

INDOOR SOCCER PROGRAM DETAILS 2025 /26



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.



"NEVER STOP BELIEVING"

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 **25% 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](#)



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VOLUNTEERS ARE ESSENTIAL FOR OUR CLUB

Volunteer as a coach, team manager, or let us know how you can 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



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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

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 <i>Age & Stage Appropriate</i>	✓	✓	+	+			*	+	*	+	*	+				
Safe Sport							Technical Coaching Training Requirements									
<div><div>✓ Required for all team officials (coaches, assistant coaches, team managers)</div><div>* Required education for coaches and assistant coaches</div><div>+ Recommended coach training</div></div>																



”NEVER STOP BELIEVING”



NEW Calgary City FC KIT

Gear Requirements:

Each player must have their shin pads and appropriate footwear for soccer.

For grassroots programs (U7 to U9), we have sponsorship from Tim Hortons and Shane Homes, which provide us with the players' uniforms.

Players new to the team or moving up to U10 will be required to purchase a CCFC Kit (\$135), while existing players will pay \$50. The kit includes a backpack, two jerseys (home and away), shorts, socks, a hoodie, and a training T-shirt (red or white). The set is mandatory – all players must wear the proper gear, with no exceptions, and players will keep the whole kit.



Education fee:

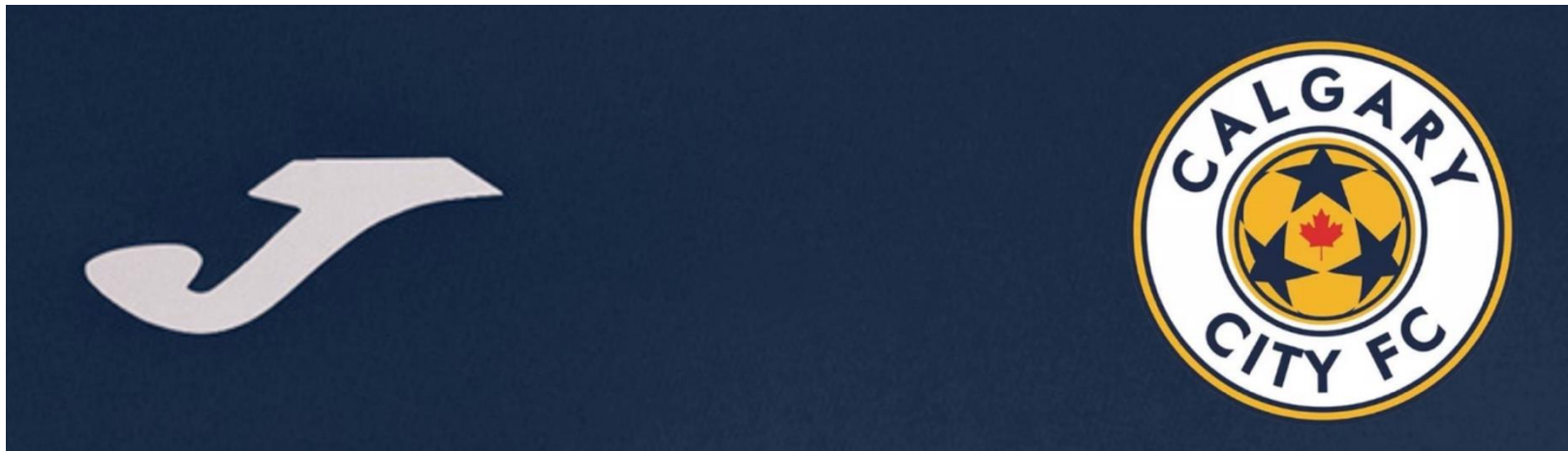
The \$15 education fee covers costs for our team officials' training, such as Respect in Sport, National Coaching Certification Program courses, coach licenses, and development.

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Facility:

A \$15 facility fee will be added to all registrations. Calgary City FC plans to have its own facility for its players. This fee will be used solely for facility development. Please visit our website for more details about the project.

