



Kootenay Rovers Football Club

REP & Development Outdoor 2025

COACH Meeting March 19, 2025

Agenda

The Club

- Our philosophy, vision, and mission.

The Player

- KRFC approach to player development.

The Coach

- Who is a KRFC Coach?

The Parent

- What do we expect of our parents?

The Manager

- Schedule, TeamSnap, Kit, Tournaments etc.

Q/A

- Additional details



The Club

Kootenay Rovers FC



Vision

Build and grow the East Kootenays to a place where it is known as a soccer region within British Columbia and Canada.



Mission

To promote, develop, and facilitate the game of soccer for all players regardless of gender, age and ability.



Philosophy

As many as possible, for as long as possible, in the best environment possible...

Our Programs

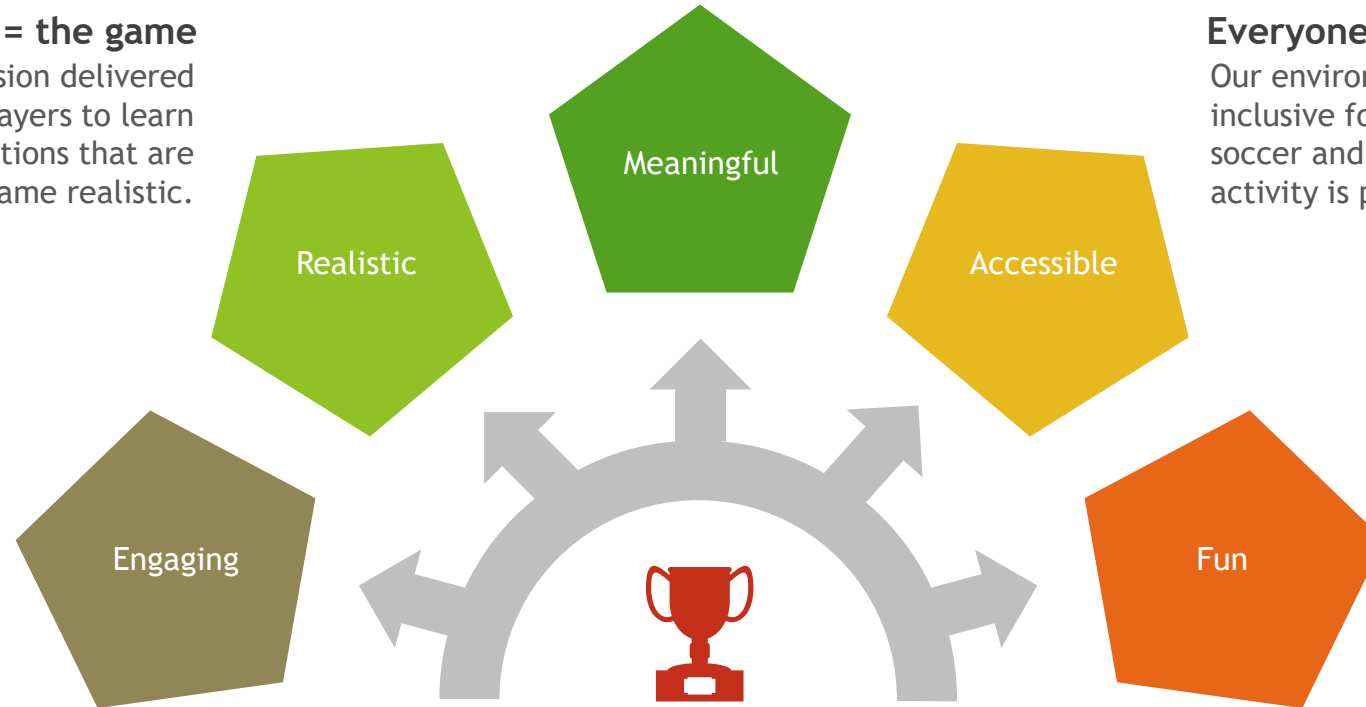
Players are where they can learn
Players are placed in environments where they can experience a good balance of challenges and success.

Sessions = the game
Every session delivered allows players to learn under situations that are game realistic.

