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# Queen City United Soccer

2025-2026

INDOOR YOUTH PROGRAM GUIDE

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# CONTENTS

The Soccer Club	3
Registration, Payment & Fees	4
Financial Aid	5
Grassroots Program	8
Development Centre	17
U11 Skill Training Centre	22
Emerging Talent Centre (ETC)	24
Playing Time & Attendance	28



# The Soccer Club

## MISSION

To support aspiring athletes and individuals through exceptional soccer experiences.

## VISION

To be the centre of choice where every athlete realizes their full potential on and off the pitch.

## VALUES

### Integrity

We are honest, transparent, and accountable.

### Respect

We are responsive, collaborative, and fair.

### Commitment

We are passionate about development, innovation, and achievement.

### Inclusion

We are inclusive, welcoming, and reflect our community



HERE FOR THE PLAYERS.



# Registration

To register for a program at QC United, please create an account using our **QC United Ramp Website** [www.qcsoccer.ca](http://www.qcsoccer.ca) and click on the **Registration** tab. It will be used for all of our Club programs and camps.

You will only need one account per family. If you already have an account and have registered previously, you do not need a new account. Just use your existing account.

Players must be registered to participate in the evaluation/identification sessions in early September.

Registration for Indoor 2025-26 will close on **August 31, 2025**.

# Payment

Grassroots Programs Development Centre U11 Skill Centre	Fees are due in full when you register.
Emerging Talent Centre (ETC)	Initial payment of \$600 and all additional fees (clothing, bond buyout, etc) are due at time of registration. Online monthly payments are available for the balance over 10 months.

Players needing to make other financial arrangements must do so with Sarah Cooke, our Club Administrator, by emailing her at [registrar@qcsoccer.ca](mailto:registrar@qcsoccer.ca).

# Fees

The Club charges a variety of fees at the time of registration and once a player is placed on a team. All programs have the following fees:

**Club Registration** Base fee charged by the Club to cover operational costs.

**Legacy Fee** Supports capital projects. (i.e. turf replacement/facility development)

**Facility Fee** Supports facility operations. Players can opt into selling tickets for the Club raffle or pay the buy out fee.

<b>Team Fees</b>	Paid directly to your team manager to help cover tournament fees, league fees, coach travel costs, and other team-specific costs.
<b>Volunteer Bond</b>	Provided by post-dated cheque to your team manager. <b>Each player's family is required to volunteer 4 hours per player per season/phase.</b> Once completed, the bond cheque is destroyed.
<b>Uniform Bond</b>	Provided by post-dated cheque to your team manager. The bond is for the uniform provided to the player. The uniform needs to be returned at the end of the season. If the uniform is returned, the bond is returned/destroyed.
<b>Sport Science</b>	Players in the U13 and older ETC programs pay a sport science fee that covers the cost of strength and conditioning, nutrition, mental performance, and video analysis.

**In the case fees differ between this document and the online registration system, please defer to the online registration systems fees.**

## Financial Aid

The Club realizes all families may not have the means to fully finance their children's participation in sport. If additional assistance is required, please contact [registrar@qcsoccer.ca](mailto:registrar@qcsoccer.ca) for payment plan options or internal club funding options that may be available to assist with some costs not covered by third-party funding (i.e. Kidsport, Jumstart, etc.).

## Family Discount

Our organization is committed to making soccer accessible to everyone. We believe this beautiful game is for everyone, regardless of age or background. As part of this commitment, we offer a family discount program to help make it easier for families to play soccer together.

**After two fully paid youth registrations, all additional youth base registrations for siblings will be free.** This means more families can afford to get involved in our soccer programs and enjoy the benefits of playing the game together.

## Adult Discount

We also want to encourage adults to continue playing soccer for life. That's why we offer a 50% discount on base registration for adults who choose to play in one of our adult leagues and have two or more children playing within our organization.