*** Education and facility fees are in addition to registration fees.**



Home Jersey (red)

+



Maxi Short

+



Professional II Socks



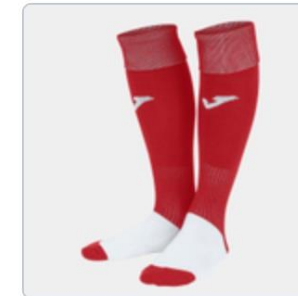
Away Jersey (white)

+



Maxi Short

+



Professional II Socks

Calgary City FC uniform information and gear, please visit:

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

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 a 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 (Under U9) \$50 and CMSA U10 and up \$100
- There will be **NO** refunds granted or issued after **September 12, 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 **September 12, 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 **September 12, 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.

Grassroots Active start

U4 - U5 - U6 (2022/2021/2020) Co-Ed



- Nov 04 - Feb 24 (Break Dec 17 to Jan 05)
- 15 Sessions/games
- Tuesdays at 4:45 pm (U4) and at 5:30 pm U5/U6
- at North Point School (2445 23Ave SW)
- Parental Participation may be required
- Includes a club soccer training uniform
- *Cost \$300*

What to Bring:

Water, indoor soccer shoes or running shoes, and shin guards

Training Kit: Provided by CCFC

- ✓ *Fun Developmental Games*
- ✓ *Physical Literacy*
- ✓ *Running, Jumping, Rolling, Kicking*
- ✓ *Balance, Coordination, Changing directions*
- ✓ *Meet new friends*
- ✓ *Foster love for the ball*

[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 (2019/2018)



Season Oct 20 - Feb 21

- 16 Technical training sessions at North Point School (2445 23Ave SW)
Monday 5:00 to 6:00 **U7** and 6:00 to 7:00 pm **U8**
- 12 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 FULL match uniform
- \$400
- * *Christmas Break is Dec 13 – Jan 04*

- ✓ *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 Grassroots Developmental U9 (2017)



Season Oct 20 to Feb 21

- 14 Tech training sessions on Monday from 7:00 to 8:15 pm
- 16 Practice sessions on Wednesday from 7:00 to 8:15 pm
at North Point School (2445 23 Ave NW)
- 14 CMSA Matches – Saturdays at **SHWSD** Formats - 5v5 (Two 25-minute matches)
- Includes club soccer training jersey and FULL Matches uniform

Cost \$625

** Christmas Break is Dec 13 – Jan 04*

- ✓ *Soccer Technique*
- ✓ *1V1 Dominance*
- ✓ *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.

Program Structure

	U7	U8	U9
Per Player Fee	\$121.50	\$121.50	\$121.50
Season Dates	Nov. 1 – Feb. 21	Nov. 1 – Feb. 21	Nov. 1 – Feb. 21
Match Day Play Dates	1 per week, Saturdays <ul style="list-style-type: none"> 6 Match Days + 1 Soccer Santa Saturday before Winter Break 6 Match days + 1 Tim Hortons Grassroots Rally after Winter Break Quadrant based: <ul style="list-style-type: none"> Shane Homes West Soccer Dome Genesis Centre Calgary Soccer Centre 	1 per week, Saturdays <ul style="list-style-type: none"> 6 Match Days + 1 Soccer Santa Saturday before Winter Break 6 Match days + 1 Tim Hortons Grassroots Rally after Winter Break Quadrant based: <ul style="list-style-type: none"> Shane Homes West Soccer Dome Genesis Centre Calgary Soccer Centre 	1 per week, Saturdays <ul style="list-style-type: none"> 6 Match Days + 1 Soccer Santa Saturday before Winter Break 6 Match days + 1 Tim Hortons Grassroots Rally after Winter Break Quadrant based: <ul style="list-style-type: none"> Shane Homes West Soccer Dome Genesis Centre Calgary Soccer Centre
Match Length	3 x 15 min. matches per Match Day	3 x 15 min. matches per Match Day	2 x 25 min. matches per Match Day
Winter Break	Dec. 14 - Jan. 2	Dec. 15 - Jan. 3	Dec. 15 - Jan. 3
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

Goals of the CMSA Grassroots League

CMSA's Grassroots League is modelled after national and international best practices and [Canada Soccer Grassroots Standards](#). The league strives to provide children with a developmentally appropriate playing environment that allows expression, creativity, and development to flourish. Match Day provides players with more time on the field, more time on the ball, and flexible matchups through an open roster system.

