



FC REGINA BLUESTARS

PSL OVERVIEW





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All registered FC Regina players will be assigned to individual team rosters for the indoor season. They will participate with their teams for designated weekly training, FCR Youth league games ,and tournament play (TBD).

The FCR BlueStars program provides an opportunity to the top performing players to compete in the **Provincial Soccer League (PSL)**, or various high-level competitions determined by the FC Regina Technical Staff.

Over the course of the season, regular team play will also be supplemented by the FCR BlueStars selects programming. Player assessment will be ongoing throughout the indoor season and will be determined by player performance, attitude and behaviour on and off the field during all games and training.

Recommendations for player selection will be suggested by FCR coaches and technical staff

Not all players will be selected for BlueStars events throughout the course of any season, but we will continue to assess player performance and consult with the coaching staff on a regular basis. Our intention is to provide all players a fair and justified opportunity to play at their highest potential within the club.

The FCR BlueStars program will provide an opportunity to the top performing players assessed during the indoor season to compete in the outdoor **Provincial Soccer League (PSL)**, or various high-level competitions determined by the FC Regina Technical Staff. U15 and U17 Players assigned to BlueStars teams for outdoor will participate only in BlueStars programming unless otherwise stated by the FC Regina Technical Staff.

From the perspective of player development, this is an ideal situation for players that is in line with the “Long-Term Player Development” (LTPD) and excellence standards established by the Canadian Soccer Association.

Parents and athletes will be provided with an estimate of costs in advance of all BlueStars programming and events.

2023 BLUESTARS PSL



The Premier Soccer League (PSL), operated by the Saskatchewan Soccer Association (SSA), is a province-wide competition and represents the highest level of play currently available in Saskatchewan.

PSL is open to representative teams from SSA Member Organizations and entities in Male and Female Under U13 Development, U15 and U17 divisions



FCR Team selections will be based on confirmed player registration for FCR Premier. Player selection will be based on performance throughout the previous indoor season. Recommendations will be accepted from FCR Technical staff, FCR individual team coaching staff and designated PSL coaching staff.



Participation in the PSL aligns with Canada Soccer's Pathway and Long-Term Player Development model (Training to Train and Training to Compete Stages) and provides the following advantages:

- Structured and high-quality training environment focused on technical, physical and mental components of the sport
- Access to a high-performance league and challenging competition
- Identification opportunities for regional excellence centers and academies



SEASON

The PSL season begins in **May** and **concludes in July** with the PSL Finals for the U15 and U17 age groups, along with a separate final festival event for the U13 age divisions.

PSL Dates and Competition TBD

Training/Additional Programming

Training sessions will be arranged through FC Regina and confirmed with team staff. All players to arrive at training no later than 15 minutes prior to the designated start time.

Games

Teams should be prepared to play on weekdays and all weekends from May-July. The number of team entries will determine the number of regular season games which could range from 3-6+. The PSL Final location is TBD . All players to arrive at games no later than 60 minutes prior to kick-off, unless otherwise stated by the team staff.

Travel

All players to travel/arrive in official FC Regina attire. ALL players and staff only to travel by bus together. Teams should look for opportunities where two teams can share bus transportation.

Accommodations

U13 - TBD by team

U15-U17 players only to share rooms of a maximum of 2 players per room or 1 player per bed.

Team Fees:

Team fees are in addition to registration fees and will be set at the start of the season by the team staff and collected by the team manager and/or team treasurer. Team fees can range from \$500 upwards depending on the age/division and events the team has planned and/or entered.

Team fees may include (but are not limited to) the cost for items such as:

- Tournament entry fees
- Team Apparel (See additional page for required BlueStars apparel)
- Team Personnel (up to 4 Staff) expenses for out-of-town travel for tournaments and events
- Team pictures, team windup, and other items
- Bus transportation
- Player accommodations

DETAILS	U13 BLUESTARS	U15 BLUESTARS	U17 BLUESTARS
Training	1x Weekly +Local U13 League	FCR to provide minimum 2x Weekly	FCR to provide minimum 2x Weekly
Games	Local league +PSL	PSL /Adult league TBD	PSL /Adult league TBD
Additional Programming	FIX Athletics (PSL Pre-Comp) Strength and Conditioning	FIX Athletics (PSL Pre-Comp/Club Nationals Pre-Comp) Strength and Conditioning	FIX Athletics (PSL Pre-Comp/Club Nationals Pre-Comp) Strength and Conditioning
Staff	4 Certified Staff members Gender Rule of Two applies for all events (1 must be listed officially as a certified coach)	4 Certified Staff members Gender Rule of Two applies for all events (1 must be listed officially as a certified coach)	4 Certified Staff members Gender Rule of Two applies for all events (1 must be listed officially as a certified coach)
Travel	TBD by Team Staff	Bus travel required for all events out of province Bus travel within province TBD by Team Staff	Bus travel required for all events out of province Bus travel within province TBD by Team Staff
Accommodations	Room assignment TBD by Team Staff Overnight stay for games earlier than 12:00PM Overnight stay for multiple games on weekends	All players at Hotel Max 2 players/1 player per bed Overnight stay for games earlier than 12:00PM Overnight stay for multiple games on weekends	All players at Hotel Max 2 players/1 player per bed Overnight stay for games earlier than 12:00PM Overnight stay for multiple games on weekends
Sport Science	TBD	Beyond Pulse Activity Tracker \$80/Season https://learn.beyondpulse.com/	Beyond Pulse Activity Tracker \$80/Season https://learn.beyondpulse.com/
Team/player Expense	League fees Apparel Travel	League fees Apparel Travel	League fees Apparel Travel



PRIMARY



Option 1



Option 2



Option 2



Option 1



ALTERNATE

Teams must declare one of their sets of jersey and socks as “primary” (preferred) and the other set of jersey and socks as “alternate”. Primary colours will be worn for all games, unless there is a conflict, in which case the visiting team shall change to their alternate colours.



FC Regina Training Kit

All FC Regina athletes are required to purchase a training kit to wear while participating in all FC Regina designated team training activities

For all Training Kit and Uniform inquiries please contact:

Email: uniforms@fcregina.com

Phone: 306-352-8040



\$17



\$17



\$12

2023 BLUESTARS GEAR



Stadium Parka
(Required for Club Nationals/Indoor Season)
119.00+ tax



FCR Rain Jacket
(Required for Club Nationals)
66.00+ tax



FCR Adidas Tiro Jacket
(Required for BlueStars)
75.50 + tax



FCR Backpack
(Required for BlueStars)
56.99 + tax



Team Wheel Bag
131.75+ tax



FCR Adidas Tiro Pant
(Required for BlueStars)
64.25 + tax