

Welcome to:



KESA Fall House Indoor Soccer 2025

**A guide by Chuck Downie & Renae Peters
KESA Board Members**

KESA Kootenay East Soccer Association



- Umbrella organization for youth for youth soccer in the east kootenays
- House Soccer Ages 3-16 years
- Rep/Dev Kootenay Rovers starts at Age 9
- KESA owns and operates New Dawn Place (Indoor Soccer Dome)
- House Soccer Program is a great stepping stone for kids to gain a love for soccer at a young age!
- NEW Technical Director: Austin Duffy



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.

Values: Leadership, Respect, Transparency, & Innovation

Guiding Principles

- Player Centered Program Design: Programs are created and structured with the best interest of the player in mind.
- Program Accessibility: We acknowledge that players come from all walks of life and we are committed to create opportunities for all players.
- Coach Development & Support: We believe that better coaches create better environments for players to thrive in and develop within the 4 corners of development (Technical/Tactical, Physical, Social, Psychological).
- Structured Communication & Feedback: We will continue to expand and enhance communication avenues and feedback channels to help educate members and build better, more sustainable programs.
- <http://www.kootenayeastsoccer.com/form/6284>

KEYSA Player Programming Pathway

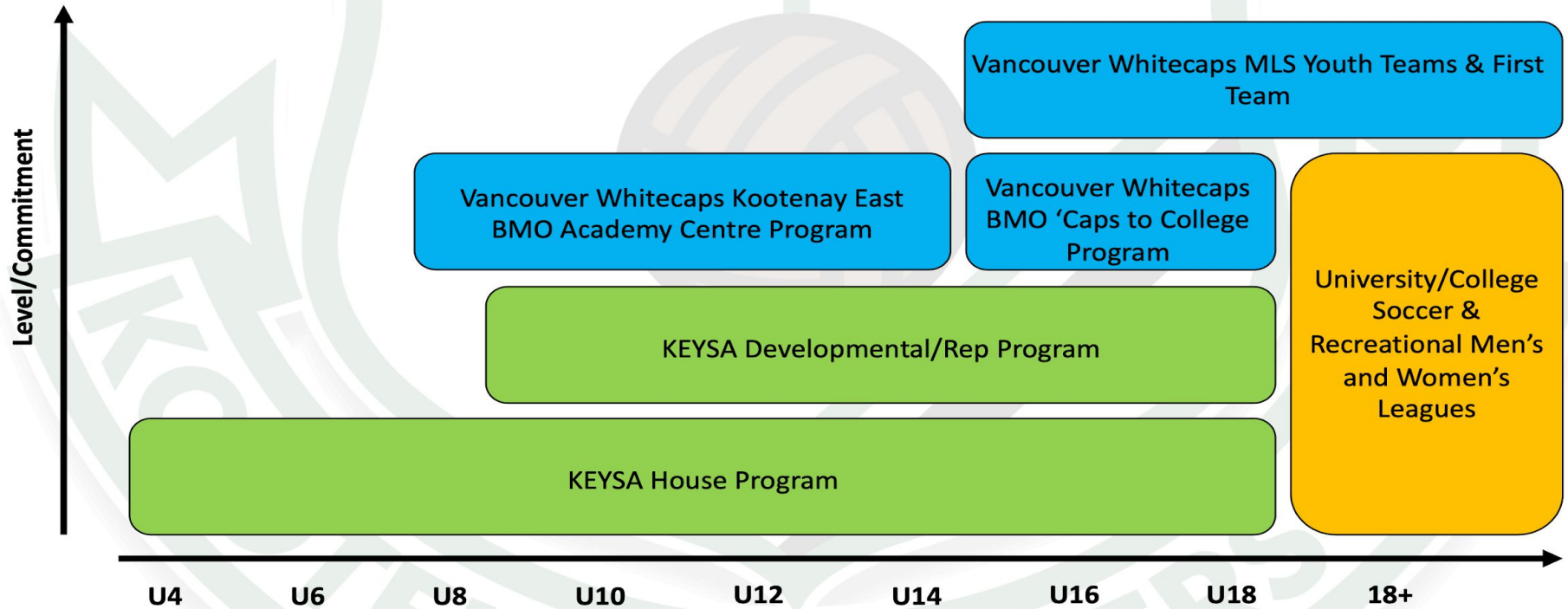
The diagram illustrates the progression of soccer players through various programs, categorized by age group (U4 to 18+) and level/commitment. The programs are represented by colored boxes: green for foundational programs, blue for intermediate programs, and yellow for advanced programs.

Level/Commitment: Indicated by a vertical arrow on the left side of the diagram.

Age Groups: U4, U6, U8, U10, U12, U14, U16, U18, 18+.

Programs:

- KEYSA House Program:** Green box, spanning U4 to U18.
- KEYSA Developmental/Rep Program:** Green box, spanning U8 to U18.
- Vancouver Whitecaps Kootenay East BMO Academy Centre Program:** Blue box, spanning U8 to U14.
- Vancouver Whitecaps BMO 'Caps to College Program:** Blue box, spanning U14 to U18.
- Vancouver Whitecaps MLS Youth Teams & First Team:** Blue box, spanning U16 to 18+.
- University/College Soccer & Recreational Men's and Women's Leagues:** Yellow box, spanning 18+.



Facility: New Dawn Place



Tip:

Can easily be rented
on our KESA
website! Great idea
for gatherings and
birthday parties!!!

Reminders for Using New Dawn Place

1. No food or Drink other than water allowed, no gum or candy either
2. Please wear outside shoes to go inside, once on the clay colored turf, players change into your indoor shoes
3. PLEASE NO OUTDOOR shoes on the green turf
4. No players or family playing on or using the workout equipment as this is not KESA's equipment
5. If using the bathrooms in the curling rink, key is in the Indoor Facility, please lock bathroom doors after every use and put key back.
6. Please absolutely NO outside shoes on the turf, only on the red walking track, anyone on the turf has to be wearing CLEAN inside shoes.

All parents and family watching are welcome to bring a chair to use, benches are limited.

UPCOMING:

- Coaches to receive team lists this weekend to your emails! (check your junk emails too!)
- **On your first day:**
 - Arrive a few minutes early
 - KESA volunteers will meet you hand out your Uniform Kit (shorts, socks, jersey)
 - meet your teammates and coaches
- **All players must have indoor/out door cleats!**
- **All players must have shin guards!**
- **No jewelery (BC Soccer Association Policy)**

So grateful
for our
volunteers!



Practice Times

Reminder:

No soccer on STAT
holidays

Monday Oct 13th

Thanksgiving there will
be no soccer

U3/U4 (2022-2021) - Fridays at 4:00pm

U5/6 (2020-2019) - Fridays at 5:00pm

U7/8 (2018-2017) - Mondays at 4:00pm

U9/10 (2016-2015) - Wednesdays at
4:00pm

U11/12 (2014-2013) - Mondays at
5:00pm

U13-U16 (2012-2009) - Wednesdays at
5:00pm

Soccer Sessions 1 hour

4 Stations = 3 skills and drills + 1 game station

- Age group is the “team”
- Coaches will receive weekly emails including the lesson plan.
- KESA representatives will help set up stations each week.
- Coaches must have CRC and “Respect in Sport” Course done prior to starting the season and register as a volunteer on the KESA website



Any Questions?

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