This league encourages mixed-ability (balanced) groupings prioritizing social relationships as the basis of Match Day groups. This allows players to move between groups as required to ensure that each participant has a positive and developmentally appropriate match environment. The CMSA Grassroots League prioritizes enjoyment, so players want to come back next week and more importantly, for many seasons to come!



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 Terminology

When speaking to parents and other stakeholders, and in promoting your club's grassroots programming, CMSA recommends using words such as accessible, family-friendly, fun, safe, developmentally appropriate, and best-practice or research-based. Below are some words and phrases to avoid, and some options to use instead.

Avoid:

- ☒ Competitive League / CMSA Festivals
- ☒ Game Day / Festival Day
- ☒ Competitive
- ☒ Top-level / Elite
- ☒ Best-with-best
- ☒ Team(s)

Recommendations to use instead:

- ☒ CMSA Grassroots League
- ☒ Match Day
- ☒ Meaningful matches
- ☒ Currently more developed
- ☒ Similarly developed
- ☒ Group(s)

CMSA Developmental

U10 (2016)



Season Oct 01 to Mar 02

- 14 Tech training sessions Tuesday from 6:30 to 8:00 pm
 - 16 Practice sessions Thursday from 6:30 to 8:00 pm
- at North Point School (2445 23 Ave NW)
- 14 CMSA Matches – Any day of the week Format - 7v7 (50 mins match)
 - Players new to the team or moving up to U10 will be required to purchase a CCFC Kit (\$135). The kit includes a backpack, two jerseys (home and away), shorts, socks, a hoodie, and a training T-shirt (red or white).
- Cost \$750*
- * Christmas Break is Dec 22 – Jan 05*

- ✓ Soccer Technique
- ✓ 1V1 Dominance
- ✓ 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.

CMSA Developmental PLUS

U11 (2015)



Season Oct 01 to Mar 02

- 14 Tech training sessions on **TURF** Wednesday from 5:30 to 6:30 pm
- 16 Practice sessions Tuesdays from 6:15 to 7:15 pm at University School (3035 Utah Dr NW)
- 14 CMSA Matches – Any day of the week Formats - 7v7 (50 mins match)
- Players new to the team or moving up to U10 will be required to purchase a CCFC Kit (\$135), while existing players will pay \$50. The kit includes a backpack, two jerseys (home and away), shorts, socks, a hoodie, and a training T-shirt (red or white). The set is mandatory – all players must wear the proper gear, with no exceptions, and players will keep the whole kit.

Cost \$1050

** Christmas Break is Dec 22 – Jan 05*

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

CMSA's U10 and U11 League

About the Developmental Plus+ and Developmental Programming

CMSA's U10 and U11 League has a 'Developmental Plus+' and 'Developmental' stream. Both streams offer a quality experience for players and their families. Neither stream is purely based on ability but on the needs, interests, and motivations of the child. The determining factors in evaluating whether to place groups in the "Developmental Plus+" or "Developmental" streams are the length of the season and the proximity of their matches. "Developmental Plus+" will play in a city-wide. "Developmental" will have regionalized play. In this player-first model, clubs are encouraged to evaluate players based on their levels of interest and commitment in soccer and utilize social relationships (friendships) as a key factor in forming teams. CMSA advocates for equal playing time for all players and to try all positions on the pitch. No scores or standings are kept in the Developmental Plus+ or Developmental stream.

