



IMPROVEMENT U13 TO U16 BOYS AND GIRLS

WINTER 2021/2022

Program Description: This program is intended for players born between **2008 and 2005** who wish to practice soccer in order to reach a good level. Once or twice a week, for 1 hour and 15 minutes, under the supervision of certified technicians, practices will aim to develop simple and complex technical movements, general and specific motor development, learning the values necessary for high level play (fun, surpassing oneself, solidarity, humility, rigor, ...) as well as an introduction to the understanding of the collective game. This program will offer young people a playful and demanding practice based on a methodology that aims **at the long-term development of the player.**

Program duration and practice day: This program will begin:

- Fall Period: Wednesday, October 05, 2021 through Sunday, December 19, 2021 (inclusive) and/or
- Winter period: Wednesday, January 11, 2022 to Sunday, April 03, 2022 (inclusive).

Year of birth	Practice day	Time	Place of practice
U13/U14 Boys 2008/2007	Wednesday	7 :15pm to 8 :30pm	Des Cavaliers Gymnasium, 120 rue Nancy-Elliot
	Sunday	12 :30 to 1 :45pm	Branchaud-Brière complex, 499 Boulevard Labrosse
U15/U16 Boys 2006/2005	Wednesday	7 :15pm to 8 :30pm	Des Cavaliers Gymnasium, 120 rue Nancy-Elliot
	Sunday	12 :30 to 1 :45pm	Branchaud-Brière complex, 499 Boulevard Labrosse
U13 to U16 Girls 2008 à 2005	Friday	7 :15pm to 8 :30pm	Des Cavaliers Gymnasium, 120 rue Nancy-Elliot
	Sunday	12 :30 to 1 :45pm	Branchaud-Brière complex, 499 Boulevard Labrosse

If a group is not full, the CSA reserves the right to regroup the children in another group and/or to propose to the parents to play in mixed gender.



Tarification

Year of birth	Rate for 1 period (Fall or Winter)		Rate for 2 periods (Fall and Winter)	
	1 practice	2 practices	1 practice	2 practices
U13/U14 Boys 2008/2007	\$155*	\$255*	\$255*	\$455*
U15/U16 Boys 2006/2005				
U13 to U16 Girls 2008 to 2005				

*The price shown is for the program registration for the given date period and the provision of equipment. If your child has not played during the 2021 summer season, a \$52 affiliation fee will be added to your registration.

Equipment: Each player will receive a pair of socks, shorts and a practice shirt. Each player will have to show up at the indicated time with their soccer gear (socks, shorts, jersey, shin guards and soccer shoes without cleats or a pair of sneakers). They must also bring a water bottle or a water bottle with their name on it.

Conditions : This program is open to all children in the above age groups and is subject to the club's rules and reimbursement policy. Places are limited by the capacity of the sports complex and the educators available in order to preserve a safe environment and an optimal quality of supervision for the well-being of the children as recommended by Soccer Canada.

PLEASE NOTE THAT THE VACCINATION PASSPORT IS MANDATORY FOR CHILDREN 13 YEARS AND OLDER. Without this vaccination passport, a child will not be able to practice soccer.

Registrations : Registration will take place online via our website starting Thursday, September 02, 2021**.

** The online transaction fee (\$8) is not refundable as it is not refunded by the transaction provider.