



## APPRENTICESHIP U7/U8 MALE AND FEMALE

WINTER 2022/2023

**Description of the programme:** This programme is aimed at players born in **2015/2014** who wish to deepen or practice a **leisure soccer** activity. Once or twice a week, for 55' and supervised by certified educators and young coaches in training, practices will be composed of motor skills workshops, games and small matches. This programme aims to instil in young children a passion for soccer and to deepen their understanding of simple notions of group life (respect, sharing, tolerance, solidarity), the fundamental basics of movement (forward and backward running, jumping, dodging, etc.) as well as the technical skills of soccer (ball control, use of the different surfaces of the foot to move with the ball, etc.)

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

- Autumn period: Wednesday 05 October 2022 until Saturday 17 December 2022 (inclusive)

and/or

- Winter period: Wednesday 11 January 2023 to Saturday 01 April 2023 (inclusive).

Year of birth	Practice day	Time (Your choice)	Location of the practice	Places available	Autumn <b>OR</b> winter rate	Autumn <b>and</b> winter rates
<b>U7/U8 BOYS (2015/2014)</b>	Saturday	12:05 pm to 1:00 pm or 1.10 pm to 2.05 pm	Gymnase du Marais (200 rue du Marigot)	16 max. per slot	<b>\$165*</b>	<b>\$275*</b>
	Thursday	6:10 pm to 7:05 pm	Gymnase du Marais (200 rue du Marigot) <b>FULL</b>	16 max.	<b>\$165*</b>	<b>\$275*</b>
<b>RATE FOR 2 PRACTICES PER WEEK (Thursday and Saturday)</b>					<b>\$275*</b>	<b>\$475*</b>
<b>U7/U8 GIRLS (2015/2014)</b>	Wednesday	6:10 pm to 7:05 pm	Gymnase des Cavaliers (120 rue Nancy-Elliot)	16 max.	<b>\$165*</b>	<b>\$275*</b>
<b>RATE FOR 2 PRACTICES PER WEEK (Wednesday and Saturday)</b>					<b>\$275*</b>	<b>\$475*</b>

If a schedule is not full, the SHA reserves the right to group children in another schedule.

\* 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 has not played during the summer period 2022, a **\$55 membership fee will be added to your registration.**

**Equipment:** All children registered in this winter program will receive a pair of socks, shorts and a practice shirt. At practice, the child must bring: spikeless soccer shoes or sneakers, a pair of socks, shorts, a practice shirt, shin guards (recommended), and a water bottle or 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 refund policy. Places are limited by the capacity of the gyms 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.