



IMPROVEMENT U13 TO U16 MEN AND WOMEN

WINTER 2022/2023

Description of the programme: This programme is aimed at players born between **2009 and 2006** who wish to **play soccer in order to reach a good level**. Once or twice a week, for 55' in the gym and 1h15 in Branchaud-Brière, and supervised by qualified technicians, practices will aim to develop simple and complex technical movements, general and specific motor development in soccer, learning the values necessary for a high level of play (fun, surpassing oneself, solidarity, humility, rigour, etc.) as well as an introduction to the understanding of the collective game. This programme will offer young people a playful and demanding practice based on a **methodology that aims at the long-term development of the player**.

Duration of the programme and practice day: This programme will start :

- Autumn period: Thursday 06 October 2022 until Sunday 18 December 2022 (inclusive)

and/or

- Winter period: Thursday 12 January 2023 to Sunday 02 April 2023 (inclusive).

Year of birth	Day and type of practice	Time	Location of the practice
U13/U14 Men 2009/2008	Thursday	6:10 pm to 7:05 pm	Gymnase des Cavaliers, 120 rue Nancy-Elliot
	Sunday	12:30 pm to 1:45 pm	Complexe Branchaud-Brière, 499 Boulevard Labrosse
U15/U16 Men 2007/2006	Thursday	6.10 pm to 7 :05 pm	Gymnase des Cavaliers, 120 rue Nancy-Elliot
	Sunday	12:30 pm to 1:45 pm	Complexe Branchaud-Brière, 499 Boulevard Labrosse
U13 à U16 Females 2009 à 2006	Thursday	7:15 pm to 8:10 pm	Gymnase du Marais, 200 rue Marigot

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.

Pricing

Year of birth	Rate for 1 period (Autumn or Winter)		Tariff for 2 periods (autumn and winter)	
	1 practice	2 practices	1 practice	2 practices
U13/U14 Men 2009/2008	\$165*	\$275*	\$275*	\$475*
U15/U16 Men 2007/2006				
U13 à U16 Females 2009 à 2006				

*The price shown corresponds to the registration to the programme for the given period of dates and the provision of the equipment. If your child did not play in the summer of 2022, a **\$55 membership fee will be added to your registration**.



Equipment: Each player will receive a pair of socks, shorts and a practice shirt. Each player will be required to show up at the designated 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 bottle of water or a named water bottle.

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.

Registrations:

Registration will be done online via our website by credit card starting Monday August 22, 2022.**

** The online service fee is charged by the transaction provider based on the registration amount and is non-refundable.