This is a great opportunity for parents to stay active and healthy while also supporting their children's love of the game. If you're interested in learning more about our family discount program, please visit [www.qcsoccer.ca](http://www.qcsoccer.ca) and click on [Family Discount.docx](#) or contact Sarah at [registrar@qcsoccer.ca](mailto:registrar@qcsoccer.ca). We look forward to seeing you on the field!

ACCESS TO THE GAME FOR ALL YOUTH



# Keeper Scholarship

As an organization, we understand the added expenses that come with playing the position of goalkeeper full-time. To help reduce this burden, we are pleased to announce we will be offering a **50% scholarship on the base registration fee** for players between the ages of U13 and U17 who are selected to be full-time goalkeepers in one of these age groups.

Scholarships will be awarded at the end of the season (Development Center) or end of the year (Emerging Talent Center). To qualify for the keeper scholarship:

- Players must maintain an attendance average of 80% or higher at team training;
- Players must maintain an attendance average of 80% or higher at keeper training;
- Players must maintain an attendance average of 80% or higher at sport science sessions; and
- Players must maintain an attendance average of 80% or higher at all competitions.

**Note:** There may be more than one full-time keeper per team, and players receiving this discount should not expect to receive any minutes as a field player.

For more information about this initiative, please visit [www.qcsoccer.ca](http://www.qcsoccer.ca).





1355 Cornwall Street  
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info@onav.ca

**www.onav.ca**

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# QC United Grassroots

At QC United, we have cultivated an environment encouraging our young players to have fun, be brave, and fall in love with the game.

Our curriculums and programs emphasize fundamental movements and skill development in practices, sessions, and games.



# U5

## PROGRAM OVERVIEW

Our U5 program emphasizes the physical literacy stage of player development, creating a foundation through engaging games and challenges that encourage a variety of movements both with and without the ball. These activities include running, jumping, throwing, hopping, balancing, and kicking.

We combine basic soccer skills with fundamental movement exercises to help our players develop essential physical abilities.

All of our coaches are Safe Sport certified and adhere to CSA guidelines for coaching Active Start sessions. Our coaching staff foster social skills by designing games that promote teamwork and set challenges.

### BIRTH YEARS

2021 & 2022

### REGISTRATION FEES

FALL - \$110.00

WINTER - \$110.00

### SEASON

FALL - OCTOBER 6 - DECEMBER 13

WINTER - JANUARY 5 - MARCH 21

### SCHEDULE

MONDAYS - 5:00 - 5:45PM

### SESSION FORMAT

EACH SESSION WILL CONSIST OF A SKILL CIRCUIT FOLLOWED BY A GAME

### ADDITIONAL COSTS

FACILITY FEE	\$50 opt-in raffle or \$75 buyout fee
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LEGACY FUND	\$25
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UNIFORM BOND	\$25
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#### REQUIRED CLOTHING

- |          |      |
|----------|------|
| • TSHIRT | \$15 |
| • SHORTS | \$24 |
| • SOCKS  | \$15 |



# U7 BOYS

## PROGRAM OVERVIEW

Our U7 program facilitates the development of physical literacy skills while building into individual techniques with a ball.

All our coaches are Safe Sport certified and adhere to CSA guidelines for coaching FUNdamentals sessions. Our coaching staff create learning environments that are stimulating and engaging for players.

### BIRTH YEARS

2019 & 2020

### REGISTRATION FEES

FALL- \$150

WINTER - \$150

### SEASON

FALL  
OCTOBER 6 - DECEMBER 13

WINTER  
JANUARY 5 - MARCH 21

### TEAMS

TEAMS WILL BE FORMED FROM WITHIN EACH BIRTH YEARS

### TRAINING SCHEDULE

MONDAYS - 5:45-6:30PM

### GAME DAYS

6 GAMES PROVIDED ON SELECT SATURDAYS DURING THE SEASON. THE SCHEDULE WILL BE PROVIDED CLOSER TO START OF EACH SEASON.

### SESSION FORMAT

PLAYERS WILL ROTATE THROUGH AN ACTIVITY CIRCUIT

### ADDITIONAL COSTS

FACILITY FEE	\$50 opt-in raffle or \$75 buyout fee
LEGACY FUND	\$25
UNIFORM BOND	\$25
REQUIRED CLOTHING	
• TSHIRT	\$15
• SHORTS	\$24
• SOCKS	\$15



# U7 GIRLS

## PROGRAM OVERVIEW

Our U7 program facilitates the development of physical literacy skills while building into individual techniques with a ball.

