



LRSO U13-U14 M & F

SUMMER 2023

Description of the programme

The fun of playing is at the heart of this programme and it is open to all children born **between 2010 and 2009**. **The date of registration is the only criterion taken into account to access the programme and places are limited per team.**

Content of the programme

This program will start the week of May 15 and end on Friday September 01, 2023.

Players will have one practice (CDC) per week and 1 LRSO game. The sessions will be organized in the form of **workshops on fields in the Aylmer sector. The coaching during the CDC will be the team's educator with educators in training and a technician from CS Aylmer.**

Assessments will be organised to determine the teams per division if necessary.

In case of cancellation (special weather conditions)

- The information will be posted on our website " aylmersoccer.qc.ca ", on our Facebook page and you will be notified by email.
- Training sessions cancelled due to bad weather (heat, storm...) will not be resumed.

Rates

Category	Practice or Match	Jour et heure de pratique	Location	Rate
U13-U14 Boys (2010-2009)	Practice CDC	Friday 7:30 pm to 8:45 pm	Synthetic field Grande-Riviere	335\$*
	Match LRSO	Wednesday	Aylmer or Outaouais ¹	
U13-U14 GIRLS (2010-2009)	Practice CDC	Tuesdays from 8pm to 9.15pm	Synthetic field Grande-Riviere	335\$*
	Match LRSO	Thursday	Aylmer or Outaouais ¹	

¹ According to the LRSO match schedule made by Soccer Outaouais.

*** An additional \$60 membership fee covers the period from May 1, 2023 to April 30, 2024.**

NOTE: THE DAYS, TIMES AND LOCATIONS WILL BE DETERMINED ONCE THE CITY OF GATINEAU HAS CONFIRMED THE AVAILABILITY OF THE FIELDS AND ONCE THE NUMBER OF TEAMS REGISTERED IN EACH CATEGORY IS KNOWN.

Équipement

The club provides:

- ✓ A jumper, shorts and a pair of socks.

The child should bring:

- ✓ Soccer shoes, shin pads (mandatory), water bottle.



Your registration fee includes

- ✓ Your child's affiliation to Soccer Quebec and Soccer Outaouais;
- ✓ Uniform (jersey, shorts, socks) for practice and matches;
- ✓ The club's administrative and sports operating costs related to the programme (coaches, equipment, grounds, management, etc.);
- ✓ Registration of the U13-U14 team at Soccer Outaouais (LRSO).

Registration procedure

To register your child, you must go to our website. Click on the **REGISTRATION** tab on our website. Please note that a service fee will be charged by the service provider when you register online.