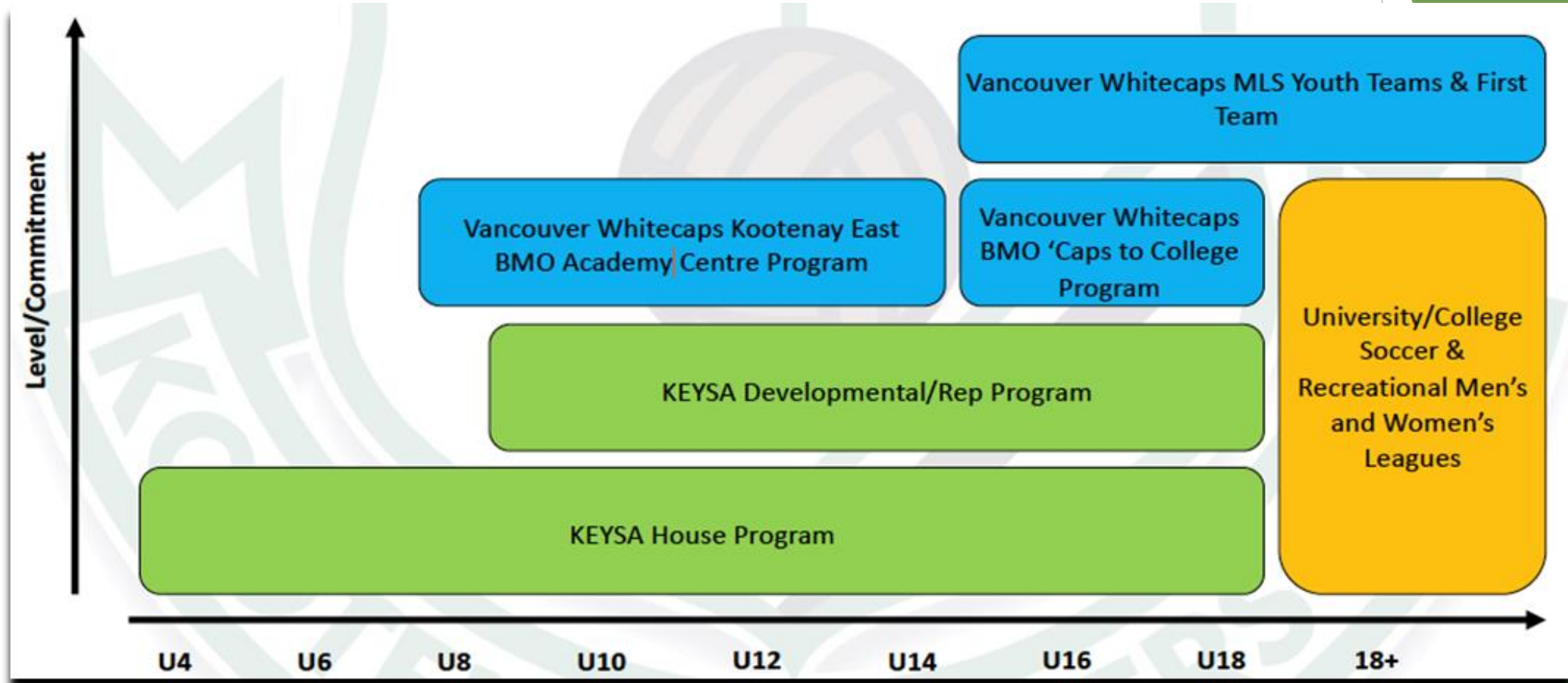
Everyone can play
Our environment is inclusive for all. Love for soccer and physical activity is paramount.

Training is Active
Players are moving 75-80% of the time at a session and everyone is involved.

Enjoyment is priority!
This is a space where players get to enjoy the game they love!



Player Pathway



KESA Board

- ▶ KESA President
- ▶ Vice President/Disciplinary/REP/DEV Chair
- ▶ Referee Chair
- ▶ REP/Development Chair
- ▶ House Chair
- ▶ House Co Chair
- ▶ *Concession will be a sub committee during Spring House program and KESA Rovers Classic Tournament*
- ▶ Sponsorship Chair
- ▶ Public Relations Chair
- ▶ Adult League Chair
- ▶ Equipment/Lining Chair
- ▶ Tournament Chair
- ▶ Tournament Co Chair
- ▶ Treasurer

- ▶ Non-Board Positions
- ▶ Administrator

Rima Amaechi kesasoccer.president@gmail.com

Sally Paddock kesasoccer.vicepresident@gmail.com

Sergio Spadafora SergioS@kootenayeastsoccer.com

Terra Wilson kesasoccer.repdevchair@gmail.com

Chuck Downie chuckd@kootenayeastsoccer.com

Renae Peters kesasoccer.housecochair@gmail.com

Scott Tracey ScottT@kootenayeastsoccer.com

Crystal Meyers kesasoccer.publicrelationschair@gmail.com

Connor McCormack connorM@kootenayeastsoccer.com

David Gibson kesasoccer.equipmentliningchair@gmail.com

Carolyn Thibeault kesasoccer.tournamentchair@gmail.com

Natalie Brons kesasoccer.tournamentcochair@gmail.com

Gary McPherson

Leah Welch kootenayeastsoccer@gmail.com



Vacancy!



One Position Still to be filled!

KESA is actively seeking to appoint an Indoor Facility Chair

Responsibilities encompass managing the opening and closing of the Dome for new users, demonstrating the batting cage procedures, overseeing the removal and reinstallation of fences during certain seasons, coordinating/completing line painting within the Dome, managing the janitorial contract, managing the dome maintenance contract and schedule, managing the maintenance of the snow blower for snow removal contracts, addressing/completing any repairs, and setting the heating system weekly, both online and in person for significant issues.

For further details, please contact kootenayeastsoccer@gmail.com





2025 Year In Review



Year round play progress

- ▶ Multiple mandatory and optional tournaments attended (spring, summer, fall)
- ▶ BC Soccer Provincials
- ▶ KESA Mixed League/ Adult Drop- in participation
- ▶ Indoor tournament, CMSA Allstate Family Day Classic
- ▶ Upcoming Rome Trip for U17/18 players



Coach Development

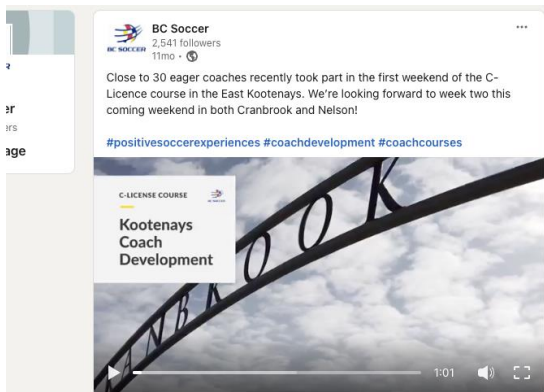


regions will be back at it, soccer is alive and well in some of BC's most spectacular communities...including Cranbrook!

