



Lethbridge Soccer Association

LYS Program

Outdoor 2026

In Partnership with Vancouver Whitecaps Football Club



2026 OUTDOOR RECREATIONAL SOCCER REGISTRATION INFORMATION

www.lethbridgesoccer.com - 403-320-5425 (KICK)

**ONLINE
ONLY:**

Sunday February 1st - Sunday March 22nd

***all registration must be done online* REGISTER YOUR PLAYER BY THEIR BIRTH YEAR**

***payments must be made online using RAMP**

IF YOU ARE USING KIDSPORT OR JUMPSTART

YOU MUST REGISTER YOUR PLAYER AND PAY ONLINE WWW.LETHBRIDGESOCER.COM BEFORE APPLYING FOR FUNDING THROUGH JUMPSTART, KIDSPORT OR CITY OF LETHBRIDGE FAP



REGISTER:

www.lethbridgesoccer.com

Request Fee covers 2 PLAYERS ONLY - \$40.00 - Payable at office or over the phone -Player requests MUST be sent by email to kristy@lethbridgesoccer.com

<u>Age Group</u>	<u>Birthyear</u>	<u>Fee</u>	<u># of sessions</u>	<u>***Days Playing***</u>	<u>***Fields***</u>	<u>***Times will alternate***</u>
U4 - CoEd/ Parent & Tot	2022	\$135.00	10 (30 min sessions)	Monday	Servus Sports Centre Indoor Field	5:00pm and/or 5:45pm
U5 - CoEd	2021	\$150.00	10 (45 min sessions)	Tuesday	Outdoor Servus Sports Centre Field	5:00pm and/or 6:00pm
U6 - CoEd	2020	\$150.00	10 (45 min sessions)	Wednesday	Outdoor Servus Sports Centre Field	5:00 and/ or 6:00pm
U8 Boys	2018 & 2019	\$230.00	18 (1 hr sessions)	Tuesday & Thursday	Lethbridge Polytechnic Field	5:15pm and/ or 6:15pm
U8 Girls	2018 & 2019	\$230.00	18 (1 hr sessions)	Monday & Wednesday	Lethbridge Polytechnic Field	6:15 PM
U10 Boys	2016 & 2017	\$230.00	18 (1 hr sessions)	Monday & Wednesday	Lethbridge Polytechnic Field	5:15pm and/or 7:15pm
U10 Girls	2016 & 2017	\$230.00	18 (1 hr sessions)	Monday & Wednesday	Lethbridge Polytechnic Field	6:15 PM
U12 Boys	2014 & 2015	\$230.00	18 (1hr sessions)	Monday & Wednesday	St. Teresa School (North)	5:00pm and/or 7:00pm
U12 Girls	2014 & 2015	\$230.00	18 (1hr sessions)	Monday & Wednesday	St. Teresa School (North)	6:00pm
U14 Girls	2012 & 2013	\$230.00	18 (1 hr sessions)	Tuesday & Thursday	TBD	5:00pm, 6:00pm and/or 7:00pm
U14 Boys	2012 & 2013	\$230.00	18 (1 hr sessions)	Tuesday & Thursday	TBD	5:00pm, 6:00pm and/or 7:00pm
PLEASE NOTE If we do not get enough females registered in the U12 or U14 age groups (4 teams max.) - Age groups will be CoEd						
U16 CoEd	2010 & 2011	\$230.00	18 (1 hr 10 min sessions)	Monday & Wednesday	Wilson School (North)/ Atso Towawa (West)	6pm and/or 7:30pm
U18 - CoEd	2008 & 2009	\$230.00	18 (1 hr 10 minute sessions)	Monday & Wednesday	Wilson School (North)/ Atso Towawa (West)	6pm and/ or 7:30pm

***** START TIMES CANNOT BE REQUESTED AS TIMES WILL ROTATE THROUGHOUT THE SEASON *****

Sessions will be scheduled during the Victoria Day long weekend (Monday evening)

****SEASON STARTS MONDAY APRIL 20 and be complete SATURDAY JUNE 20, 2026****

Jersey kits included in Registration price- Jersey, shorts and socks

U4-U6 Timbits: An introduction to soccer. All sessions ran by LSA Staff Coaches, with activities based around players exploring the soccer ball and getting comfortable with an invasion sport. Some small sided scrimmages may be played, but this environment is purely about the players gaining their first touches of a soccer ball.