All our coaches are Safe Sport certified and adhere to CSA guidelines for coaching FUNdamentals sessions. Our coaching staff create learning environments that are stimulating and engaging for players.

### BIRTH YEARS

2019 & 2020

### REGISTRATION FEES

FALL - \$150

WINTER - \$150

### SEASON

FALL  
OCTOBER 6 - DECEMBER 13

WINTER  
JANUARY 5 - MARCH 21

### TEAMS

TEAMS FORMED FROM WITHIN BOTH BIRTH YEARS

### TRAINING SCHEDULE

TUESDAYS - 5:30-6:15PM

### GAME DAYS

6 GAMES PROVIDED ON SELECT SATURDAYS DURING THE SEASON. THE SCHEDULE WILL BE PROVIDED CLOSER TO START OF EACH SEASON.

### SESSION FORMAT

PLAYERS WILL ROTATE THROUGH AN ACTIVITY CIRCUIT

### ADDITIONAL COSTS

FACILITY FEE	\$50 opt-in raffle or \$75 buyout fee
LEGACY FUND	\$25
UNIFORM BOND	\$25
REQUIRED CLOTHING	
• TSHIRT	\$15
• SHORTS	\$24
• SOCKS	\$15



# U9 BOYS

## PROGRAM OVERVIEW

Our U9 program enhances the development of physical literacy skills while focusing on individual technique and skill development.

All our coaches are Safe Sport certified and adhere to CSA guidelines for coaching FUNDamentals sessions. Our coaching staff create learning environments that are stimulating and engaging for players.

### BIRTH YEARS

2017 & 2018

### REGISTRATION FEES

FALL - \$255

WINTER - \$255

### SEASON

FALL  
OCTOBER 6 - DECEMBER 13

WINTER  
JANUARY 5 - MARCH 21

### TEAMS

TEAMS WILL BE FORMED FROM WITHIN EACH BIRTH YEAR

### TRAINING SCHEDULE

GROUP 1: THURSDAYS - 5:00-6:00PM

GROUP 2: THURSDAYS - 6:00-7:00PM

### GAME DAYS

6 GAMES PROVIDED ON SELECT SATURDAYS DURING THE SEASON. THE SCHEDULE WILL BE PROVIDED CLOSER TO START OF EACH SEASON.

### SESSION FORMAT

PLAYERS WILL ROTATE THROUGH AN ACTIVITY CIRCUIT

### ADDITIONAL COSTS

FACILITY FEE	\$50 opt-in raffle or \$75 buyout fee
LEGACY FUND	\$25
UNIFORM BOND	\$25
REQUIRED CLOTHING	
• TSHIRT	\$15
• SHORTS	\$24
• SOCKS	\$15



# U9 GIRLS

## PROGRAM OVERVIEW

Our U9 program enhances the development of physical literacy skills while focusing on individual technique and skill development.

All our coaches are Safe Sport certified and adhere to CSA guidelines for coaching FUNdamentals sessions. Our coaching staff create learning environments that are stimulating and engaging for players.

