



## **WELCOMES YOU TO OUR 2020 OUTDOOR SOCCER PROGRAM**

The Lakehead Express Soccer club is excited to welcome you to our outdoor Recreational Youth Soccer Program. Our programs are designed for boys and girls from age 3-14 who want to play soccer in a fun learning environment that caters to their physical, mental and social needs. Our program has been designed and implemented by our Technical Director who is a certified Ontario Soccer Coach and follows the Canada Soccer Long Term Player Development plan. Each child also receives a full uniform (Jersey, Shorts and Socks) that will be handed out prior to the beginning of the season for them to keep.

### **Our main goals are to:**

- Create a fun soccer experience that the kids enjoy**
- Develop individual soccer skills focused on each player's developmental level**
- Increase confidence and self esteem in each child**
- Develop physical literacy in fundamental movement and sports skills**

### **What about Skill Sessions?**

Players at the youngest ages (U5-U9) will receive quality instruction each week in a truly FUN learning environment. Children will undergo activities that focus on fundamental skills such as agility, balance, and coordination, as well as running, jumping, throwing, catching, kicking, and dribbling. Team tactics and competition are kept to a minimum in these formative years; there is no focus on winning or losing and teams play in a 3 v 3 format with no goalkeepers. Older divisions will play a game with a 5 v 5 format.

### **When do we start?**

Play will begin **May 11 and runs through to June 17**. There will also be a **Soccer Festival date to be announced** with more information to follow.

### **Can I play with a friend?**

Players may ask to play with a friend. Please note this when registering your child. The club will do its best to accommodate those requests but cannot guarantee it.

\*The Club will make all attempts to run divisions in the proposed age groups based on numbers of children registered.

**Lakehead Express Rep Coaches will be visiting the house league program from time to time to identify players for our competitive programs. More information to come.**

## Gameplay

<p><b><u>UNDER 5 &amp; UNDER 7 (co-ed divisions)</u></b></p> <ul style="list-style-type: none"> <li>⚽ Smaller fields</li> <li>⚽ Number of players 3 per side</li> <li>⚽ No goalies</li> <li>⚽ No offsides/no goal kicks</li> <li>⚽ Kick-ins only</li> <li>⚽ No referee</li> <li>⚽ Emphasis is on fun</li> <li>⚽ <b>LOCATION: BORA LASKIN (LU)</b></li> <li>⚽ <b>(MON &amp; WED)</b></li> </ul>	<p><b><u>UNDER 9 (same gender division)</u></b></p> <ul style="list-style-type: none"> <li>⚽ Smaller fields</li> <li>⚽ Number of players 5 per side</li> <li>⚽ No offsides</li> <li>⚽ Kick-ins only</li> <li>⚽ No referee</li> <li>⚽ Emphasis is on fun</li> <li>⚽ <b>LOCATION: BORA LASKIN (LU)</b></li> <li>⚽ <b>(MON &amp; WED)</b></li> </ul>
<p><b><u>UNDER 11 (same gender division)</u></b></p> <ul style="list-style-type: none"> <li>⚽ Smaller fields</li> <li>⚽ Number of players 6 per side</li> <li>⚽ No offsides</li> <li>⚽ One referee</li> <li>⚽ Emphasis is on fun</li> <li>⚽ <b>LOCATION: LAKEHEAD UNIVERSITY (Field house)</b></li> <li>⚽ <b>(MON &amp; WED)</b></li> </ul>	<p><b><u>JUNIORS (same gender division)</u></b></p> <ul style="list-style-type: none"> <li>⚽ Smaller fields</li> <li>⚽ Number of players 6 per side</li> <li>⚽ No offsides</li> <li>⚽ One referee</li> <li>⚽ Emphasis is on fun</li> <li>⚽ <b>LOCATION: LAKEHEAD UNIVERSITY (Field house)</b></li> <li>⚽ <b>(MON &amp; WED)</b></li> </ul>

\*The Club will make all attempts to run divisions in the proposed age groups based on numbers of children registered. However, if numbers do not warrant, we do reserve the right to combine groups.

### **Equipment**

All players are required to wear shin guards that are underneath their soccer socks. No jewelry shall be worn while playing soccer. Children in divisions of Under 9 and older are suggested to wear soccer cleats however it is not a requirement as running shoes are fine as well.

### **Volunteer Team Leaders**

Lakehead Express Soccer Club is in need of volunteers to assist as team leaders. Your assistance is vital to the success of the program. No experience is necessary, and all soccer skill instruction will be delivered by our instructors. Please let us know if you are interested.

### **When will I hear about which team I will be on?**

Telephone calls will be made the week April 26. If you haven't heard from us by May 4 then check our website [www.lexsoccer.ca](http://www.lexsoccer.ca) . Schedules and uniforms will be distributed by TBD.

### **Refund Policy**

There will be no refunds after **April 5** and there will be a \$50 nonrefundable administration charge for any refunds prior to that date.