



**FOOTHILLS
SOCCER CLUB**

GRASSROOTS 2022



**OUTDOOR SOCCER
PROGRAM DETAILS**



FOOTHILLS GRASSROOTS

At Foothills Soccer Club we look to create an environment where we encourage our young players to have fun, be creative and grow a "love for the ball". We use appropriate coaching styles where the fundamental movements & skill development is at the forefront of our sessions/games.

Our focus will be to ensure every player enjoys the game of soccer in a fun learning environment within their community with friends. We will focus on the "skill hungry years" from three to nine and build on the key motor skills that will provide a solid foundation for their ABC's (agility, balance and coordination). We try to create innovative coaches who can use a variety of teaching skills to engage our players through passion and flexibility. The Foothills culture is one where we share, enjoy, and look to influence our fellow Grassroots volunteer coaches by promoting boundless enthusiasm which will continue to grow our future players.



FOOTHILLS GRASSROOTS FAQ

HOW DO I REGISTER?

WE HAVE A LINK ON THE RIGHT HAND SIDE UNDER QUICK LINKS FOR OUR MEMBERZONE. IF YOU ARE A NEW TO FOOTHILLS FAMILY YOU NEED TO SET UP A FAMILY PROFILE. YOU CAN THEN ADD YOUR CHILDREN AND THE PROGRAMS AVAILABLE FOR REGISTRATION FOR THAT CHILD WILL SHOW AUTOMATICALLY FOR YOU TO CHOOSE. PLEASE NOTE, YOU ARE NOT REGISTERED UNTIL YOU HAVE COMPLETED PAYMENT.

I CAN'T AFFORD TO PUT MY CHILD THROUGH SOCCER. CAN YOU HELP?

EVERYONE SHOULD BE AFFORDED THE OPPORTUNITY TO PLAY. PLEASE CONTACT THE REGISTRAR AT ADMIN@GOFOOTHILLS.CA. ALL PLAYERS WHO REQUIRE FINANCIAL ASSISTANCE MAY GO THROUGH KIDSPORT, WHICH IS AN ORGANIZATION FUNDED BY VARIOUS SPORTS ASSOCIATIONS TO HELP SUCH CASES.

I MISSED THE REGISTRATION DEADLINE. IS IT TOO LATE?

IF REGISTRATION ONLINE HAS FINISHED, PLEASE EMAIL FOOTHILLS AT ADMIN@GOFOOTHILLS.CA. SPECIFY WHICH AGE GROUP YOU WISH TO REGISTER IN AND WE WILL CHECK TO SEE IF THERE IS ROOM.

WHERE DO I LOG IN TO THE MEMBERZONE? I FORGOT MY PASSWORD. HOW CAN I LOG IN?

THERE IS A LINK TO THE MEMBERZONE ON THE RIGHT HAND SIDE OF THE HOME PAGE UNDER QUICK LINKS. USE THE EMAIL ADDRESS YOU USED FOR YOUR FAMILY MEMBER PROFILE. IF YOU FORGET YOUR PASSWORD THERE IS A LINK WHERE YOU CAN HAVE THE PASSWORD SENT TO THE EMAIL ADDRESS WE HAVE ON FILE FOR YOU.

MY ADDRESS/PHONE # HAS CHANGED. HOW CAN I ENTER THE NEW NUMBER?

YOU MAY MAKE THE CHANGES YOURSELF BY LOGGING INTO YOUR FAMILY MEMBERZONE.

DO I HAVE TO PLAY IN MY COMMUNITY?

NO, YOU CAN CHOOSE ANY PROGRAM THAT WORKS BEST FOR YOUR FAMILY.

WHAT DOES MY CHILD NEED?

FOR U4-U8 THEY NEED SOCCER CLEATS FOR OUTDOOR AND INDOOR SOCCER SHOES FOR THE INDOOR SEASON. RUNNERS WILL ALSO WORK FOR EITHER SEASON, SHIN PADS AND A WATER BOTTLE. WE SUPPLY THEM WITH A JERSEY, SOCKS AND SHORTS THAT ARE THEIRS TO KEEP. FOR TRAINING AT THE FOOTHILLS FACILITY, CLEATS WORK BEST.

WHAT IS MINI FEST?