### BIRTH YEARS

2017 & 2018

### REGISTRATION FEES

FALL - \$255

WINTER - \$255

### SEASON

FALL  
OCTOBER 6 - DECEMBER 13

WINTER  
JANUARY 5 - MARCH 21

### TEAMS

TEAMS FORMED FROM WITHIN BOTH BIRTH YEARS

### TRAINING SCHEDULE

TUESDAYS - 5:15-6:15pm

### GAME DAYS

6 GAMES PROVIDED ON SELECT SATURDAYS DURING THE SEASON. THE SCHEDULE WILL BE PROVIDED CLOSER TO START OF EACH SEASON.

### SESSION FORMAT

PLAYERS WILL ROTATE THROUGH AN ACTIVITY CIRCUIT

### ADDITIONAL COSTS

FACILITY FEE	\$50 opt-in raffle or \$75 buyout fee
LEGACY FUND	\$25
UNIFORM BOND	\$25
REQUIRED CLOTHING	
• TSHIRT	\$15
• SHORTS	\$24
• SOCKS	\$15





## PROGRAM OVERVIEW

Our U9 Skill Center is designed for players who want more time on the ball in their prime skill acquisition years. The program focuses on individual technique and skill development to create technically proficient players while growing their love for the game. The curriculum will focus on spatial awareness, ball mastery and combinations, teamwork and social skills, individual skills, 1v1 and 2v1's, passing/receiving and shooting techniques

All our coaches are Safe Sport certified and adhere to CSA guidelines for coaching FUNdamentals sessions.



BIRTH YEARS	
2017 & 2018	
REGISTRATION FEES	
FALL -\$390	
WINTER - \$390	
SEASON	
FALL OCTOBER 6 - DECEMBER 13	WINTER JANUARY 5 - MARCH 21
TEAMS	
TEAMS WILL BE FORMED FROM WITHIN EACH BIRTH YEAR	
TRAINING SCHEDULE	
WENESDAYS & FRIDAYS - 6:00-7:00PM	
GAME DAYS	
6 GAMES PROVIDED ON SELECT SATURDAYS DURING THE SEASON. THE SCHEDULE WILL BE PROVIDED CLOSER TO START OF EACH SEASON.	
SESSION FORMAT	
PLAYERS WILL ROTATE THROUGH AN ACTIVITY CIRCUIT	
ADDITIONAL COSTS	
FACILITY FEE	\$100 opt-in raffle or \$150 buyout fee
LEGACY FUND	\$25
UNIFORM BOND	\$25
REQUIRED CLOTHING	
• TSHIRT	\$15
• SHORTS	\$24
• SOCKS	\$15

# U9

## GIRLS SKILL CENTRE

### PROGRAM OVERVIEW

Our U9 Skill Center is designed for players who want more time on the ball in their prime skill acquisition years. The program focuses on individual technique and skill development to create technically proficient players while growing their love for the game.

The curriculum will focus on spatial awareness, ball mastery and combinations, teamwork and social skills,

individual skills, 1v1 and 2v1's, passing/receiving and shooting techniques

All our coaches are Safe Sport certified and adhere to CSA guidelines for coaching FUNdamentals sessions.



### BIRTH YEARS

2017 & 2018

### REGISTRATION FEES

FALL -\$390

WINTER - \$390

### SEASON

FALL  
OCTOBER 6 - DECEMBER 13

WINTER  
JANUARY 5 - MARCH 21

### TEAMS

TEAMS FORMED FROM WITHIN BOTH BIRTH YEARS

### TRAINING SCHEDULE

TUESDAYS 5:15-6:15PM & FRIDAYS - 6:00-7:00PM

### GAME DAYS

6 GAMES PROVIDED ON SELECT SATURDAYS DURING THE SEASON. THE SCHEDULE WILL BE PROVIDED CLOSER TO START OF EACH SEASON.

### SESSION FORMAT

PLAYERS WILL ROTATE THROUGH AN ACTIVITY CIRCUIT

### ADDITIONAL COSTS

FACILITY FEE	\$100 opt-in raffle or \$150 buyout fee
LEGACY FUND	\$25
UNIFORM BOND	\$25
REQUIRED CLOTHING	
• TSHIRT	\$15
• SHORTS	\$24
• SOCKS	\$15

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# QC United Development Centre

The Development Center welcomes all aspiring soccer players from ages U11 - U17 who are eager to improve their skills. The program focuses on enhancing individual techniques, developing decision-making abilities, and cultivating each player's passion for the game in a fun and challenging atmosphere. The program strives to create a supportive and welcoming environment where players can build their confidence and love for soccer.