U8-U10 Fundamental: Individual development is paramount by building a love of the ball. Sessions will challenge players creative side as well introduce them to skills needed in the game such as dribbling, passing and shooting. Scrimmages will be played, but no scores will be kept, and all players will be asked to experience all positions of a soccer match (goalkeeper, defender, midfielder, striker).

U12-U14 Learning The Game: This age is classed as 'The Golden Age Of Learning' where skills learnt in the earlier stages are now enhanced as well as an introduction to the tactical side of the game. Scrimmages will be played and although scores will be kept during the game, coaches and players are asked to keep games meaningful, competitive and to avoid blowouts at all costs. There will be no league standings.

U16-U18 Excel In The Game: Utilizing the technical understanding and tactical skills learnt in the previous three phases to excel in the game. Like the previous 'Learning the Game' phase, coaches are asked to avoid blowouts and keep games competitive throughout.



General Information

- Online registration opens February 1, 2026 www.lethbridgesoccer.com
- If you are using **KIDS****PORT** or **JUMP****START**, or City of Lethbridge **FAP** you **MUST** register and pay online. You will **be reimbursed once we receive funds from funding organization**
- Start times are subject to change and are provided as a guideline only. Season runs from **April 20 – June 20, 2026**
- **Field locations for all age groups are listed on registration information sheet (Page 2)**



LYS Technical Overview

Sessions

- All practice sessions created and approved by Technical Director and based around LTPD as per Canada Soccer & ASA player development model;
- LSA Sessions focus on CSA's 'Four Corner' model of developing all players Technical, Physical, Psychological & Social skills;
- All LYS Coaches and 'LYS Helpers' will be required to have completed LYS Coaches training prior to the start of the season.

Games

- Matches are based around creating the best possible learning environment.
- Results and standings are not kept until U16/18.
- Players, coaches and parents are asked to remember this at all times;



LYS U4 Program

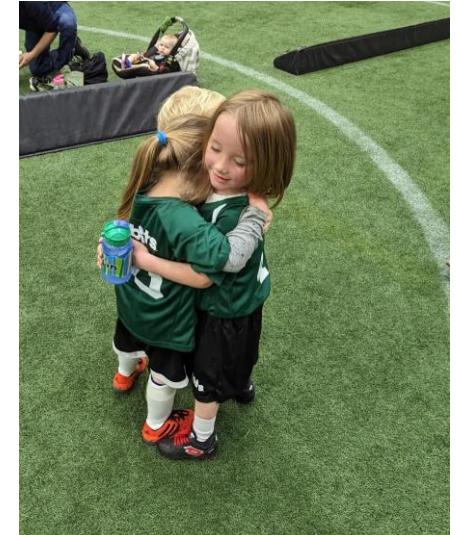
(Parent & Tot)

U4 (Parent & Tot) - 2022 Boys & Girls (CoEd)

- Physical literacy & beginner ball understanding;
- Fantasy based games and basic introductory movements;
- No games to be played at this stage of learning, purely discovery & learning to love the ball.

- Monday's Start times will rotate 5:00pm and/or 5:45pm
- All session will be played at the Servus Sports Centre – Indoor Field
- *10 x 30-minute Active Start Sessions – Ball literacy.*

Price - \$135



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LYS U5 Program - Timbits

U5 – 2021 Boys & Girls (CoEd)

- CSA Active Start Stage;
- Physical literacy & beginner ball understanding;
- Fantasy based games and movements;
- Small sided games will be 4 vs 4 (no goalkeepers), ball continuously thrown back into play by coaches;
- Discovery stage, 'organized chaos'.

- Tuesday's Start times will rotate 5:00pm and/ or 6:00pm
- All session will be played at the Servus Sports Centre (Outdoor Field)
- *10 x 45-minute sessions*



Price - \$150



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LYS U6 Program - Timbits

U6 – 2020 Boys & Girls (CoEd)

- CSA Active Start Stage;
- Physical literacy & beginner ball understanding;
- Fantasy based games and movements;
- Small sided games will be 4 vs 4 (no goalkeepers), ball continuously thrown back into play by coaches;
- Discovery stage, 'organised chaos'.