#positivesoccerexperiences #interiorbc #northernbc #soccerinbc



- ▶ In 2023 over 30 Coaches across the Kootenays Attended the Canada Soccer C Diploma, several coaches certified
- ▶ In 2024 several Coaches trained and certified through Canada Soccer Grassroots Education Program *Offering Foundations and Soccer for Life MAY 3!
- ▶ Features on Rovers FC/ Cranbrook from BC Soccer on Social Media platforms



Canada Soccer Club Licensing- Member Association Level 1



- ▶ In 2024 KESA received Canada Soccer Association Provincial/ Territorial Youth Club License- Level 1
- ▶ Recognition of high-quality grassroots, community, and competitive organizations
- ▶ Indication of quality in governance, operations, technical



The Player

Pillars to Player Growth

- Versatility** ➤ Develop versatile players that can thrive in any set up and soccer environment
- Community** ➤ Create and build a strong community through the sport
- Resilience** ➤ Use competition and the challenges of sport to build resilience
- Learning** ➤ Foster a positive learning environment
- Life Skills** ➤ Help prepare for life beyond the sport

KESA Development U9 to U13

Practice with age group

Varied teams

Participation > Results



KESA

REP U14 to U18

Competitive

Travel

Retention > Results



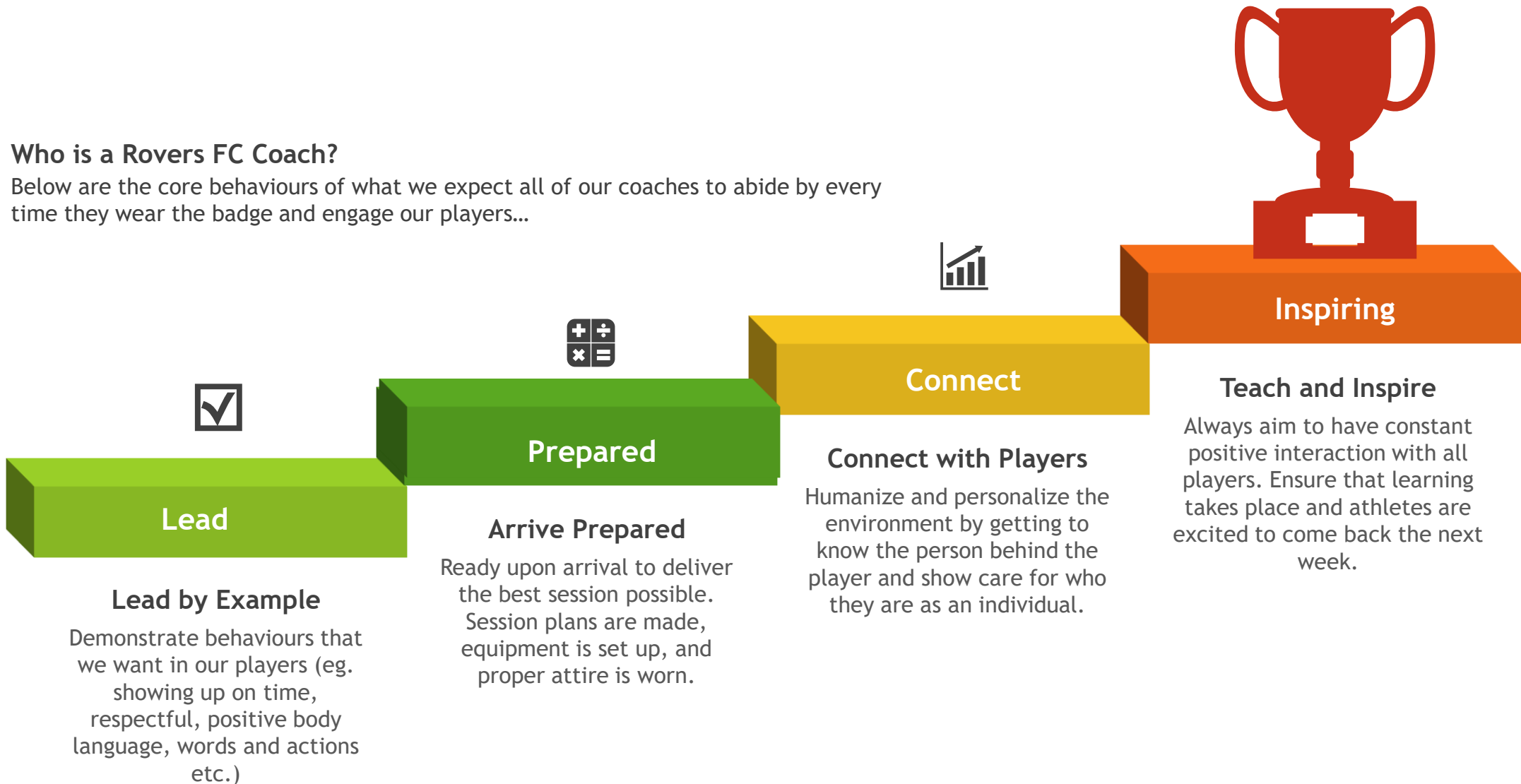


The Coach

Coaches

Who is a Rovers FC Coach?

Below are the core behaviours of what we expect all of our coaches to abide by every time they wear the badge and engage our players...



KRFC Session Delivery



Coaching Manual

- ▶ Emails sent
- ▶ Tutorial to follow tonight
- ▶ Lots of valuable information
- ▶ Rep/Dev Coaches
 - ▶ Head coach will have full access and will create their season plan
 - ▶ Assistant coaches will have access to follow this and use all tools on the website
- ▶ House Coaches
 - ▶ Will be sent weekly plans by email

Coaches

- ▶ Coaches may be parent volunteers or non-parent volunteers (we do not have paid coaches at this time)
 - ▶ If your team has a non-parent coach, the team is responsible for paying their travel expenses if going to optional tournaments
 - ▶ Travel (\$0.33/km)
 - ▶ Food
 - ▶ Accommodation