All our coaches are Safe Sport certified and adhere to CSA guidelines for the age group they are coaching. Our coaching staff provides a safe, supportive, and structured environment for all players.



# U11

## DEVELOPMENT CENTRE

BIRTH YEARS
2015 & 2016
REGISTRATION FEES
INDOOR - \$720
OUTDOOR - \$580
SEASON
OCTOBER 6, 2025 - MARCH 15, 2026
TEAMS
BOYS AND GIRLS ONLY TEAMS

TRAINING SESSIONS	
2 X 75 MINUTES SESSIONS PER WEEK	
TOTAL CONTACT HOURS	
50 HOURS	
PROGRAM ENHANCEMENTS	
INDIVIDUALIZED PLAYER FEEDBACK REPORTS WITH OPTIONAL MEETINGS WITH COACHING STAFF TWICE PER SEASON	
COMPETITIONS	
<ul style="list-style-type: none"> <li>EXTERNAL LEAGUE PLAY (DIV 2 OR 3)</li> <li>TOURNAMENTS (DIV 2 OR 3)</li> <li>EXHIBITION GAMES</li> </ul>	
ADDITIONAL COSTS	
TEAM FEES	\$400 (approx)
FACILITY FEE	\$200 opt-in raffle or \$250 buyout fee
LEGACY FUND	\$25
VOLUNTEER BOND	\$200
UNIFORM BOND	\$100
REQUIRED CLOTHING	
<ul style="list-style-type: none"> <li>PRACTICE JERSEY</li> <li>BLACK SHORTS</li> <li>GREEN SHORTS</li> <li>BLACK SOCKS</li> <li>GREEN SOCKS</li> </ul>	\$24 \$24 \$24 \$15 \$15



# U13

## DEVELOPMENT CENTRE

### BIRTH YEARS

2013 & 2014

### REGISTRATION FEES

INDOOR - \$720

OUTDOOR - \$580

### SEASON

OCTOBER 6, 2025 - MARCH 15, 2026

### TEAMS

BOYS AND GIRLS ONLY TEAMS

### TRAINING SESSIONS

2 X 75 MINUTES SESSIONS PER WEEK

### TOTAL CONTACT HOURS

50 HOURS

### PROGRAM ENHANCEMENTS

INDIVIDUALIZED PLAYER FEEDBACK REPORTS WITH OPTIONAL MEETINGS WITH COACHING STAFF TWICE PER SEASON

### COMPETITIONS

- EXTERNAL LEAGUE PLAY (DIV 2 OR 3)
- TOURNAMENTS (DIV 2 OR 3)
- EXHIBITION GAMES

### ADDITIONAL COSTS

TEAM FEES	\$400 (approx)
FACILITY FEE	\$200 opt-in raffle or \$250 buyout fee
LEGACY FUND	\$25
VOLUNTEER BOND	\$200
UNIFORM BOND	\$100
REQUIRED CLOTHING	
• PRACTICE JERSEY	\$24
• BLACK SHORTS	\$24
• GREEN SHORTS	\$24
• BLACK SOCKS	\$15
• GREEN SOCKS	\$15



