



COCHRANE MINOR SOCCER  
2022-23 INDOOR  
SEASON



# COMPETITIVE (TLP) U11+ PROGRAM OUTLINE

## PRACTICES

Our Competitive programs will have 2-3 practices per week based on their level of play. Each week players will have 1-2 Academy sessions with Technical Staff, and 1 Team Practice that will be delivered by the Team Coach who will be either a Club Technical Staff, or Club Coach. Over the Indoor Season players will receive a minimum of 20 Academy Sessions.

## COACHING

Our Youth Development Phase Manager is the Technical Lead for the TLP program and will be on-field for the duration of the program with support from qualified coaches at the A, B or C-License Level. To ensure we are providing a quality experience for our players we are continually growing our coaching ranks. Additionally, all our current Technical Staff are completing National Licensing certifications to continually grow as coaches and professionals.

## SPORT SCIENCE

This Winter the Club will be adding a Sport Science component to the program. The program will be delivered by Spray Lakes Strength & Conditioning Professionals with the purpose being to introduce athletes to S & C programming, as well as educating them on the many health and performance benefits it provides.

## PROGRAM FOCUS

Our TLP program is designed to provide players who have a passion for the game, an opportunity to train with likeminded players and compete in the Calgary Minor Soccer League against teams from Calgary and surrounding areas. The program will be delivered by Licensed coaches who are qualified to provide quality age and stage-based training aimed at developing players technically, tactically, physically, and socially.

## PLAYER PATHWAY

At the U11 age group we will enter competitive teams into CMSA League Play. This will provide players who have a passion for the game, and training to challenge themselves in a competitive environment against City based Teams. We are excited to continue transitioning players from our Skill-Centre program into TLP as we strengthen our player-pathway at the Club.

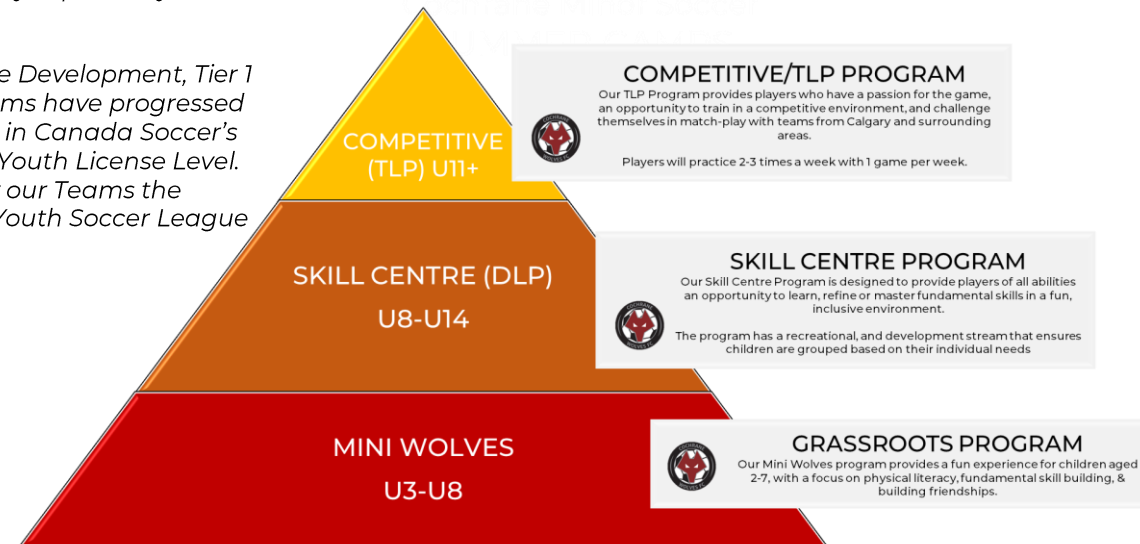
Our TLP program strives to compete at the Development, Tier 1 & 2 levels. Over the past 9 months our teams have progressed through the Tiers as we prepare to enroll in Canada Soccer's Club Licensing Program at the National Youth License Level. Attaining the Club License will allow our Teams the opportunity to participate in the Alberta Youth Soccer League (AYSL) in the future.

## TEAM FORMATION

The Club will invite all registered players to train from September 12<sup>th</sup>-23<sup>rd</sup> with Club Technical Staff and Coaches to form preliminary rosters for the Indoor Season. Rosters will be submitted to CMSA at the given deadline, however, there will still be opportunities for player movement based on the individual needs of each player.

## EVALUATIONS

September 12<sup>th</sup> - 23<sup>rd</sup>. Will be held at West-Rock Fields.





# COMPETITIVE (TLP) U11+

## PROGRAM INFORMATION



### U10/U11/U12 FEMALE PROGRAM

**Indoor Season:**  
**Sessions: 60 Minutes**  
**Block 1 (9 Weeks)**  
October 17th – March 18<sup>th</sup>  
Mondays 5:45PM-6:45PM  
Wednesdays: 5:45PM-6:45PM  
Friday: 5:30PM-6:30PM  
(Development, Tier 1 & 2 only)

**Block 2 (11 Weeks)**  
January 3<sup>rd</sup> – March 18<sup>th</sup>  
Mondays 5:45PM-6:45PM  
Wednesday: 5:45PM-6:45PM

