

March 2026



CMSA Clubhouse

Building Players, People, and Community.

Congratulations to our U7
and U9 academy groups!



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President's Message

By Duncan Hawkins, CMSA President

**CMSA 2025-2026 Indoor Season Recap
Growth. Effort. Community.**

As we close the doors on our 2025-2026 Indoor Season, we do so with tremendous pride and gratitude. This winter, **53 players registered across our programs** – a fantastic indicator that youth in our community are eager for opportunities to learn, grow, and play soccer even through the winter months. That number represents more than participation – it represents trust in our development model and excitement for what CMSA is building.

Indoor soccer is where foundations are built – technically, tactically, and culturally – and this season delivered on every level.

U7 & U9 Academy – Building the Foundations

Our U7 and U9 Academy groups embodied what grassroots development should look like: energy, curiosity, and a love for the game.

Throughout the winter months, players focused on:

- Ball mastery and first touch
- Confidence in 1v1 situations
- Understanding spacing and support
- Learning to “control, look, pass, and move”
- Introducing the concept of scanning and the 2-second decision rule

Most importantly, we saw growth in decision-making and confidence on the ball. Players began recognizing when to pass, when to dribble, and how to create space for teammates – huge developmental wins at these ages.

The indoor academy environment allowed for more touches, faster decision-making, and continuous learning. The smiles at the end of each session reminded us why we do this.

U9 Competitive – Taking the Next Step in Red Deer

Our U9 Competitive team stepped into league play in Red Deer this winter – and represented CMSA and our community with tremendous pride.

Competing consistently against strong opposition challenged our players to:

- Apply possession principles under pressure
- Maintain shape and spacing
- Make quicker transitions from defense to attack
- Show resilience in competitive moments

The most rewarding part wasn't just the results – it was watching players begin to truly understand how their positions connect on the field. The growth from the first league match to the final weekend was undeniable.

Parents, your support on the road and in the stands was exceptional. These experiences build more than soccer players – they build confidence, resilience, and team culture.



U11 League Team – Developing Identity & Game Understanding

Our U11 team also competed in Red Deer league play and showed tremendous growth in tactical awareness and maturity throughout the season.

At this stage, the focus deepened into:

- Team shape and formation understanding
- Scanning before receiving
- Playing out of pressure
- Supporting play off the ball
- Emotional management in competitive environments

We saw players begin to think ahead – anticipating passes, recognizing patterns, and making smarter decisions in possession.

Indoor league competition provided valuable exposure to higher pace and pressure – a key ingredient in long-term player development.

U13 Academy – Refining the Details

Our U13 Academy group focused on refining technical execution and introducing greater tactical complexity.

Key areas of development included:

- Speed of play
- First touch directionality
- Movement between lines
- Positional discipline
- Communication and leadership

This group showed impressive maturity and commitment. Indoor training allowed us to sharpen technical details in tight spaces – preparing them well for outdoor 9v9 and beyond.

We continue to see strong character and leadership emerging in this age group, which is critical as they transition toward higher levels of play.





What Stands Out Most?

Across all age groups, three themes defined our indoor season:

1- Development Over Results

Competition was embraced – but growth remained our driver.

2- Community & Family Support

From gym setups to road trips, our CMSA families continue to make this club special.

3- Culture is Growing

Players understand our language now – spacing, scanning, support, quick decisions. That consistency matters.

Thank You

To our coaches, volunteers, parents, and players – thank you for investing your time and trust into CMSA.

Indoor season may be complete...

But the journey continues.

We now look ahead to the 2026 Outdoor Season with momentum, excitement, and a club culture that continues to strengthen.

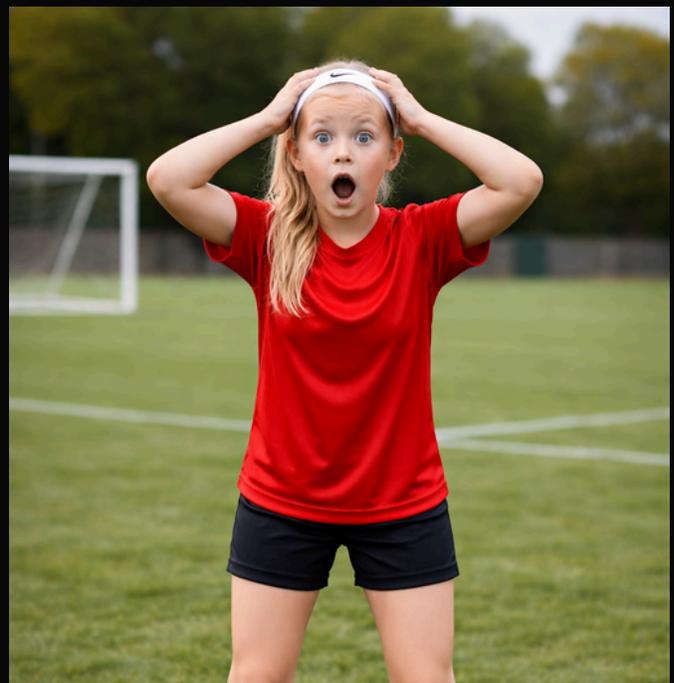
Have you Registered?