# U15

## DEVELOPMENT CENTRE

### BIRTH YEARS

2011 - 2012

### REGISTRATION FEES

INDOOR - \$720

OUTDOOR - \$580

### SEASON

OCTOBER 6, 2025 - MARCH 15, 2026

### TEAMS

BOYS AND GIRLS ONLY TEAMS

### TRAINING SESSIONS

2 X 75 MINUTES SESSIONS PER WEEK

### TOTAL CONTACT HOURS

50 HOURS

### PROGRAM ENHANCEMENTS

INDIVIDUALIZED PLAYER FEEDBACK REPORTS WITH OPTIONAL MEETINGS WITH COACHING STAFF TWICE PER SEASON

### COMPETITIONS

- EXTERNAL LEAGUE PLAY (DIV 2 OR 3)
- TOURNAMENTS (DIV 2 OR 3)
- EXHIBITION GAMES

### ADDITIONAL COSTS

TEAM FEES	\$400 (approx)
FACILITY FEE	\$200 opt-in raffle or \$250 buyout fee
LEGACY FUND	\$25
VOLUNTEER BOND	\$200
UNIFORM BOND	\$100
REQUIRED CLOTHING	
• PRACTICE JERSEY	\$24
• BLACK SHORTS	\$24
• GREEN SHORTS	\$24
• BLACK SOCKS	\$15
• GREEN SOCKS	\$15



# U17

## DEVELOPMENT CENTRE

BIRTH YEARS
2009 - 2010
REGISTRATION FEES
INDOOR - \$720
OUTDOOR - \$580
SEASON
OCTOBER 6, 2025 - MARCH 15, 2026
TEAMS
BOYS AND GIRLS ONLY TEAMS

TRAINING SESSIONS	
2 X 75 MINUTES SESSIONS PER WEEK	
TOTAL CONTACT HOURS	
50 HOURS	
PROGRAM ENHANCEMENTS	
INDIVIDUALIZED PLAYER FEEDBACK REPORTS WITH OPTIONAL MEETINGS WITH COACHING STAFF TWICE PER SEASON	
COMPETITIONS	
<ul style="list-style-type: none"> <li>EXTERNAL LEAGUE PLAY (DIV 2 OR 3)</li> <li>TOURNAMENTS (DIV 2 OR 3)</li> <li>EXHIBITION GAMES</li> </ul>	
ADDITIONAL COSTS	
TEAM FEES	\$400 (approx)
FACILITY FEE	\$200 opt-in raffle or \$250 buyout fee
LEGACY FUND	\$25
VOLUNTEER BOND	\$200
UNIFORM BOND	\$100
REQUIRED CLOTHING	
<ul style="list-style-type: none"> <li>PRACTICE JERSEY</li> <li>BLACK SHORTS</li> <li>GREEN SHORTS</li> <li>BLACK SOCKS</li> <li>GREEN SOCKS</li> </ul>	\$24 \$24 \$24 \$15 \$15





# QC United

## U11 SKILL CENTRE

The U11 Skill Center Program is tailored for young athletes born in 2015 and 2016 who seek a more challenging and competitive soccer environment. This program aims to help each player reach their maximum potential by focusing on individual skill development within a fun and engaging setting.

### Program Objectives

#### Individual Technique and Skill Development

Emphasis on critical development areas such as:

- Spatial Awareness
- Ball Mastery
- Combinations
- Individual and Small Group Attacking and Defending
- Passing, Receiving, and Turning
- Shooting and Finishing

### Structure and Format

- By enrolling your child in this program, you are not registering for a premier-level team, but rather for an enhanced training environment focused on player development.
- Training will consist of both team-based sessions and pool-style training, where players are grouped using a variety of methods to maximize growth and learning.
- Team rosters will be formed for participation in developmentally appropriate competitions.
- Not all players will be selected for every event. Some competitions will be limited to selected players based on readiness and performance.

### Coaching and Safety

#### Qualified Coaching Staff

- All coaches are Safe Sport Certified.
- Program leads and head coaches hold high-level licenses.

#### Supportive Environment

- Coaches ensure a safe, supportive, and structured atmosphere for all players.
- Enrolling your child in the U11 Skill Centre Program allows them to develop their technical and tactical skillset in a challenging yet supportive environment, led by highly qualified coaches.

