

CALGARY CITY FOOTBALL CLUB

GRASSROOTS COMMUNITY PROGRAM
Following the 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.



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CALGARY CITY FC

Volunteering:

To keep our 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 Director German Camacho at 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, Finishing Masterclasses and Goalkeeper Other programs: Drop-in 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.

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CLICK TO SEE SPONSOR PRESENTATION INFO

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 \$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 registration fees which can be credited to your account.

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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VOLUNTEERS ARE ESSENTIAL FOR OUR CLUB

Volunteer as a coach, team manager, equipment, fundraiser, website, social media, field marking, etc. or let us know how can you help our club. It doesn't need to be on the field, perhaps with your professional skills.

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 courses and coaching education stream, and we continue to support our coaches in getting a

C License certification.

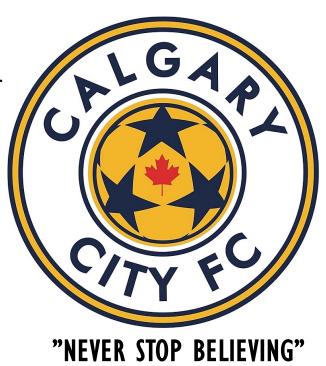
We do require all volunteers to agree to abide by the Calgary City FC and CMSA league policies and have a valid Police check. If you are interested in coaching or helping our club, please do not hesitate to let us know. lnfo@calgarycityfc.ca

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

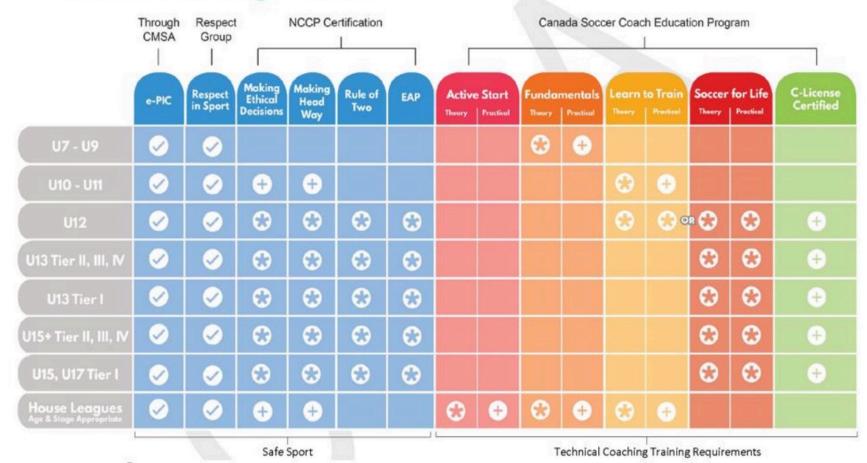
Coach \$50

Team Manager \$25

Other volunteer credits to be discussed



Minimum Coaching Standards



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



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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:

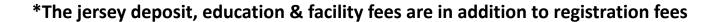
The \$15 education fee covers the education costs for our team officials, such as Respect in Sport, National Coaching Certification Program Courses, Coach licenses and development.

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.

Volunteer Fee:

A \$100 volunteer fee. It will be credited back to your account at the end of the season, if you did a volunteer job for our club.





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Grassroots Active start

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

- April 29 Jun 24
- 10 Tech soccer sessions/games (50 min)
- Mondays from 4:30 to 5:30 pm At St Andrew's Heights (2504 13Ave NW)
- Parental Participation may be required
- Includes club soccer training jersey
- Cost \$150

What to Bring:
Water, soccer shoes or running shoes, shin guards
Training Kit:
provided by CCFC



- ✓ 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 CMSASpring and Fall

U7 – U8 (2017/2016)

- Mondays 5:30 to 6:30 pm April 22 Sep 21
- 14 Tech soccer sessions At St Andrew's Heights (2504 13Ave NW)
- CMSA Matches Saturdays at Dalhousie Community Centre
- . May 04, May 11, May 25, June 1, June 8, June 15 and Wrap-up Festival Jun 22 Fall schedule TBA Formats 3v3 U7 and 4V4 U8 (3 matches) 20 min each
- Includes club soccer training jersey and Matches uniform
- \$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 DevelopmentalSpring and Fall

U9 (2015)

- April 22 Jun 22 (Spring Season) Resume Aug19 to Sep 23 (Fall Season)
- 14 Tech sessions on Mondays from 6 to 7:30 At St Andrew's Heights (2504 13Ave NW)
- 14 Team practice on Wednesdays from 6 to 7:30
- 12 CMSA Matches Sat at Dalhousie Community Centre Formats 5v5 (two 25 Min matches)
- Includes club soccer training jersey and Matches uniform
 Cost \$550
- * Summer Break is June 23 Aug 19



- ✓ 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.

