54.45 |
| Season Dates | May 3 – June 21 | May 3 – June 21 | May 3 – June 21 |
| Match Days | 7 Total | 7 Total | 7 Total |
| Match Day Dates | 1 per week, Saturdays 7 Match Days (no Match Day May 17) Quadrant based: <ul style="list-style-type: none"> • NE: Genesis • NW: Dalhousie/Edgemont • Central/South: Flames Community Arena & Central Memorial High School | 1 per week, Saturdays 7 Match Days (no Match Day May 17) Quadrant based: <ul style="list-style-type: none"> • NE: Genesis • NW: Dalhousie/Edgemont • Central/South: Flames Community Arena & Central Memorial High School | 1 per week, Saturdays 7 Match Days (no Match Day May 17) Quadrant based: <ul style="list-style-type: none"> • NE: Genesis • NW: Dalhousie/Edgemont • Central/South: Flames Community Arena & Central Memorial High School |
| Match Length | 3 @ 20 min matches per Match Day | 3 @ 20 min matches per Match Day | 2 @ 25 min matches per Match Day |
| Match Day | Grassroots Rally, June 21 | Grassroots Rally, June 21 | Grassroots Rally, June 21 |
| Fields | CMSA supplied fields | CMSA supplied fields | CMSA supplied fields |
| 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 - No GK | 4v4 - No GK | 5v5 – w/GK |
| Age/Max Player Sizes | Min 4 - Max 8 | Min 4 - Max 8 | Min 6 - Max 10 |
| Player Position | Balanced, Mixed Ability | Balanced, Mixed Ability | Balanced, Mixed Ability |



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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

CMSA Developmental Plus + U10 (2015) U11 (2014)

- April 15 – July 31 *Summer Break Aug 01 to Aug 28 Back*
- Technical sessions on Tuesday from 5:30 to 7:00
- Training Sessions on Thursday from 5:30 to 7:00
- 14 Matches (Citywide) Formats -7v7 (50 Min matches)
- Includes club soccer training jersey and Matches uniform

Cost \$750

Fall season

Aug 28 to Sep 25

8 Training Sessions

3 Friendly Matches

CMSA Developmental U10 (2015) U11 (2014)

- April 15 - July 31
- 10 Matches (NW/SW Quadrant) Formats -7v7 (50 Min matches)
- Training Sessions on Tuesdays from 5:30 to 7:00
- Includes club soccer training jersey and Matches uniform

Cost \$450



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

Locations: St Andrew's Heights (2504 13 Ave NW) and Cappy Smart School (5808 Madigan Dr NE).

[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.

League Structure

| | U10 PAPA JOHNS League | U11 |
|-------------------------------------|---|---|
| Per Player Fee | Dev+: \$167.65 Dev: \$147.10 | Dev+: \$168.65 Dev: \$147.10 |
| Programs | Dev+ and Dev | Dev+ and Dev |
| Format | 7v7 including GK | 7v7 including GK |
| Regular Season | <ul style="list-style-type: none"> Dev Plus+: April 26 – July 27 Dev: May 3 – July 13 Division format will depend on number of groups entered | <ul style="list-style-type: none"> Dev Plus+: April 27 – July 28 Dev: May 3 – July 13 Division format will depend on number of groups entered |
| Match Length | 2 x 25 min. halves | 2 x 25 min. halves |
| # of Games | Dev+: 14 Dev: 10 | Dev+: 14 Dev: 10 |
| Play Dates | <p>May play any day of the week.</p> <p>Dev Plus+: City-wide</p> <p>Dev: Regional Divisions (N/S or E/W where possible)</p> <p><u>Clubs are STRONGLY encouraged to enter their House League groups into Dev Division.</u></p> | <p>May play any day of the week.</p> <p>Dev Plus+: City-wide</p> <p>Dev: Regional Divisions (N/S or E/W where possible)</p> <p><u>Clubs are STRONGLY encouraged to enter their House League groups into Dev Division.</u></p> |
| Standings | No scores or standings posted | No scores or standings posted |
| Fields | Club Community Fields | Club Community Fields |
| Referees | Scheduled and paid by CMSA | Scheduled and paid by CMSA |
| Min/Max Roster Sizes | Min 11 - Max 20 | Min 11 - Max 20 |
| Roster Composition | Interest Based | Interest Based |
| Fall Series (Reg'n Required) | September 12 – 14 | September 12 – 14 |



