



LRSO U15 TO U19 M & F

SUMMER 2023

Description of the programme

The fun of playing is at the heart of this programme, which will be supervised by trained parents and/or young educators, and is open to all children born **between 2008 and 2004**. **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 programme will start in the week of 15 May and end on Friday 01 September 2023.

It will take place twice a week. 1 practice per team with the coach and 1 game in the LRSO League against teams from other Outaouais clubs.

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	Day and time of practice	Location	Rate
U15-U16 Boys (2008-2007)	Team training	Thursday : 20H-21H15	Grande-Rivière	265\$*
	Match LRSO	Tuesday	Aylmer or Outaouais ¹	
U15-U16 Girls (2008-2007)	Team training	Wednesday : 20H-21H15	Grande-Rivière	265\$*
	Match LRSO	Monday	Aylmer or Outaouais ¹	
U17-U18-U19 Boys (2006-2005-2004)	Team training	Wednesday : 20H-21H15	Grande-Rivière	265\$*
	Match LRSO	Monday	Aylmer or Outaouais ¹	
U17-U18-U19 Girls (2006-2005-2004)	Team training	Monday: 18H30-19H45	Vieux-Verger	265\$*
	Match LRSO	Thursday	Aylmer or Outaouais ¹	

¹Based on the LRSO match schedule

*** There is a \$60 membership fee that covers the period from May 1, 2023 to April 30, 2024.**

ATTENTION: 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.

Game format

For the U15-U16 men and women: 11 against 11.

For U17 to U19 men and women: 7 against 7 OR For U18/U17 men and women: 11 against 11



CLUB DE
SOCCER AYLMER

Équipement

The club provides:

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

The child should bring:

- ✓ Soccer shoes, shin pads, 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.);
- ✓ Team registration with Soccer Outaouais (LRSO) from U15 to U19.

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.