Requirements/Courses

- ▶ All Volunteers
 - ▶ Criminal Record Check <https://justice.gov.bc.ca/criminalrecordcheck>
 - ▶ Access Code: **KZM64L8S6G**
- ▶ Soccer Canada Course Online and In Person
 - ▶ Soccer for Life recommended (required for U14 and up, mandatory at provincials)
 - ▶ Fundamentals can be done for younger players
- ▶ Additional Courses Online
 - ▶ All courses are online and are required of all rep/dev coaches:
 - ▶ [making ethical decisions\(MED\)](#)
 - ▶ [Respect in sport](#)
 - ▶ [NCCP Making Headway](#)
 - ▶ [NCCP emergency action planning](#)
 - ▶ [NCCP Rule of two](#)
 - ▶ [Canada soccer coaching courses](#)



Coaches Courses: Soccer Canada

- ▶ In 2025 KESA will be hosting the following coaching courses:
- ▶ 1. Fundamentals-geared towards our house coaches of younger teams
- ▶ 2. Soccer for Life- geared towards U14 and up for rep coaches
- ▶ May 3 - 9-1pm Soccer for Life in the Indoor Facility
- ▶ May 3 - 2-5pm Fundamentals in the Indoor Facility
- ▶ Learn to train-geared towards our development coaches and older ages for the house program -wont be this year)
- ▶ KESA will refund coaches the cost of the program once they provide proof of completion. Here are the instructions on how to register and take the course. Please pay attention to the deadlines as they are very important!!
- ▶ **IMPORTANT!** It will take up to 7-10 days to apply the online theory pre-requisite credit to their Coach Centre account. If coaches don't follow these steps, they won't be able to register for your workshop.
- ▶ Create a Coach Centre account by clicking [here](#). If you already have one, please proceed to step 2.
- ▶ Then register for the online theory (**PART 1**) by clicking [here](#). You **must*** use the same Coach Centre full name and email address when you register for the online course.
- ▶ It will take **7-10 days*** from when you complete the online theory course for the credit to be applied to your Coach Centre account and only then can you register for the on-field practical workshop (**PART 2**) to complete your full certification level by clicking [here](#). So please do this well in advance!
- ▶ On field dates are May 3 for both fundamentals and Soccer for life courses. You must have completed the online theory component before April 23rd to give the system enough time to transfer the online course information to BC Soccer. You can do this asap!
- ▶ Please see the list of coaching courses and links to complete the courses above. REP/DEV coaches you must complete all of these courses with the exception of the Fundamentals course. House coaches you are only required to do the Fundamentals course and the respect in sport course. All fees will be refunded by KESA once certificates of completion are emailed into kootenayeastsoccer@gmail.com





The Parent

It goes without saying that parents play an important role in the development of youth athletes. At KRFC, it is one of our main priorities to **work together with you** to create a **positive sporting experience** for your child.



Who is a **Rovers FC** Parent?

Create a positive impact...

As the landscape of sport evolves, the culture around parents is changing as well. Ensure that your actions and conduct reflect the movement towards being good sport parents. Be part of the change.

Apart of the Club...

At KRFC, we view parents as part of the club. While the soccer is left to the kids and coaches, your role is to help us create a club that everyone is proud to be apart of. You represent the badge as much as the athletes do.



KESA Parent Expectations

Do's

- ▶ Let the kids play and the coaches coach
- ▶ Encourage from the sideline
- ▶ Help your athlete arrive on time and prepared
- ▶ Respect volunteers, coaches, referees, managers, and the badge
- ▶ Use proper communication channels

Don'ts

- ▶ Coach from the sideline
- ▶ Outburst at referees, opponents, coaches etc.
- ▶ Make negative comments about opponents
- ▶ Have negative discussions on other players in front of other parents
- ▶ Complain about your athlete's coach to other parents



What goes into team
selection?

Rovers FC Program

What it is:

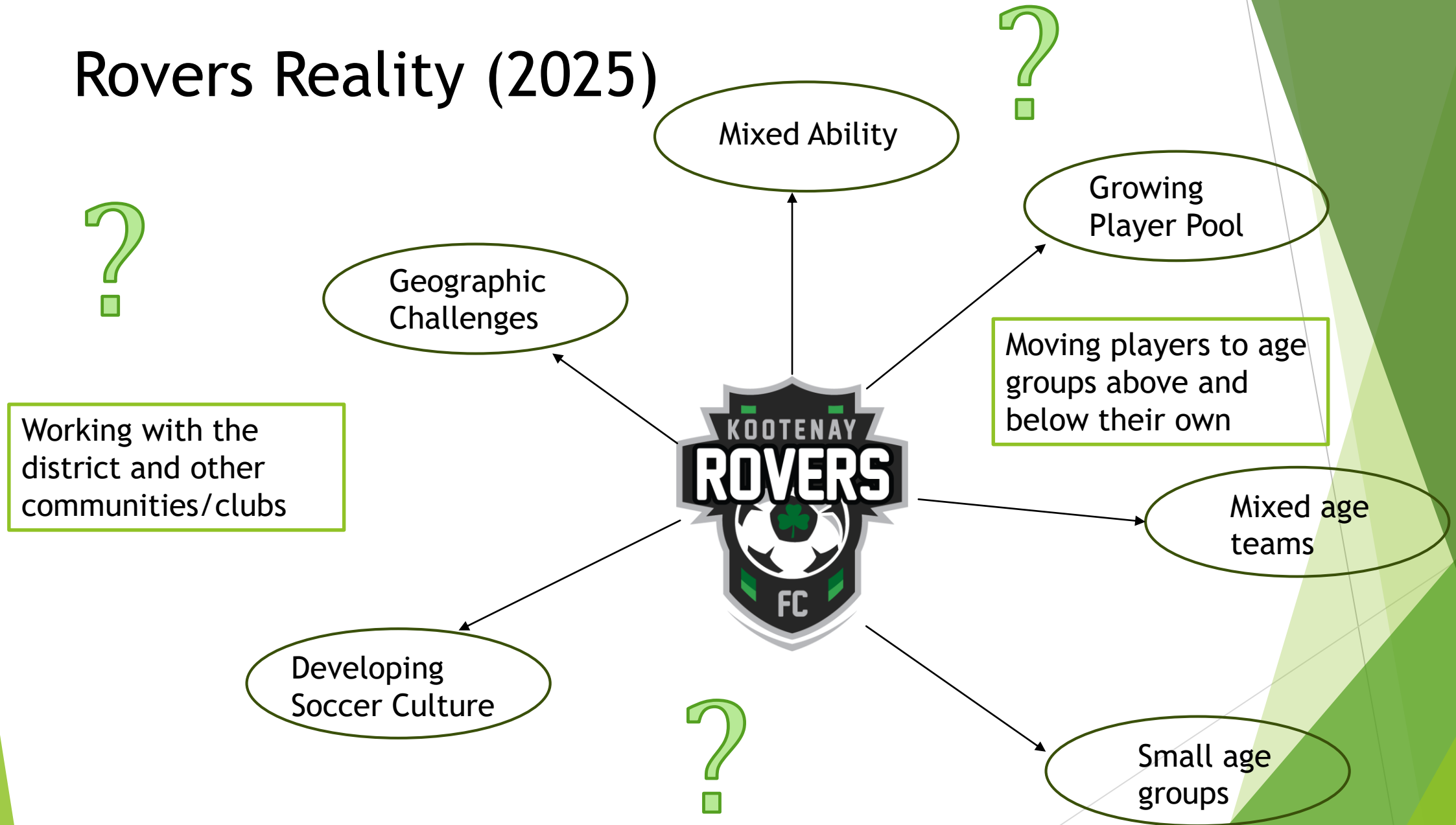
- ▶ Community run program dedicated to growing the sport
- ▶ Platform for youth to develop and express their passion for soccer
- ▶ For youth to develop social relationships and for everyone to give back to the community as a whole
- ▶ Experience the highs and lows of sport to develop transferrable life skills such as resilience, work ethic, teamwork

