



FC REGINA

**BLUESTARS PROGRAM**





The FCR BlueStars program provides an opportunity for the top performing U11 to U19 players to compete in special event-based programming and access to additional training opportunities throughout the year. These training and competition opportunities will help the technical staff to evaluate and prepare players for potential selection to represent FC Regina in the SSA Prairie Soccer League (PSL)





The Prairie Soccer League (PSL), operated by the Saskatchewan Soccer Association (SSA), and is province-wide competition and represents the highest level of play currently available in Saskatchewan. Open to representative teams from SSA Member Organizations and Entities in Male and Female Under U13 Development, U15 and U17 divisions.



## PLAYER ASSESSMENT / SELECTION PROCESS

### INDOOR BLUESTARS PROGRAMMING (EVENT BASED)

Player assessments are ongoing throughout the indoor / outdoor season and recommendations are made in collaboration with Coaches and Technical Staff based on performance in training and competition. Rosters may vary from event to event and not all division 1 players will be guaranteed selection to project.

Player invitations will be sent out by Technical Staff via email with a target of a minimum 14 days prior to each event.

### OUTDOOR BLUESTARS PROGRAMMING (PSL)

PSL player selections 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.

- U11 Programming will continue to be event based, pending on competition and scheduling availability.
- PSL Rosters for U13 are flexible and subject to change based on player performance and availability to be in line with Canada Soccer's Grassroots Standards.
- PSL Rosters for U15 and U17 will be finalized no later than 30 days prior to the official start of the season.

\*For more information on [Saskatchewan Soccer Prairie Soccer League \(PSL\)](#)

## COACH SELECTION

Coaches will be selected based on certification, past coaching experience and team management. FC Regina technical Staff will select coaches they feel will support the club values , philosophy and the growth and development of all players. Coaching staff may vary based on each event.

# FCR BLUESTARS PROGRAM OVERVIEW



DETAILS	U11 BLUESTARS	U13 BLUSTARS	U15 BLUESTARS	U17 BLUESTARS
<b>INDOOR TRAINING PHASE</b> (OCTOBER to APRIL)	Based on Project / Event	Based on Project / Event	Based on Project / Event	Based on Project / Event
<b>OUTDOOR TRAINING PHASE</b> (MAY to OCTOBER)	Based on Project / Event	2x Weekly	2-3x Weekly	2-3x Weekly
<b>GAMES</b>	Designated Competition	PSL + Designated Competition	PSL + Adult League TBD	PSL + Adult League TBD
<b>SPORT SCIENCE</b>	FIX Athletics Coordination-Agility	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
<b>GK SPECIFIC TRAINING</b>	1x Per Week	1x Per Week	1x Per Week	1x Per Week
<b>STAFF</b>	2-4 Certified Staff members Rule of Two applies for all events	4 Certified Staff members Rule of Two applies for all events	4 Certified Staff members Rule of Two applies for all events	4 Certified Staff members Rule of Two applies for all events



# PLAYING POLICY

## Games

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

## Playing Time

U11-U13 Fair and equal playing time for all players

U15-U19 Playing time not guaranteed

*\*Playing time for all ages may be limited based on attendance and or behavior issues.*



# BLUESTARS TRAVEL GUIDELINES

Team fees are in addition to regular FCR 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 \$50 to upwards of \$1000.00 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 Personnel (up to 4 Staff) expenses for out-of-town travel for tournaments and events
- Team Apparel (Tracksuits / Backpacks)

Team Accommodations

U13 (TBD by team)

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

Team Travel

U11-13 (TBD by team)

U15-U17 preferred bus travel for all out of province events.

**FCR BLUESTARS**



# 2024/25 FC REGINA BLUESTARS UNIFORMS



**PRIMARY  
HOME UNIFORM  
BLUE-BLUE-BLUE**



**ALTERNATE  
AWAY UNIFORM  
GOLD-BLUE-GOLD**



# 2024/25 FC REGINA GOALKEEPER UNIFORMS



2024/25 FC REGINA BLUESTARS GEAR



**Adidas Entrada 22  
Track Jacket (FC Regina)**

**\$69.99**  
(Required for BlueStars)



**Adidas Entrada 22  
Training Pant (FC Regina)**

**56.25 + tax**  
(Required for BlueStars)



**FCR Backpack**

(Required for BlueStars)  
**56.99 + tax**



**FCR Rain Jacket**

(Required for Club Nationals)  
**66.00+ tax**



**Stadium Parka**

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





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