MINI FEST IS OUR WRAP UP PARTY FOR GRASSROOTS. YOU CAN SEE WHAT OUR PREVIOUS FESTIVALS LOOKED LIKE BY CLICKING [HERE](#).

WHAT ARE THE COMMUNITY FEES?

IN THE COMMUNITIES WHERE WE ARE THE OFFICIAL YOUTH SOCCER PROGRAM PROVIDER WE ARE REQUIRED TO COLLECT THE COMMUNITY FEES FROM THEIR MEMBERS. DUE TO PRIVACY REASONS WE DO NOT KNOW IF YOU HAVE PAID YOUR FEES, THEREFOR WE NEED TO STILL COLLECT THEM. YOU CAN IN TURN LET YOUR COMMUNITY ASSOCIATION KNOW AND THEY WILL REFUND YOU YOUR OVERPAYMENT.





CALGARY FOOTHILLS



U4

BORN 2018/19 LITTLE DRIBBLERS

This is an introduction to soccer with the objective to get the children moving and to keep them active. Our players will be provided with physical literacy activities followed by small sided soccer games.

The physical curriculum provides acquiring skills such as running, jumping, twisting, throwing and catching.

The technical curriculum requirements are not about teaching the techniques of soccer but to let the children enjoy the game and become friends with the ball.

TEAMS

Mixed boys & girls teams coached by parent volunteer coaches with support of Foothills staff (free clinics & coach materials throughout the season)

SCHEDULE

SATURDAYS
10:00-11:00 am

LOCATIONS

Auburn Bay
Chaparral
Canyon Meadows

ALL PROGRAM FEES INCLUDE

Grassroots Jersey, Shorts, Socks, and Medals

REGISTRATION \$99 + COMMUNITY MEMBERSHIP FEE

REGISTER AT WWW.GOFOOTHILLS.CA / MAY 7-JULY 2, 2022 / MINIFEST JUNE 25 OR JULY 9



CALGARY FOOTHILLS



U5

BORN 2017 ACTIVE START

In our U5/U6 Active Start Program we focus on the physical literacy stage of our players' development with our focus on creating games and challenges which will encourage movements with and without the ball such as running, jumping, throwing, hopping, balancing, kicking.

We aim to teach the basic soccer skills combined with movements that will help our future players develop key physical movement skills. Our trainers are qualified and will follow the CSA guidelines for coaching active start sessions. Our trained staff will look to build our players' social skills by creating games that involve teamwork through challenges set.

TEAMS

Mixed boys & girls teams coached by parent volunteer coaches with support of Foothills staff (free clinics & coach materials throughout the season)

SCHEDULE / LOCATIONS

MONDAYS & WEDNESDAYS
6:00-7:00 PM

Canyon Meadows, Deer Ridge, Walden, Legacy and Evergreen

TUESDAYS & THURSDAYS
6:00-7:00 PM

Auburn Bay, Chaparral, Cranston & Mahogany

ALL PROGRAM FEES INCLUDE

Grassroots Jersey, Shorts, Socks, and Medals

REGISTRATION \$139 + COMMUNITY MEMBERSHIP FEE

REGISTER AT WWW.GOFOOTHILLS.CA / MAY 7TH- JULY 2ND, 2022 / MINIFEST JUNE 25 OR JULY 9



CALGARY

FOOTHILLS



U6

BORN 2016 ACTIVE START

In our U6 Active Start Program we focus on the physical literacy stage of our players' development with our focus on creating games and challenges which will encourage movements with and without the ball such as running, jumping, throwing, hopping, balancing, kicking.

We aim to teach the basic soccer skills combined with movements that will help our future players develop key physical movement skills. Our trainers are qualified and will follow the CSA guidelines for coaching active start sessions. Our trained staff will look to build our players' social skills by creating games that involve teamwork through challenges set.