**CMSA Games: TBD**  
1 Per Week  
Format based on Tier

**Ages:**  
Born 2011, 2012, 2013

**Location:**  
Spray-Lakes

**Kit:**  
Jersey, Shorts, Socks: \$40

### U13 + FEMALE PROGRAM

**Indoor Season:**  
**Sessions: 60-75 Minutes**  
**Block 1 (9 Weeks)**  
October 17th – March 18<sup>th</sup>  
Mondays 7PM-8PM  
Wednesday: 6PM-7PM  
Friday: 7:30PM-8:30PM  
(Tier 1 & 2 only)

**Block 2 (11 Weeks)**  
January 3<sup>rd</sup> – March 18<sup>th</sup>  
Mondays 6:45PM-8PM  
Wednesday: 6:45PM-8PM

**CMSA Games: TBD**  
1 Per Week  
Format based on Tier

**Ages:**  
Born 2005 - 2010

**Location:**  
Spray-Lakes

**Kit:**  
Jersey, Shorts, Socks: \$40

### U10/U11/U12 MALE PROGRAM

**Indoor Season:**  
**Sessions: 60 Minutes**  
**Block 1 (9 Weeks)**  
October 17th – March 18<sup>th</sup>  
Tuesdays 7PM-8PM  
Thursdays: 7PM-8PM  
Friday: 6:30PM-7:30PM  
(Development, Tier 1 & 2 only)

**Block 2 (11 Weeks)**  
January 3<sup>rd</sup> – March 18<sup>th</sup>  
Tuesdays 7PM-8PM  
Thursdays: 7PM-8PM

**CMSA Games: TBD**  
1 Per Week  
Format based on Tier

**Ages:**  
Born 2011, 2012, 2013

**Location:**  
Spray-Lakes

**Kit:**  
Jersey, Shorts, Socks: \$40

### U13 + MALE PROGRAM

**Indoor Season:**  
**Sessions: 60-75 Minutes**  
**Block 1 (9 Weeks)**  
October 17th – March 18<sup>th</sup>  
Tuesdays 8PM-9PM  
Thursdays: 8PM-9PM  
Friday: 8:30PM-9:30PM  
(Tier 1 & 2 only)

**Block 2 (11 Weeks)**  
January 3<sup>rd</sup> – March 18<sup>th</sup>  
Tuesdays 8PM-9PM  
Thursdays: 8PM-9PM

**CMSA Games: TBD**  
1 Per Week  
Format based on Tier

**Ages:**  
Born 2005 - 2010

**Location:**  
Spray-Lakes

**Kit:**  
Jersey, Shorts, Socks: \$40

### ALL AGES COST

**Program Fee:**  
\$675 (Includes ASA, BCSA, CMSA, Coach Fees)

**Training Fee:**  
Dev/Tier 1 & 2 Training: \$425 (49 Sessions)  
Rec/Tier 3: \$300 (40 Sessions)  
Multi-Sport: \$150 (20 Sessions)

**Kit Fee: (Additional/Optional)**  
Training Kit: \$40 (Jersey/Shorts/Socks)  
Track-Jacket: \$52.50 (Red)

**Sport Science: (Additional/Optional)**  
Strength & Conditioning: \$150  
Delivered at Spray Lakes by Licensed Professionals (Details TBC)

**Tournament Fee: (Additional/Optional)**  
Club Tournament \$50  
Technical Staff will choose one local Tournament (In Calgary or a surrounding areas) for the season, where all teams will attend together.

**Included:**  
Tournament Entry, Coach Fees.



# COMPETITIVE (TLP) U11+ REGISTRATION INFORMATION

## **STEP 1: Program Fee**

All Competitive (TLP) participants will pay the Club Program Fee.

*This fee covers your Big-Country, and Alberta Soccer insurance fees, as well as your Calgary Minor Soccer League Fees. The fee also helps covers the cost of all Club Operations, including your Team's Coaching Cost.*



## **STEP 2: Training Fee**

All TLP participants can choose their Training Program.

*We provide our Competitive (TLP) players with the choice of 1, 2, or 3 sessions per week. Our goal is to provide players with the opportunity to train up to 3 times per week, but recognize we have multi-sport athletes, and individuals who have different developmental goals.*

*For players competing at the Development (U11/U12 ages), Tier 1 & Tier 2 level, the expectation is to train 2-3 times per week. Recreational, and Tier 3 players the expectation is 2. And, for Multi-Sport athletes we provide a once (1) per week option.*



## **STEP 3: Training Kit (Optional)**

*We expect all Competitive (TLP) players to have/wear their Macron Training Kit at practices, and their logo'd shorts & Socks at Games.*

*.Training Kit includes a Training Jersey, shorts, & Socks (\$40). If you already have a kit from Outdoor you do not need to purchase another.*

*Track-Top's are optional. Stocks are limited.*

## **STEP 4: Sport Science (Optional)**

*Our first Strength & Conditioning, and Fitness Program.*

*We will be partnering with Spray Lakes to provide our athletes with an opportunity to experience an S & C/Fitness program which will have health, & performance benefits. The program will also help to educate our athletes on the importance of fitness and staying active for life.*



## **STEP 5: Tournament Fee (Optional)**

*Building Club Culture*

*This Winter/Indoor season we would like to attend a designated tournament with all our teams. This will provide an opportunity for players, parents, and coaches/staff to all come together for a weekend! The cost will cover tournament entry, as we intend to attend a local tournament to minimize cost but to provide a great experience for all.*



## Have Questions?

For general questions contact [info@cochraneminorsoccer.ca](mailto:info@cochraneminorsoccer.ca)

for program/technical questions contact [directorofsoccer@cochraneminorsoccer.ca](mailto:directorofsoccer@cochraneminorsoccer.ca)

[REGISTER NOW](#)