Development 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

Development 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

CMSA Developmental

U12 – U13 (2013 - 2012)



April 16 – Sep 25 (Training time will increase to 1.5 hours as daylight permits)

- Tech sessions on Tuesdays from 7:00 to 8:30 PM
- Practice sessions on Thursdays from 5:30 to 7:00 PM
- 10 Fitness sessions on Fridays from 5:30 to 6:30 PM
- 4 Video Analysis Sessions
- 14 CMSA games – times and location TBD by CMSA Format 9V9 (70 Min U12 and 80 Min U13 matches)
- Includes club soccer training T-shirt and game uniform
- **Cost \$1000**
- *** Summer Break is July 29 – August 28**
- **Locations:** St Andrew's Heights (2504 13 Ave NW) and Cappy Smart School (5808 Madigan Dr NE).

Fall season

Aug 30 to Sep 23

8 Training Sessions

3 Friendly Matches

Registration is now open

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

*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.

League Structure

| | U12 | U13 |
|-------------------------------------|---|---|
| Per Player Fee | Tier I – III: \$194.00 Tier IV-V: \$178.00 | Tier I-II: \$204.25 Tier III: \$194.00 Tier IV-V: \$178.00 |
| Program | Tier I, II, III, IV, V | Tier I, II, III, IV, V |
| Format | 9v9 | 9v9 |
| Regular Season | <ul style="list-style-type: none"> Tier I-III – April 26 – July 27 Tier IV-V – April 26 – July 13 | <ul style="list-style-type: none"> Tier I-III – April 26 – July 27 Tier IV-V – April 26 – July 13 |
| # of Games | 14 | 14 |
| Play Dates | May play any day of the week | May play any day of the week |
| Game Length | 2 x 35-minute halves | 2 x 40-minute halves |
| Post Season | - | Challenge Cup: July 25-27 ASA Provincials |
| Standings | No scores or standings posted | Scores and standings posted |
| Fields | Club Community Fields | 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 |
| Roster Composition | Ability Based | Ability Based |
| Fall Series (Reg'n Required) | September 12 – 14 | September 12 – 14 |



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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

CMSA Developmental

U14 –U15 (2011- 2010)



April 10 – Sep 25 (Training time will increase to 1.5 hours as daylight permits)

- 18 Tech sessions on Tuesdays from 5:30 to 7:00 PM
- 18 Practice sessions on Fridays from 5:30 to 7:00 PM
- 10 Fitness sessions on Thurs from 6:30 to 7:30 PM
- 4 Video analysis sessions
- 14 CMSA games – times and location TBD by CMSA Format 11V11 (90 matches)
- Includes club soccer training T-shirt and game uniform
- **Cost \$1150**
- *** Summer Break is July 27 – August 27**

Location: St Andrew's Heights (2504 13 Ave NW) and Hounsfeld Heights Briar Hill Community Association (1928 14 Ave NW).

Fall season

Aug 30 to Sep 23

8 Training Sessions

3 Friendly Matches

- ✓ 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 Demosphere, add each player individually and choose the program(s) that you would like to register.

League Structure

| | U14 | U15 | U16 | U17 | U19 |
|----------------------|---|---|---|---|---|
| Per Player Fee | Tier I: \$236.10 Tier II: \$225.80 Tier III: \$220.65 Tier IV-V: \$203.65 | Tier I: \$265.40 Tier II: \$239.10 Tier III: \$234.00 Tier IV-V: \$214.00 | Tier I: \$249.40 Tier II: \$239.10 Tier III: \$234.00 Tier IV-V: \$214.00 | Tier I: \$273.50 Tier II: \$247.25 Tier III: \$242.10 Tier I-V: \$219.10 | Tier II: \$246.25 Tier III: \$241.10 Tier IV-V: 219.10 |
| 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 | 11v11 | 11v11 | 11v11 | 11v11 | 11v11 |
| Season Length | <ul style="list-style-type: none"> Tier I-III – April 26 – July 27 Tier IV-V – April 26 – July 13 | <ul style="list-style-type: none"> Tier I-III – April 26 – July 27 Tier IV-V – April 26 – July 13 | <ul style="list-style-type: none"> Tier I-III – April 26 – July 27 Tier IV-V – April 26 – July 13 | <ul style="list-style-type: none"> Tier I-III – April 26 – July 27 Tier IV-V – April 26 – July 13 | <ul style="list-style-type: none"> Tier I-III – April 26 – July 27 Tier IV-V – April 26 – July 13 |
| # 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 45-minute halves | 2 x 45-minute halves | 2 x 45-minute halves | 2 x 45-minute halves | 2 x 45-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 (July 25 - 27) | Challenge Cup (July 25 - 27) ASA Provincials | Challenge Cup (July 25 - 27) | Challenge Cup (July 25 - 27) ASA Provincials | Challenge Cup (July 25 - 27) ASA Provincials |
| Min/Max Roster Sizes | Min 11 - Max 20 | Min 11 - Max 20 | Min 11 - Max 20 | Min 11 - Max 20 | Min 11 - Max 20 |
| Roster Composition | Ability Based | Ability Based | Ability Based | Ability Based | Ability Based |