What it isn't:

- ▶ High performance (ie. BCSPL, provincial program, full time Academy programs)
- ▶ Win-at-all costs (especially at the expense of playing time/ opportunities to experience sport)
- ▶ Strict ability-based selection processes, release players who don't make "the cut"



Rovers Reality (2025)



Team Selection Process

1. **Registration numbers** of age group
2. Age bands are set depending on number of players per age
 - ▶ Ex. if there are 7 at U14 and 10 at U15, U14/15 squad is formed
1. For Development Phase Players (U9-13)
 - ▶ All train together per age group
 - ▶ Multiple coaches assigned to these groups to accommodate numbers
 - ▶ Tournament groupings will depend on number of committed players, if tiered tournament, will make 2 teams to register in 2 different tiers
2. For REP Phase Players (U14-18)
 - ▶ All train/ play together with team
 - ▶ Streaming/ Tiering will become evident at this point for some events
 - ▶ Mixing of teams/ age groups for tournaments may occur if needed



Play Up/Down Policy

- ▶ **Purpose:** To allow a player the chance to play in an environment outside of their chronological age that best supports their physical and/ or learning needs when appropriate.
- ▶ **Standards:** The following standards as per BC Soccer Playing Up and Down Policy will be taken into consideration when deciding on player movement:
 - ▶ Players may not register in an age group that is lower than the age attained by January 1st of the season ending
 - ▶ Players are not restricted to registering in an age group higher than the age attained by January 1st of the season ending
 - ▶ Players can play in a younger age group under the following circumstances:
 - ▶ A player that requires individual learning needs and is required to play in a younger age group as a result
 - ▶ A player that does not have a playing environment available in their designated chronological age group. o A player whose current stage of player development is deemed below their designated chronological age group.
 - ▶ Players can in an older age group under the following circumstances:
 - ▶ A player does not have a playing environment available to them at their designated chronological age group.
 - ▶ The players current stage of player development is deemed above their designated chronological age group.



Play Up/Down Policy: Procedure

1. All players must register and will be placed within their chronological age group.
2. To make a request to play outside of chronological age group, a written request will be made to both the KESA REP Chair and Technical Director.
3. Request will be reviewed by KESA REP Chair and Technical Director
4. An initial review will occur based on the BC Soccer Playing Up and Down Policy
5. Technical Director will form a committee to conduct an on-field evaluation to follow the initial review.
6. KESA rep/development chair will gather information from the party making the request and from the technical director and present to the board members for final approval of the decision.



Playing Up/ Down Considerations

- ▶ A way to find the most appropriate environment for your athlete to develop
- ▶ Playing Up/ Down may occur naturally depending on registration numbers
- ▶ Ability is not the only factor in making these decisions- the pillars of Technical, Tactical, Social/ Emotional, Physical will all be considered when making a decision to move age groups