TEAMS

Mixed boys & girls teams which are led by parent volunteer coaches with the support of Foothills staff (free clinics & coach materials throughout the season)

SCHEDULE / LOCATIONS

MONDAYS & WEDNESDAYS

6:00-7:00 PM

Canyon Meadows, Deer Ridge, Walden, Legacy and Evergreen

TUESDAYS & THURSDAYS

6:00-7:00 PM

Auburn Bay, Chaparral, Cranston & Mahogany

ALL PROGRAM FEES INCLUDE

Grassroots Jersey, Shorts, Socks, and Medals

REGISTRATION \$139 + COMMUNITY MEMBERSHIP FEE

REGISTER AT WWW.GOFOOTHILLS.CA / MAY 7TH - JULY 2ND, 2022 / MINIFEST JUNE 25 OR JULY 9



CALGARY FOOTHILLS



U8

BORN 2014/15 FUNDAMENTALS

The second stage of our player's development, however it's vital we recognize players that some players are just trying soccer for the first time. The most important focus is to continue working on physical literacy building into individual techniques with a ball.

We create learning environments that are stimulating and engaging for players. Teams will now play against each other led by Foothills trainers.

TEAMS

Mixed boys & girls teams which are led by parent volunteer coaches with the support of Foothills staff (free clinics & coach materials throughout the season)

SCHEDULE / LOCATIONS

MONDAYS & WEDNESDAYS
6:00-7:00 PM

Auburn Bay, Chaparral, Cranston & Mahogany

TUESDAYS & THURSDAYS
6:00-7:00 PM

Canyon Meadows, Deer Ridge, Walden, Legacy and Evergreen

ALL PROGRAM FEES INCLUDE

Grassroots Jersey, Shorts, Socks, and Medals

REGISTRATION \$149 + COMMUNITY MEMBERSHIP FEE

REGISTER AT WWW.GOFOOTHILLS.CA / MAY 7TH - JULY 2ND, 2022 / MINIFEST JUNE 25 OR JULY 9



CALGARY

FOOTHILLS



U7

BORN 2015

DEVELOPMENTAL

SCHEDULE / LOCATIONS

TUESDAYS & THURSDAYS

6:00-7:00 PM

PARKLAND

Developmental Program Includes:

Tuesdays: Team Practice to Develop Ball Mastery Skills

Thursdays: Ball Mastery Followed by 4v4 Games

U8 SKILLS PROGRAM

Optional for an additional fee. (\$295)

ALL PROGRAM FEES INCLUDE

Grassroots Jersey, Shorts, Socks, and Medals

This program is designed for our competitive and enthusiastic young players who wish to play in a competitive environment. Our trained parent coaches will continue to work on the players' development by creating competitive soccer sessions and games. The curriculum will focus on spatial awareness, ball mastery and combinations, teamwork and social skills, individual skills, 2v1's and 1v1's, and passing/shooting techniques.

TEAMS

Boys and girls ONLY teams coached by parent volunteer coaches with the support of Foothills staff (free clinics & coach materials throughout the season)

REGISTRATION \$175

REGISTER AT WWW.GOFOOTHILLS.CA / MAY 7TH- JULY 16TH, 2022 + SEP 6TH-OCT 1ST, 2022



CALGARY

FOOTHILLS



U8

BORN 2014

SKILLS CENTRE PROGRAM

This is our new developmental skills program that we will be offering to our U8 players for the first time. We recognize there is a need and a want for players to have more time on the ball in their prime skills acquisition years where they will have more face time with our technical staff to focus in on skill development to create technically proficient players while growing their love for the game.

TEAMS

Boys and girls ONLY teams coached by parent volunteer coaches with the support of Foothills staff (free clinics & coach materials throughout the season)

SKILLS CENTRE FESTIVALS

Skill Centre festivals are played on CMSA supplied community fields.

More information to be released at a later date

SCHEDULE / LOCATIONS

TUESDAYS/THURSDAYS & SATURDAYS

6:00-7:00 PM - Parkland Time/Location TBD

Tuesdays: Team Practice to Develop Ball Mastery Skills

Thursdays: Ball Mastery Followed by 4v4 Games

Saturdays: 5x Skills Centre Festivals + 9x Skills Program

Run by Foothills Technical Staff

ALL PROGRAM FEES INCLUDE

Grassroots Jersey, Shorts, Socks, and Medals

REGISTRATION \$175 + \$295 SKILLS PROGRAM

REGISTER AT WWW.GOFOOTHILLS.CA / MAY 7TH- JULY 16TH, 2022 + SEP 6TH-OCT 1ST, 2022