# U11

## SKILL CENTRE

### BIRTH YEARS

2015 & 2016

### REGISTRATION FEES

INDOOR - \$1185

OUTDOOR - \$745

### SEASON

OCTOBER 6, 2025 - MARCH 15, 2026

### TEAMS

- PLAYERS WILL BE PLACED ON ROSTERS TO PARTICIPATE IN DEVELOPMENTALLY APPROPRIATE COMPETITIONS.
- THE CLUB WILL MONITOR PLAYER DEVELOPMENT AND THERE MAY BE PLAYER MOVEMENT IF REQUIRED.
- EVENT SPECIFIC ROSTERS WILL BE COMMUNICATED IF APPLICABLE.

### TRAINING SESSIONS

3 X 75 MINUTES SESSIONS PER WEEK

### TOTAL CONTACT HOURS

75 HOURS

### PROGRAM ENHANCEMENTS

INDIVIDUAL PLAYER FEEDBACK REPORTS WITH OPTIONAL MEETINGS WITH COACHING STAFF TWICE PER SEASON

### COMPETITIONS

- EXTERNAL LEAGUE PLAY (DIV 1, DIV 2, OR DIV 3)
- TOURNAMENTS (DIV 1, DIV 2 OR DIV 3)
- EXHIBITION GAMES

### ADDITIONAL COSTS

3-DAY CAMP WITH WOLVES STAFF	\$125
TEAMFEES(PERSEASON)	\$450 (APPROX).
FACILITY FEE	\$200/\$250*
LEGACY FUND	\$25
VOLUNTEER BOND	\$200
UNIFORM BOND	\$100
REQUIRED CLOTHING	
• PRACTICE JERSEY	\$24
• BLACK SHORTS	\$24
• GREEN SHORTS	\$24
• BLACK SOCKS	\$15
• GREEN SOCKS	\$15
• TRACK SUIT	\$140
• BAG	\$55

#### \* FACILITY FEE

\$200 OPT-IN RAFFLE OR \$250 BUYOUT FEE





# QC United Emerging Talent Centre

The Emerging Talent Center aims to identify and develop players with the potential to advance to higher levels. This program is dedicated to offering exceptional coaching and support to help players achieve their full potential both on and off the field. Our balanced approach focused on teaching advanced soccer skills, techniques, and tactics, while also instilling professionalism, leadership, and confidence in all players. Together, we strive for collective success and growth.

## Program Objectives

### Evaluation & Enrolment:

- Players must undergo an evaluation and be offered a spot to join the program.

### Diverse Competitions:

- Teams will participate in a variety of competitions, including futsal, 6v6/9v9/11v11 soccer tournaments, leagues, and exhibition games. This variety aims to challenge players and expand their comfort zones.

### Qualified Coaches

- All coaches are Safe Sport certified and highly licensed, ensuring a safe, supportive, and structured environment for all players.

The Emerging Talent Center is committed to fostering a culture of excellence, providing top-tier coaching, and developing well-rounded individuals prepared for success on and off the field.



# U13

## EMERGING TALENT CENTRE.

BIRTH YEARS	
2013 & 2014	
REGISTRATION & SPORT SCIENCE FEES	
\$1935 + \$50 SPORT SCIENCE FEE	
SEASON	
INDOOR PHASE - OCTOBER 6, 2025 - MARCH 15, 2026 OUTDOOR PHASE - APRIL 27 - JULY 12, 2026	
TEAMS	
MALE & FEMALE TEAMS	
TOTAL CONTACT HOURS	
INDOOR - 75 HOURS	OUTDOOR - 45 HOURS