District Teams Policy

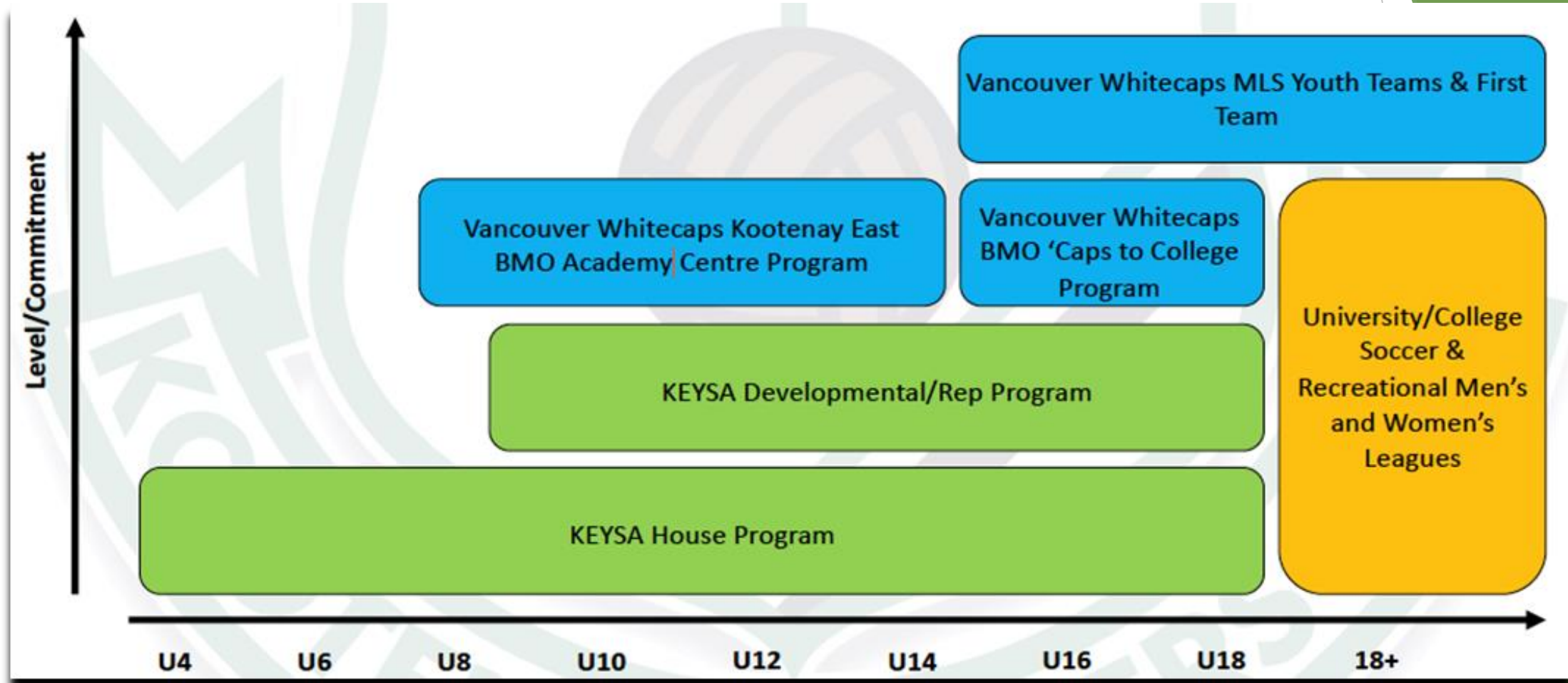
- ▶ To provide the opportunity for KESA Coaches and Managers to form Flexible Rosters for KRYSA District Teams
 - ▶ participate in a tournament that the Players' club team is not attending and cannot obtain enough players to field a team.
- ▶ Every player must be currently registered within the KRYSA District, this includes players registered in Rep, Development, and House Programs with their home FC Club.
- ▶ Permitted if:
 - ▶ The players' Club teams are not able to obtain enough players to attend a desired tournament and their Club is not fielding a team that the players' may be eligible to participate with.
- ▶ The opportunity to join the District Team must be presented to all eligible Rep and Development players and selection to the roster is based on the principles of transparency and equality.





Whitecaps vs. KESA?

Player Pathway





The Manager

Managers

- ▶ Binders will be provided
 - ▶ Manager Handbook
 - ▶ Player Cards (plan for also having these as digital as well)
 - ▶ Get parents to complete Health Waiver and have these in binder or saved in TeamSnap files
 - ▶ https://cloud.rampinteractive.com/kootenayeastsoccer/files/KESA%20Medical%20History%20and%20Waiver%20Fillable_2024.pdf
- ▶ Most information is online now
- ▶ Preseason Prep
 - ▶ Review TeamSnap and make sure all parents have access and information is correct
 - ▶ Enter TeamSnap Schedule
 - ▶ Obtain as much availability information as you can
 - ▶ Liaise between parents and Rep/Dev Chair or CoChair



Requirements/Courses

- ▶ All Volunteers
 - ▶ Criminal Record Check <https://justice.gov.bc.ca/criminalrecordcheck>
 - ▶ Access Code: **KZM64L8S6G**
- ▶ Manager
 - ▶ Safe Sport <https://coach.ca/participants-training>



