



## DEVELOPMENT U13 TO U16 MALE AND FEMALE

### WINTER 2025/2026

#### Program description:

For youth born between 2009 and 2012

Do you want to **improve, push your limits**, and **have fun** while aiming for excellence? This program is your next step!

Supervised by certified coaches, **our 1-hour weekly sessions** are designed for motivated youth who want to take their game to the next level.

#### 🎯 Program highlights:

- ✓ Mastery of technical skills – from basic to advanced
- ✓ Overall and soccer-specific motor development
- ✓ Introduction to collective game reading
- ✓ Learning essential values: enjoyment, self-improvement, solidarity, humility, and discipline

This program combines the **joy of playing** with **technical rigor**, through a structured approach focused on the **long-term development of the player**.

#### Program duration and practice day:

This program will begin:

- Autumn period: Friday, October 10, 2025 to Friday, December 19, 2025 (inclusive)

**and/or**

- Winter period: Friday, January 9, 2026 to Friday, March 27, 2026 (inclusive).

Year of birth	Day and type of practice	Time	Practice location
U13 to U16 MIXED (2012 to 2009)	Friday	7:20 to 8:20 p.m.	GYMNASE DES CAVALIERS (120 rue Nancy-Elliot)

*If a group is not complete, the CSA reserves the right to offer parents the opportunity to play mixed.*

#### Pricing

Year of birth	Rate for 1 period (Autumn <b>OR</b> Winter)	Rate for 2 periods (autumn <b>AND</b> winter)
	1 practice	1 practice
U13 to U16 Mixed 2012 to 2009	<b>\$185*</b>	<b>\$295*</b>

*\* The price shown corresponds to the program registration for the given period of dates and the supply of equipment. If your child has not played during the 2025 summer season, a **\$70 affiliation fee will be added to your registration**.*





### Equipments:

All children registered in this program will receive a **practice kit** including:

- One **pair of socks**
- **One pair of shorts**
- **One practice jersey**

To bring to each session:

- Soccer shoes **without cleats** or athletic sneakers
- **Socks, shorts, and practice jersey** (provided by CS Aylmer)
- **One pair of mandatory shin guards** (to be worn under the socks)
- **A water bottle labeled with the child's name**

### Conditions:

The program is **open to all children** born in the specified years.

It is subject to the **club's internal regulations** and **refund policy**.

**Spots are limited** based on gym capacity and the number of available coaches, to ensure a **safe environment** and **optimal coaching quality**, in accordance with **Soccer Canada** recommendations.

### Registrations:

**Registrations will be made online via our website by credit card from Monday August 11, 2025 subject to availability\*\*.**

\*\* Online service fees are charged by the transaction provider based on the registration amount and are non-refundable.