League Structure

	U10 PAPAJOHNS	U11
Per Player Fee	Dev+: \$229.00 Dev: \$229.00	Dev+: \$239.25 Dev: \$239.25
Programs	Developmental Plus+ and Developmental	Developmental Plus+ and Developmental
Format	7v7 including GK	7v7 including GK
Season Dates	October 14, 2025 – March 1, 2026	October 14, 2025 – March 1, 2026
Match Length	2 x 25 min. halves	2 x 25 min. halves
Winter Break	Dec. 22 - Jan. 2	Dec. 22 - Jan. 2
Play Dates	May play any day of the week. <ul style="list-style-type: none">Dev +: City-wideDev: Regional Divisions where possible <u>Clubs are STRONGLY encouraged to enter their House League groups into Dev Division.</u>	May play any day of the week. <ul style="list-style-type: none">Dev +: City-wideDev: Regional Divisions where possible <u>Clubs are STRONGLY encouraged to enter their House League groups into Dev Division.</u>
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
Roster Composition	Interest Based	Interest Based

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 PLUS

U12 (2014)



Season Oct 01 to Mar 02

- 14 Tech training sessions on **TURF** Wednesday from 6:30 to 7:30 pm
- 16 Practice sessions Tuesdays from 7:15 to 8:15 pm at University School (3035 Utah Dr NW)
- 14 CMSA Matches – Any day of the week Formats - 7v7 (50 mins match)
- Players new to the team or moving up to U10 will be required to purchase a CCFC Kit (\$135), while existing players will pay \$50. The kit includes a backpack, two jerseys (home and away), shorts, socks, a hoodie, and a training T-shirt (red or white). The set is mandatory – all players must wear the proper gear, with no exceptions. Players will keep the entire kit.

Cost \$1050

** Christmas Break is Dec 22 – Jan 05*

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

CMSA Developmental U13 (2013)



Season Oct 01 to Mar 02

- 14 Tech training sessions on **TURF** Wednesday from 6:30 to 7:30 pm
- . 16 Practice sessions Tuesdays from 8:15 to 9:15 pm at University School (3035 Utah Dr NW)
- 14 CMSA Matches – Any day of the week Formats - 7v7 (50 mins match)
- . 8 Fitness sessions – Monday from 6:15 to 7:30 pm
- Players new to the team or moving up to U10 will be required to purchase a CCFC Kit (\$135), while existing players will pay \$50. The kit includes a backpack, two jerseys (home and away), shorts, socks, a hoodie, and a training T-shirt (available in red or white). The set is mandatory – all players must wear the proper gear, with no exceptions. Players will keep the entire kit.

Cost \$1125

** Christmas Break is Dec 22 – Jan 05*

- ✓ 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.

CMSA's U12 and U13 League

Goals of the U12 and U13 League

CMSA's league offering for the U12, and U13 League aims to have quality programming for youth at all ages, stages of development, and interest/commitment levels. CMSA welcomes experienced and novice players into any of our clubs to continue or begin their soccer journey. Our U12 and U13 leagues operate in alignment with [Long-Term Player Development \(LTPD\) Standards](#) and would be a part of Stage 3 – Learn to Train (U12) and Stage 7 – Soccer for Life (U13 – Community and Competitive).

CMSA advocates for equitable playing time for all players regardless of Tier in these ages. A balance of skill level and commitment should be considered when tiering players. CMSA recommends the following considerations to ensure that players and families are placed in the appropriate program:

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

	U12	U13
Per Player Fee	\$239.25	\$244.50
Program	Tier I, II, III, IV, V, VI, VII	Tier I, II, III, IV, V, VI,
Format	7v7 including GK	7v7 including GK
Season Dates	October 14, 2025 – March 1, 2026	October 14, 2025 – March 5, 2026
Winter Break	Dec. 22 – Jan. 2	Dec. 22 – Jan. 2
Play Dates	May play any day of the week	May play any day of the week
Game Length	2 x 25 min. halves	2 x 30 min. halves
Post Season	N/A	Challenge Cup (Final 4) – March 6 – 8, 2026 ASA Provincials – March 13 – 15, 2026
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
Min/Max Roster Sizes	Min 11 - Max 20	Min 11 - Max 20
Roster Composition	Ability Based	Ability Based