Spring is around the corner, and CMSA is ready to hit the field again.

After a fantastic indoor season with 53 players participating, we're excited to carry that momentum into our 2026 Outdoor Season.

Our focus remains on age-appropriate development, confidence on the ball, teamwork, and creating a positive environment where players grow and thrive.

Spots fill quickly – register early to secure your place.



Let Them Love the Game-

Why Enjoyment and Not Pressure Builds Stronger Athletes

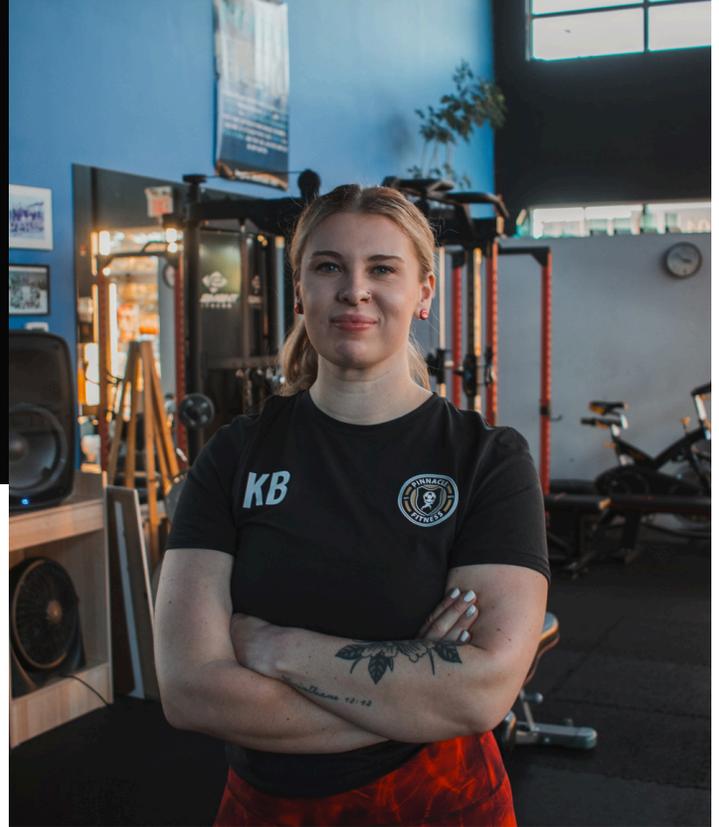
By Kirsten Burns, CPPS
Strength and Conditioning Coach
and Owner

As parents, coaches, and community members, we all want our kids to succeed in sport! Regardless of success definitions, most parents want their child to build confidence, discipline and resiliency through sport. But there's a critical truth supported by decades of research in sport psychology and long-term athlete development:

If a child does not enjoy their sport, performance gains will not last.

Enjoyment is not and should not be a luxury in youth sport. Research in motivational theory shows that children thrive when three basic psychological needs are met. The first is autonomy. A child has to have some feeling of control and ownership over their decisions. The second is competence. A youth athlete should feel capable in their sport and feel like there is improvement. The final is relatedness. Sport is an incredible way for them to feel connected to their peers and supported by adults.

When sport environments become overly performance driven at a young age, these needs are often undermined in the name of "success." Children may feel controlled instead of empowered, evaluated instead of supported and isolated instead of connected. The result? Increased anxiety and higher dropout rates in sport. Studies consistently show that the number one reason children leave sport is simple:



"I stopped having fun."

Pressure changes how kids experience sport. Enjoyment can be outweighed by performance pressure in a number of different ways from coaches and parents.

Confidence can become fragile and outcome dependent. Mistakes can feel threatening to their definition of success and play can start to become centered around avoiding mistakes instead of growth. With these pressures, an athlete can begin to tie their identity to results. That is a heavy burden for a developing athlete.

So, as adults who are in a position of trust, how do we create an environment that has a positive effect on an athlete's motivation and well being? Simple shifts matter.

Let Them Love the Game- *Why Enjoyment and Not Pressure Builds Stronger Athletes con't*

By Kirsten Burns, CPPS

Strength and Conditioning Coach and Owner

1. Ask questions regarding emotion before performance. "Did you have fun?" before asking "Did you win?"
2. Focus praise on effort, courage and teamwork.
3. Normalize mistakes as an important part of growth.
4. Support multi-activity participation.
5. Monitor training loads to prevent physical and emotional fatigue.

This is not a way to lower expectations or encourage a "participation medal" society. It is about redefining success. When children love the game, they are more likely to stay in it and that is what ultimately creates excellence.

Let them love it first. The rest will follow.