CMSA Developmental Plus + U10 (2014) U11 (2013)

- April 22 Sep 23 (Longer season)
- 14 Technical sessions on Mon from 6 to 7:30
- 14 Training Sessions on Wed from 6 to 7:30
- 14 Matches (Citywide) Formats -7v7 (50 Min matches)
- Includes club soccer training jersey and Matches uniform
 Cost \$700
- * Summer Break is July 29 Aug 19

CMSA Developmental U10 (2014) U11 (2013)

- April 24 July 19 (Shorter season)
- 10 Matches (NW/SW Quadrant) Formats -7v7 (50 Min matches)
- 12 Training Sessions on Wed from 6 to 7:30
- Includes club soccer training jersey and Matches uniform
 Cost \$500



- ✓ 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.

CMSA Developmental

U12 – U13 (2012 - 2011)

April 16 – Sep 23 (Training time will increase to 1.5 hours as daylight permits)

- 16 Tech sessions on Tuesdays from 5:30 to 7:15
- 18 Practice sessions on Fridays from 5:30 to 7:15
- 10 Fitness sessions on Thurs from 6:00 to 7:00 PM
- 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 \$975
- * Summer Break is July 29 August 18

Fall season

Aug 27 to Sep 22

8 Training Sessions

4 Friendly Matches

Registration is now open

CITY EC

- ✓ 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.

CMSA Developmental

U14 (2010)

April 16 – Sep 22 (Training time will increase to 1.5 hours as daylight permits)

- 18 Tech sessions on Tuesdays from 7:15 to 8:30
- 18 Practice sessions on Fridays from 7:15 to 8:30
- 10 Fitness sessions on Thurs from 7:00 to 8:00 PM
- 14 CMSA games times and location TBD by CMSA Format 11V11 (90 matches)
- Includes club soccer training T-shirt and game uniform
- Cost \$1000
- * Summer Break is July 29 August 18

Fall season

Aug 27 to Sep 22 8 Training Sessions

4 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.

Academy Skills Programs



Just for FUN!

Drop-in 1 hour of 8 weeks of FUN playing games (age 6-14) Non-active coaching \$100 (Dates TBD)

8 Sessions Saturday, June 03 to July 29, 3:00 to 4:00 pm St Andrew's Heights \$150

Ball Mastering

8 Sessions Saturday, June 03 to July 29, 2:00 to 3:00 pm St Andrew's Heights \$150

Finishing

8 Sessions Saturday, June 03 to July 29, 1:00 to 2:00 pm St Andrew's Heights \$150

Goalkeeper

4 Free Sessions Saturdays from 4 to 5 PM May 04,11, 25, Jun 01

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- 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

- 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, 2024
- The timeline for receiving a refund will be 8 to 12 weeks from receipt of the refund request.



DEADLINES

Non-injury-related refunds (April 02, 2024)

<u>Injury-related</u> (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.
- 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 Outdoor 2024 Grassroots U7 toU9





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

| | | U8 | U9 | |
|-------------------------|--|--|--|--|
| | | | | |
| Season Dates | May 4 – June 22 | May 4 – June 22 | May 4 – June 22 | |
| # of Match Days | 7 Total | 7 Total | 7 Total | |
| Match Day Play Dates | 1 per week, Saturdays 7 Match Days (no Match Day May 18) Quadrant based: Dalhousie Community Centre Genesis Centre Flames Community Fields Mid Sun Junior High | 1 per week, Saturdays 7 Match Days (no Match Day May 18) Quadrant based: Dalhousie Community Centre Genesis Centre Flames Community Fields Mid Sun Junior High | 1 per week, Saturdays 7 Match Days (no Match Day May 18) Quadrant based: Dalhousie Community Centre Genesis Centre Flames Community Fields Mid Sun Junior High | |
| Match Length | 3 @ 20 min matches per Match Day | 3 @ 20 min matches per Match Day | 2 @ 25 min matches per Match Day | |
| Post Season | Grassroots Rally, June 22 | Grassroots Rally, June 22 | Grassroots Rally, June 22 | |
| 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 | 4v4 | 5v5 with goalkeeper | |
| Min/Max Roster Sizes | Min 4 - Max 8 | Min 4 - Max 8 | Min 6 - Max 10 | |

League Overview for Outdoor 2024 CMSA U10 and U11



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



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

League Structure

| U10 | U11 |
|-----|-----|
| | |

| Programs | Dev+ and Dev | Dev+ and Dev |
|--|---|---|
| Format | 7v7 including GK | 7v7 including GK |
| Regular Season | Dev Plus+: April 27 – July 28 Dev: May 4 – July 19 Division format will depend on number of groups entered | Dev Plus+: April 27 – July 28 Dev: Dev: May 4 – July 19 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 | May play any day of the week. Dev Plus+: City-wide Dev: Regional Divisions (N/S or E/W where possible) Clubs are STRONGLY encouraged to enter their House League groups into Dev Division. | May play any day of the week. Dev Plus+: City-wide Dev: Regional Divisions (N/S or E/W where possible) Clubs are STRONGLY encouraged to enter their House League groups into Dev Division. |
| Post Season | Dev+ Rally: July 27 & 28 Dev Rally: July 20 & 21 | Dev+ Rally: July 27 & 28 Dev Rally: July 20 & 21 |
| 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 |
| Fall Series (Opt in-Reg'n Required) | September 13 - 15 | September 13 - 15 |