- Wednesday's Start times will rotate 5:00pm and/ or 6:00pm
- All session will be played at the Servus Sports Centre (Outdoor field)
- *10 x 45-minute Sessions*

Price - \$150



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LYS U8 Program

U8 – Boys Division - 2018 & 2019

U8 – Girls Division – 2018 & 2019

- CSA FUNdamentals Stage;
- Introduction to basic soccer skills through fun-based learning, mostly dribbling with small amount of passing and shooting;
- Small sided games will be **7v7(1 goalkeeper)**, Dribble-ins for restarts along sidelines. Retreat line in effect (Halfway);
- Introduction to structured game format.

- Boys – Tuesday's and Thursday's Start times will rotate 5:15pm & 6:15pm
- Girls – Monday & Wednesday's 6:15pm
- All session will be played at the Lethbridge Polytechnic Field (Outdoor Field)
- *18 x 55-minute sessions*



Price - \$230



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LYS U10 Program

U10 Boys – 2016 & 2017

U10 Girls – 2016 & 2017

- CSA FUNDamentals Stage;
- Introduction to basic soccer skills through fun-based learning, mostly dribbling with small amount of passing and shooting;
- Each session will break down into 25 minutes of skill-based learning followed by 25 minutes of game time. Focus is on building advanced soccer skills & techniques (dribbling past defenders, pass and move, shooting, range of passing, defending etc)
- Small sided games will be 7v7(1 goalkeeper), Dribble-ins for restarts along sidelines. Retreat line in effect (Halfway);
- Players will play a multitude of positions and with equal playing time for all.

- Boys - Times will rotate between 5:15pm and 7:15pm Monday's and Wednesday's
- Girls – Monday's and Wednesday's 6:15pm
- Field Location College Field
- *18 x 55-minute sessions*

Price - \$230



#LSA *learn the game love the game*

LYS U12 Program

U12 Boys – 2014 & 2015

U12 Girls – 2014 & 2015

- CSA Learning To Train Stage.
- The Season will be broken into a 3:1 ratio. 3 games to 1 team practice. Focus is on building advanced soccer skills & techniques (dribbling past defenders, pass and move, shooting, range/weight of passing, defending etc);
- Games will be **7 vs 7 (6 players + 1 goalkeeper)**
- Beginner introduction to formations, game rules and tactical side of soccer;
- Players will play a multitude of positions and with equal playing time for all.
- Retreat line in effect, to encourage building from the back (halfway line)
- Boys - Monday's & Wednesday's – Times will rotate 5:00pm and 7:00 pm
- Girls – Monday's & Wednesday's – 6:00pm
- All sessions will be played at St. Teresa School (North)
- 18 x 1 hour sessions.
- PLEASE NOTE IF NOT ENOUGH GIRLS TO CREATE 4 + teams – Division will be made CoEd.

Price - \$230



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LYS U14 Program

U14 Boys – 2012 & 2013

U14 Girls – 2012 & 2013

- The season will be broken into a 3:1 ratio, 3 games to 1 team practice. Focus is on building advanced soccer skills & techniques (dribbling past defenders, pass and move, shooting, range/weight of passing, defending etc);
- Continued understanding of the tactical side of the game;
- Games will be **9 vs 9 including goalkeepers (8 players + 1 goalkeeper)**
- Players are encouraged to play multiple positions.
- Boys - Tuesday's & Thursday's Start Times will rotate 5:00pm, 6:00pm and/ or 7:00pm
- Girls – Tuesday's & Thursday's Start Times will rotate 5:00pm, 6:00pm and/ or 7:00pm
- All sessions will be played at TBD
- 18 x 1 hour sessions.
- PLEASE NOTE IF NOT ENOUGH GIRLS TO CREATE 4 + teams – Division will be made CoEd.



Additional LYS Rules

- Should a team find themselves short and the opposition with multiple subs, coaches will be advised to send players to level out teams and give more playing time to all;
- During 'Blow-Out' coaches will also be asked to make subtle changes to ensure games remain competitive and challenging for all.