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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



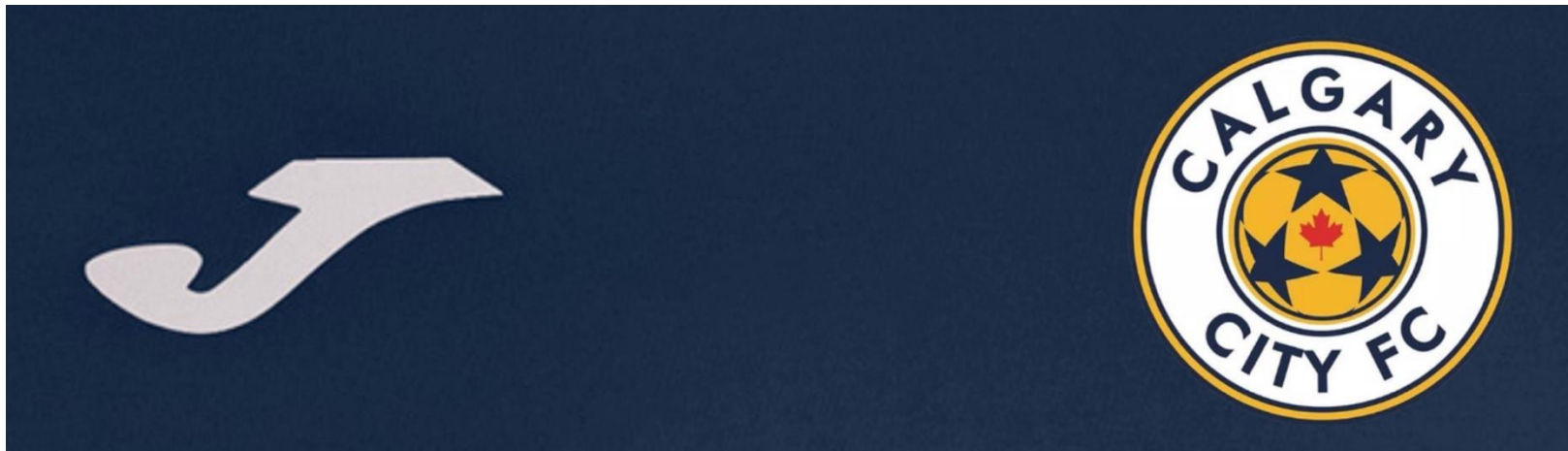
More entry-level players



Seasonal or multi-sport athletes



Decreased weekly commitment*



Home Jersey (red)

+

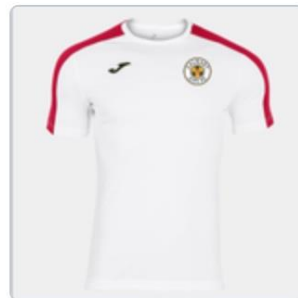


Maxi Short

+



Professional II Socks



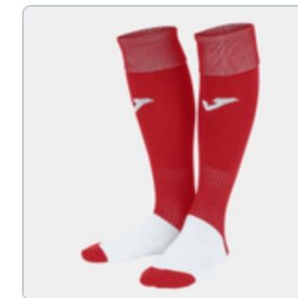
Away Jersey (white)

+



Maxi Short

+



Professional II Socks

Calgary City FC uniform information and gear, please visit:
<https://calgarycityfc.itemorder.com/shop/home/>

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