League Overview for Outdoor 2024 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 multisport 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)

League Structure

| U12 | U13 |
|-----|-----|
| | |

| Program | Tier I, II, III, IV, V | Tier I, II, III, IV, V | |
|--|---|---|--|
| Format | 9v9 | 9v9 | |
| Regular Season | Tier I/II – April 27 – July 28 Tier III-V – April 27 – July 19 | Tier I-III – April 27 – July 28 Tier IV-V – April 27 – July 19 | |
| # 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 | Tier I/II Wrap Up Rally: July 27 & 28 Tier III-V Wrap Up Rally: July 20 & 21 | Challenge Cup: July 26-28 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 | |
| Fall Series (Opt in-Reg'n Required) | September 13 - 15 | September 13 - 15 | |

^{*}Typical commitment level, will vary from Club-to-Club

League Overview for Outdoor 2024 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 multisport 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)

League Structure

| | | | | ta . | |
|---|--|--|--|---|--|
| | U14 | U15 | U16 | U17 | U19 |
| Per Player Fee | Tier I - \$210.00 Tier II - \$200.00 Tier III-V - \$195.00 | Tier I - \$220.00 Tier II - \$210.00 Tier III-V - \$205.00 | Tier I - \$220.00 Tier II - \$210.00 Tier III-V - \$205.00 | Tier II - \$225.00 Tier II - \$215.00 Tier III-V - \$210.00 | Tier II - \$210.00 Tier III-IV - \$205.00 |
| Tiers | Tier I, II, III, IV, V | Tier II, III, IV |
| Match Format | 11v11 | 11v11 | 11v11 | 11v11 | 11v11 |
| Season Length | • Tier I-III – April 27 – July 28 | • Tier I-III – April 27 – July 28 | • Tier I-III – April 27 – July 28 | • Tier I-III – April 27 – July 28 | • Tier I-III – April 27 – July 28 |
| | Tier IV/V – April 27 – July 14 | Tier IV/V – April 27 – July 14 | • Tier IV/V – April 27 – July 14 | • Tier IV/V – April 27 – July 14 | Tier IV/V – April27 – July 14 |
| # of Games | 14 | 14 | 14 | 14 | 14 |
| Play Dates | 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 26 – 28) ASA Provincials | Challenge Cup (July 26 – 28) ASA Provincials |
| Min/Max Roster Sizes | Min 11 - Max 20 | Min 11 - Max 20 |
| Fall Series (Opt in-Reg'n Required) | September 20 – 22 | September 20 – 22 |

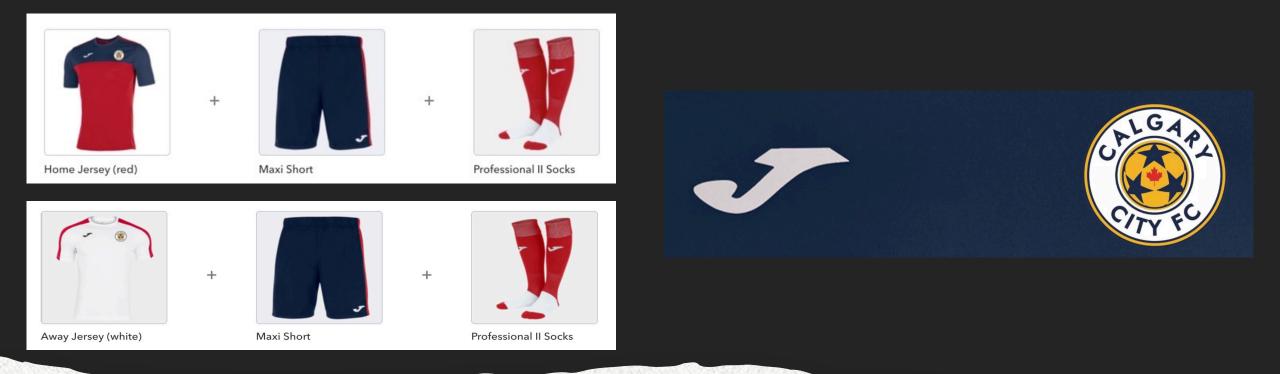
^{*}Typical commitment level, will vary from Club-to-Club

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 uniform information and gear, please visit: https://calgarycityfc.itemorder.com/shop/home/

Thank you to our sponsors



<u>Please check other sponsorship</u> <u>opportunities</u>









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