Price - \$230



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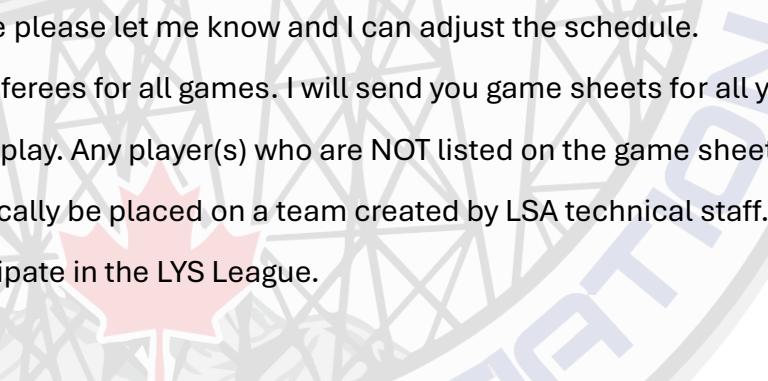
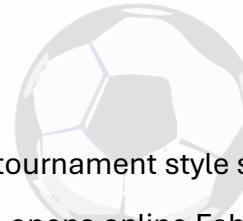
2026 U16/ U18 CoEd Program Changes:

U16 CoEd – 2010 & 2011

U18 CoEd – 2008 & 2009

- How the league will run: Starts April 20 – June 20 (possible Jamboree or tournament style season end – TBD)
- All players register through Lethbridge Soccer Association – Registration opens online Feb 1, 2026. Cost per player = **\$230.00**
- Schools can use their own team uniforms or LSA can provide uniforms if Schools do not have them at no additional cost
- High Schools will announce their try out dates to students time and dates TBD – if enough interest schools can have 2 teams.
- Once teams are selected – all team rosters can be sent to Kristy @ LSA including players who did not make a team. Will need rosters no later than April 10.
- Game will be scheduled Monday's and Wednesday's (6:00pm or 7:30pm kick off times) 2 x 40 Minute halves
 - U16's will play at Wilson Middle School (Northside) Junior
 - U18's will play at Atsotawa Park (Westside) Senior
- **Please note** if the out town teams are interested in hosting a game please let me know and I can adjust the schedule.
- I will create your team rosters, game sheets, book city fields, assign referees for all games. I will send you game sheets for all your games.
- ALL PLAYERS MUST BE REGISTERED with LSA in order to be eligible to play. Any player(s) who are NOT listed on the game sheets (roster) are NOT eligible to play.
- Any player who was not selected for a High School team will automatically be placed on a team created by LSA technical staff.
- Players registered in competitive programs are not permitted to participate in the LYS League.

Price - \$230



LYS U16 Program

U16 – 2010 & 2011 Co-Ed

- The Season will be broken into a 3:1 ratio. 3 games to 1 team practice, Focus is on building advanced soccer skills & techniques (dribbling past defenders, pass and move, shooting, range of passing, defending etc);
- Advanced understanding of the tactical side of the game;
- Games will be **11 vs 11 (10 players + 1 goalkeeper)**
- To benefit full skill development, all players will play a multitude of positions and equal playing time for all.

- Monday's & Wednesday's Start times will rotate
- All sessions will be played at Wilson Middle School
- 18 x 1 hour 10 minute sessions

Price - \$230



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LYS U18 Program

U18 – 2008 & 2009 Co-Ed

- The Season will be broken into a 3:1 ratio. 3 games to 1 team practice, Focus is on building advanced soccer skills & techniques (dribbling past defenders, pass and move, shooting, range of passing, defending etc);
- Advanced understanding of the tactical side of the game;
- Games will be **11 vs 11 (10 players + 1 goalkeeper)**
- Players will play a multitude of positions and equal playing time for all.

- Monday's & Wednesday's Start times will rotate
- All sessions will be played at Atsotawawa Park (West)
- 18 x 1 hour 10 minutes sessions.

Price - \$230



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Contact Details

Executive Director - Steve Dudas
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Program Director - Kristy Lauzon
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Technical Director - Sam Heap
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Assistant Technical Director / LYS Lead - Chris Hayes
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T1K 7L6

Open Monday to Friday 9am-5pm
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