*Crossfield Minor Soccer
Association will be working
with Tri Fit on fitness
options for our youth.-
Duncan Hawkins, President*



Who We Are

We are an Airdrie based performance facility and Team Training Specialists. At TriFit Training, we build strong, bullet proof people without sacrificing movement quality. Every session is intentional — no gimmicks, no wasted reps. Just the best athletes and results, free of injury.

[\(https://trifittraining.ca/\)](https://trifittraining.ca/)



Girls Power Weekend Update

Planning is already well underway for the 2026 Girls Power Weekend, and we're excited to share that the **draft event schedule has been developed** as we continue refining the experience for players, parents, coaches, and volunteers. The foundation is set, and the energy behind this year's event is building.

Mark your calendars – **August 08-09, 2026** are officially confirmed, **so save the date!** We have also begun engaging potential speakers and presenters who will bring insight, inspiration, and valuable development opportunities to our girls and families. More details will be shared as they are confirmed – but this is shaping up to be our strongest GPW yet.

Know anyone that would be open to sponsoring this event? Send their contact details to crossfieldsoccer@gmail.com.

Legacy Builder Sponsor!

We are proud to announce **Access Chiropractic & Wellness** as a Legacy Builder Sponsor for the 2026 Girls Power Weekend. Their continued support reflects a shared commitment to athlete wellness, education, and empowering young girls through sport.

Community partners like Access play a vital role in helping us elevate this event each year, and we are incredibly grateful for their investment in both our players and our broader soccer community.



Check out Access's services in sports injury treatment! Click the QR Code below!



Respect All – Fear None

A CMSA Standard

By *Duncan Hawkins*,
President

At CMSA, “**Respect All – Fear None**” is not about intimidation or ego. It’s about character and confidence.

Respect All means:

- We respect teammates, opponents, coaches, officials, and the game itself.
- We compete hard, but we compete with integrity.
- We value sportsmanship as much as skill.

Respect is the foundation of our club culture. It reflects who we are when we win – and who we are when we lose.

Fear None means:

- We step onto the field with confidence.
- We are not intimidated by stronger opponents or bigger clubs.
- We trust our preparation, our development, and each other.
- We embrace challenges as opportunities to grow.

Fear None does not mean arrogance. It means courage.

What This Means for Our Players

It means:

- Play brave.
- Play composed.
- Play together.
- Believe in your development.

Whether in Crossfield, Red Deer, or beyond – CMSA players represent their community with humility and confidence.

Why Re-Introduce It Now?

As our club grows – with more academy players, competitive teams, and signature events like Girls Power Weekend – it’s important to reinforce the standards that define us.

“**Respect All – Fear None**” captures the balance we believe in:

Development over ego.
Confidence without arrogance.
Competition with integrity.



Coaching Corner: The Power of Parent Coaches

By *Duncan Hawkins, President*

Community soccer does not exist without volunteers – and at the heart of that are parent coaches.

When a parent steps forward to coach, they are doing far more than organizing drills or managing substitutions. They are creating opportunities. They are helping build confidence, friendships, resilience, and life skills in children across our community. Every session they plan, every word of encouragement they give, and every ride they take to a game contributes to something bigger than a scoreboard.

In a rural program like CMSA, volunteer coaches are the foundation of our success. They allow us to keep programs accessible, affordable, and development-focused. They help maintain our culture of positive growth over pressure, and they model leadership for all players – including their own children.

You don't need a professional background in soccer to coach. What matters most is care, commitment, and a willingness to learn. CMSA provides support, session plans, and guidance to ensure our coaches feel confident and equipped. When parents volunteer, they strengthen not just a team – but the entire soccer community.

If you've ever considered coaching, this is your invitation. The impact lasts far beyond a single season.

For more information on coaching and the supports that are available through CMSA, send us your questions to crossfieldsoccer@gmail.com.



IMPORTANT DATES

- **March 01, 2026- Regular Registration Opens**
- **March 26, 2026- Player Evaluations (U9-U11)**
- **April 28, 2026- First day of the 2026 Season**
- **Team Photos- *Dates being confirmed***
- **Season Wind-Up Party- *Dates being confirmed***
- **Girls Power Weekend- August 08-09, 2026**



There is no way this player was going to let her dad get the ball during parent vs player wrap-up!

As we transition from indoor to outdoor, we are reminded that CMSA is more than a season – it is a community built on shared effort, shared growth, and shared belief in what sport can do for young people. Every registration, every volunteer hour, every practice, and every cheer from the sidelines contributes to something meaningful that extends far beyond the field.

Thank you for being part of this journey. As we head into the 2026 Outdoor Season, let's continue to build with purpose, support one another, and represent our community with pride. The best chapters of CMSA are still ahead of us – and we're building them together.

RESPECT ALL - FEAR NONE!

Are you staying connected?

Stay up to date by following CMSA on Facebook and Instagram. We share registration reminders, event updates, player highlights, and important club announcements throughout the season.

Our social channels help us celebrate our community and keep everyone informed. Follow, like, and share to stay connected and support the growth of CMSA.