Early Season Indoor Sessions

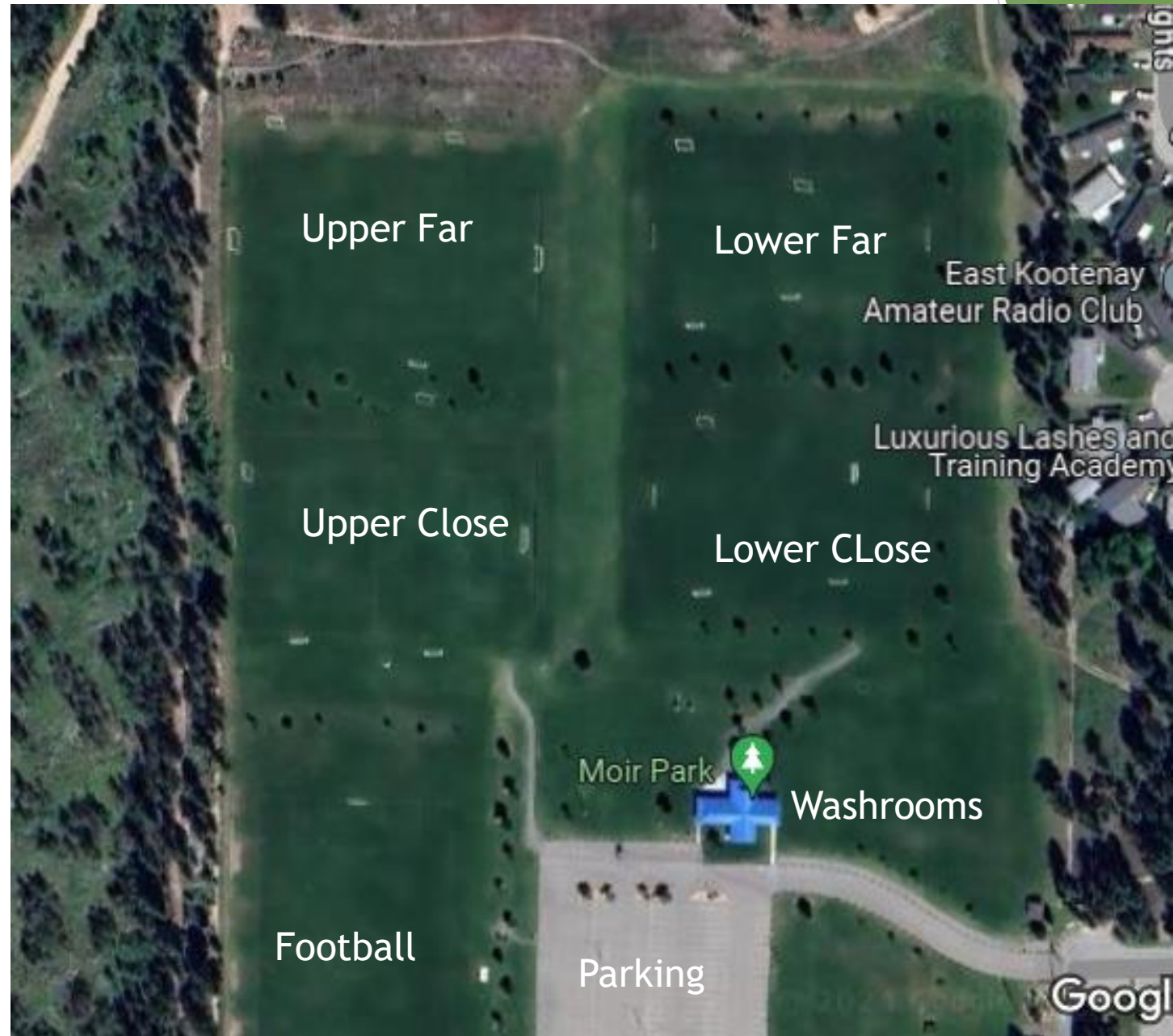
- ▶ Starts week of April 7, 2025
- ▶ Once weekly
- ▶ Location:
 - ▶ New Dawn Place
 - ▶ 17 Ave S, Cranbrook, BC V1C 5A8
- ▶ Arrive 15 minutes early



Practice Time	Team
Monday 4:00-5:00pm	U9/10/11 Girls
Monday 5:00-6:00pm	U12 - U13 Girls
Monday 6:00-7:00pm	U14 Girls
Monday 7:00-8:00pm	U15 Girls
Monday 8:00-9:00pm	U17/18 Girls
Wednesday 4:00-5:00pm	U9/10 Boys
Wednesday 5:00-6:00pm	U11 Boys
Wednesday 6:00-7:00pm	U13 Boys
Wednesday 7:00-8:00pm	U15 Boys
Wednesday 8:00-9:00pm	U15/17 Boys
Friday 4:00-5:00pm	U12 Boys
Friday 5:00-6:00pm	U14 Boys
Friday 6:00-7:00pm	U117/18 Boys

Outdoor Sessions

- ▶ Starts when the city opens the fields for use
- ▶ Location: Moir Park
 - ▶ 520 Industrial Road G, Cranbrook, BC V1C 6R4
- ▶ Twice weekly on Mondays and Wednesdays



Schedule



- ▶ **Practices:** 15 minutes early
- ▶ **Games:** 30 to 60 minutes early *Coach to determine

Practice Time	Field Moir Park	Team	
5:00-6:30pm	Upper FAR	U13 Girls	U11 Boys
5:00-6:30pm	Upper CLOSE	U13 Boys	U12 Boys
5:00-6:30pm	Lower FAR	U9/10/11 Girls	U12 Girls
5:00-6:30pm	Lower CLOSE	U9/10 Boys	
6:30-8:00pm	Upper FAR	U15 Girls	U14 Girls
6:30-8:00pm	Upper CLOSE	U17/18 Girls	
6:30-8:00pm	Lower FAR	U18 Boys	U14 Boys
6:30-8:00pm	Lower CLOSE	U15 Boys	U16/17 Boys

Volunteers



► Delegate!

- We encourage you to have parents help with all the tasks necessary to make things run smoothly for the season

► Parent Volunteers for Home Tournament

- Each team needs 2 parents to represent the team as lead volunteers for our local tournament, Kootenay Rovers Classic
- ALL Parents will have volunteer obligations during the tournament
- Please send the contact information for these 2 parents to Carolyn and Natalie our wonderful Tournament organizers!
 - Kesasoccer.tournamentchair@gmail.com
 - Kesasoccer.tournamentcochair@gmail.com



Tournaments & Games



- ▶ Nelson May 9-11
- ▶ Calgary May 16-18
- ▶ Cranbrook/Kimberley June 13-15
- ▶ Play Downs Cranbrook (U14-18) May 31-June 1
- ▶ Kamloops Provincials (U14-18) July 10-13
- ▶ Others
 - ▶ Additional tournaments will vary between teams (list online)
 - ▶ Airdrie, Invermere, etc.
 - ▶ Support local clubs!
- ▶ Games with local teams encouraged
 - ▶ Not all age groups will have the same availability of other teams to play



Travel

► Tournaments

- List of optional tournaments will be added to website
- Suggestions!?