CMSA Developmental

U14 - U15 (2012-2011)



Season Oct 01 to Mar 02

- 14 Tech training sessions on **TURF** Wednesday from 7:30 to 8:30 pm
- 16 Practice sessions Fridays from 6:30 to 7:45 pm at University School (3035 Utah Dr NW)
- 14 CMSA Matches – Any day of the week Formats - 7v7 (50 mins match)
 - 8 Fitness sessions – Monday from 7:30 to 9:00 pm
- Players new to the team or moving up to U10 will be required to purchase a CCFC Kit (\$135), while existing players will pay \$50. The kit includes a backpack, two jerseys (home and away), shorts, socks, a hoodie, and a training T-shirt (available in red or white). The set is mandatory – all players must wear the proper gear, with no exceptions. Players will keep the entire kit.

Cost \$1350

** Christmas Break is Dec 22 – Jan 05*

- ✓ 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.

CMSA Developmental

U16 (2010)



Season Oct 06 to Mar 05

- 14 Tech training sessions on **TURF** Wednesday from 8:30 to 9:30 pm
- 16 Practice sessions Fridays from 7:45 to 9:00 pm at University School / Queen Elizabeth HS
- 14 CMSA Matches – Any day of the week Formats - 7v7 (50 mins match)
 - 8 Fitness sessions – Monday from 7:30 to 9:00 pm
- Players new to the team or moving up to U10 will be required to purchase a CCFC Kit (\$135), while existing players will pay \$50. The kit includes a backpack, two jerseys (home and away), shorts, socks, a hoodie, and a training T-shirt (available in red or white). The set is mandatory – all players must wear the proper gear, with no exceptions. Players will keep the entire kit.

Cost \$1400

** Christmas Break is Dec 22 – Jan 05*

- ✓ 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.

CMSA's U14 – U19 League

Goals of the CMSA U14 – U19 League

CMSA's league offering for U14 - U19 includes quality programming for youth at all ages, stages of development, and interest/commitment levels. CMSA welcomes experienced and novice players into any of our clubs to continue or begin their soccer journey. Our U14-U19 leagues operate in alignment with [Long-Term Player Development \(LTPD\) Standards](#) and would be a part of Stage 7 - Community and Competitive.

CMSA advocates for equitable playing time for all players regardless of Tier in these ages. A balance of skill level and commitment should be considered when tiering players. CMSA recommends the following considerations to ensure that players and families are placed accordingly:

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
Per Player Fee	\$244.50	\$244.50	\$244.50	\$244.50	\$244.50
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 Dates	October 14 – March 9	October 14 – March 9	October 14 – March 9	October 14 – March 9	October 14 – March 9
Winter Break	Dec. 22 – Jan. 2	Dec. 22 – Jan. 2	Dec. 22 – Jan. 2	Dec. 22 – Jan. 2	Dec. 22 – Jan. 2
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-min. halves	2 x 30-min. halves	2 x 30-min. halves	2 x 30-min. halves	2 x 30-min. 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 (Final 4) March 6 – 8	Challenge Cup (Final 4) March 6 – 8 Provincials March 13 – 15	Challenge Cup (Final 4) March 6 – 8	Challenge Cup (Final 4) March 6 – 8 Provincials March 13 – 15	Challenge Cup (Final 4) March 6 – 8 Provincials March 13 – 15
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

Academy Skills Programs



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Nov 07 and 14 Dec 12 and 19 Jan 09 and 23 Feb 06 and 20

Finishing

7 Sessions Sundays, Nov 02 to Dec 14, 11:00 am to 12:15 pm, North Point School \$160

Goalkeeper

8 Sessions Fridays from 6:30 to 7:30 PM

Nov 07 and 14 Dec 12 and 19 Jan 09 and 23 Feb 06 and 20

\$ 160 (Free for our club players)

Open to anyone who wants to improve goalkeeping skills

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Calgary City FC adheres to CMSA Policies



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