► Travel Requirements

- Please note BC Soccer needs min 30days notice to sign travel documents: especially if applying to play in another country (US), as you will need to fill out both forms to email to District krysasoccer@gmail.com and District will sign and email back to you to email to Farideh at BC Soccer FaridehZarei@bcsoccer.net
- BCSA travel permission
<https://cloud.rampinteractive.com/kootenayeastsoccer/files/Travel%20Papers%20for%20out%20of%20Province%20or%20Country.pdf>
- Canada Soccer out of country permission
https://cloud.rampinteractive.com/kootenayeastsoccer/files/Canada%20Soccer%20Travel%20Application%20Form_2023.pdf

► Hotels

- Suggest booking group block of rooms



Uniforms

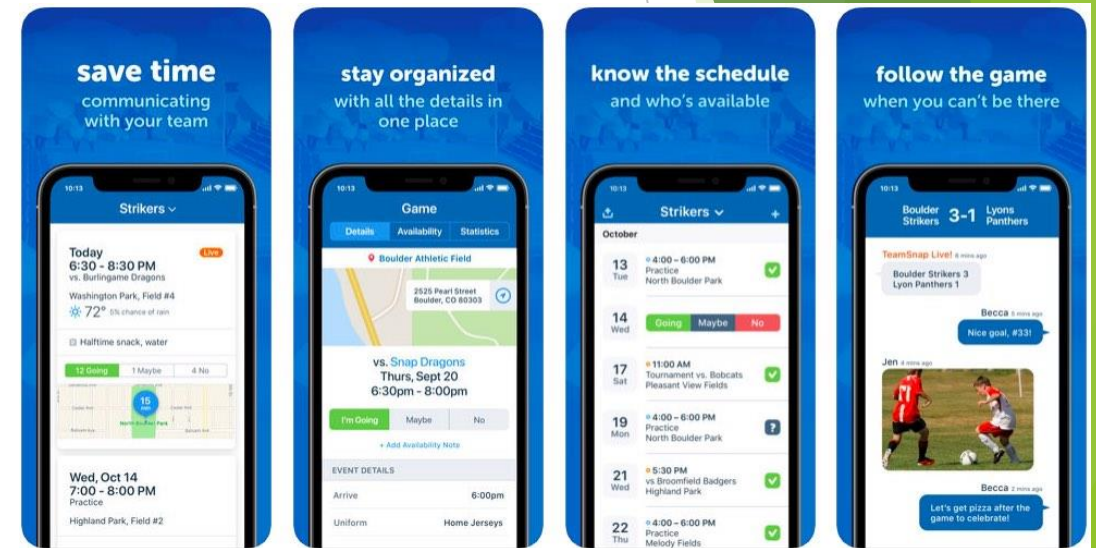
- ▶ Expected to arrive by the end of April
- ▶ If ordered late, they may not arrive until May (approx. 8 weeks turn around time)
- ▶ For the link to order and for information on purchasing or reselling used kits (\$150), please email kootenayeastsoccer@gmail.com
- ▶ New vendor/Brand = Eletto (local rep)
- ▶ Should look the same as Inaria except new logo
- ▶ Online Store: <https://www.mysoccerclubstore.com/en/kesa>
- ▶ Hope to have surplus of socks and some replacement items that can be purchased locally
- ▶ Sponsorship (House Jerseys only)



TeamSnap App




- ▶ TeamSnap
 - ▶ Schedules and availability
 - ▶ Rosters and contact information
 - ▶ Team Chat and Emails
- ▶ Invites have been sent
- ▶ Please ensure correct contact information, birthdate, jersey number, etc.
- ▶ Ask for photos to be added
- ▶ For older players, they can also be added with their personal email
- ▶ Account can be accessed on the APP or online
- ▶ Notifications ON
- ▶ How to videos on line, support link in email



TeamSnap



- ▶ Managers have different access
- ▶ Online (emails) and in App (chat)



KESA U14 BOYS
Rep/Development | Rep/Development

Howdy, Terra L! Welcome to TeamSnap

Create New TeamMy Teams & OrgsAccount

HomeRosterScheduleAvailabilityTrackingInvoicingStatisticsAssignmentsMediaMessagesPreferences

Important: Don't miss miss out on upcoming events. Enable email notifications.

ScheduleView Full Schedule

NEXT EVENT

Wednesday, March 13th
6:30–7:30 PM
(arrive 10 minutes early)

Parent Meeting

Cranbrook Curling Club

Assignments

Send a reminder to set availability

March

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

☒ Game☐ Event

TW Terra L Wilson

Upload Team Photo

Did you know TeamSnap supports over 100 different sports and activities?

Use TeamSnap for everything from soccer, football or baseball to scouts, gaming or book clubs. It's easy to start a new group. Try it today!

Create New Team

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Reminders

- ▶ Field Set up at Moir Park - Sunday, April 13 @ 10am to 2pm
 - ▶ Apply netting to goal posts, Move nets onto each field
 - ▶ Filling and sorting balls, prep team bags, check and label tents and benches, etc.
- ▶ Team Meetings - First 15min of the first practice
 - ▶ Held over the first weeks of practice
 - ▶ Managers, coaches, parents, technical director and board member to be in attendance
- ▶ Summer Schedule - TBA
 - ▶ Varies between teams (regular practices April-June and Sept, reduced practices over the summer)
- ▶ Ref Course April 12 **Encourage U14+ players to sign up!!
- ▶ Coach Courses May 3 **Encourage U14+ players to help coach HOUSE teams!!
- ▶ KESA Scholarships \$1000 (details online, deadline is April 1)
 - ▶ <http://www.kootenayeastsoccer.com/content/kesa-scholarship>



Communication



- ▶ If concerns arise, please bring them forward as soon as possible
 - ▶ If we don't know that there is an issue, we can't work towards a solution!
- ▶ Parents encouraged to Email managers directly and they will send questions to Rep/Development Chair for further information
- ▶ Board meetings
 - ▶ Everyone welcome!
 - ▶ Monthly meetings
- ▶ Resources
 - ▶ KESA Website <http://www.kootenayeastsoccer.com/>
 - ▶ BC Soccer Association <https://www.bcsoccer.net/>



Questions



Kootenayeastsoccer@gmail.com