TRAINING SESSIONS	
INDOOR & OUTDOOR	3 X75 MINUTE SESSIONSPER WEEK
SPORT SCIENCE & PROGRAM ENHANCEMENTS	
6 - 30 MINUTE VIDEO ANALYSIS SESSIONS 2 - 60 MINUTE PERSONAL DEVELOPMENT SESSIONS 3 - INDIVIDUAL PLAYER FEEDBACK REPORTS WITH OPTIONAL MEETINGS WITH COACHING STAFF	
COMPETITIONS	
<ul style="list-style-type: none"> <li>EXTERNAL LEAGUE PLAY (DIV 1 OR DIV 2)</li> <li>TOURNAMENTS (DIV 1 OR DIV 2)</li> <li>EXHIBITION GAMES</li> </ul>	
ADDITIONAL COSTS	
REQUIRED 3-DAY CAMP WITH WOLVES STAFF (CHARGED IN PHASE 2)	\$125
TEAM FEES (PER PHASE)	\$450 (APPROX)
FACILITY FEE (PER PHASE)	\$200/\$250*
LEGACY FUND (PER PHASE)	\$25
VOLUNTEER BOND (PER PHASE)	\$200
UNIFORM BOND	\$100
REQUIRED CLOTHING	
<ul style="list-style-type: none"> <li>PRACTICE JERSEY</li> <li>BLACK SHORTS</li> <li>GREEN SHORTS</li> <li>BLACK SOCKS</li> <li>GREEN SOCKS</li> <li>TRACK SUIT</li> <li>BAG</li> </ul>	\$24 \$24 \$24 \$15 \$15 \$140 \$55
* FACILITY FEE \$200 OPT-IN RAFFLE OR \$250 BUYOUT FEE	





BIRTH YEARS	
2011 & 2012	
REGISTRATION & SPORT SCIENCE FEES	
\$2260 + 500 SPORT SCIENCE FEE	
SEASON	
INDOOR PHASE - OCTOBER 6, 2025 - MARCH 15, 2026 OUTDOOR PHASE - APRIL 27 - JULY 26, 2026	
TEAMS	
MALE & FEMALE TEAMS (MULTIPLE LEVELS WHEN APPROPRIATE)	
TOTAL CONTACT HOURS	
144 HOURS	
TRAINING SESSIONS	
INDOOR AND OUTDOOR	3 X 90 MINUTE SESSIONS PER WEEK

SPORT SCIENCE & PROGRAM ENHANCEMENTS	
<ul style="list-style-type: none"> <li>• 8 - 60 MINUTE TRAINER LED STRENGTH AND CONDITIONING SESSIONS COMBINED WITH HOME BASED PROGRAM</li> <li>• 10 - 30 MINUTE VIDEO ANALYSIS SESSIONS</li> <li>• 6 - 60 MINUTE MENTAL PERFORMANCE SESSIONS</li> <li>• 2 - 60 MINUTE NUTRITION SESSIONS</li> <li>• 2 - 60 MINUTE PERSONAL DEVELOPMENT SESSIONS</li> <li>• 3 - INDIVIDUAL PLAYER FEEDBACK REPORTS WITH OPTIONAL MEETINGS WITH COACHING STAFF</li> <li>• 8 - 30 MINUTE INDIVIDUAL PLAYER-INITIATED MEETINGS WITH COACHING STAFF</li> <li>• SUBSIDIZED POST-SECONDARY PREPARATION PROGRAM THROUGH PRIMUS SPORTS PARTNERS THAT INCLUDES             <ul style="list-style-type: none"> <li>• 1 X IN-PERSON SESSIONS</li> <li>• 1 X VIRTUAL SESSIONS</li> <li>• 1.5 HOURS INDIVIDUAL CONSULTING</li> <li>• DISCOUNTED PLAYER PACKAGES</li> </ul> </li> </ul>	
COMPETITIONS	
<ul style="list-style-type: none"> <li>• EXTERNAL LEAGUE PLAY (DIV 1 OR DIV 2)</li> <li>• TOURNAMENTS (DIV 1 OR DIV 2)</li> <li>• EXHIBITION GAMES</li> </ul>	
ADDITIONAL COSTS	
TEAM FEES (PER PHASE)	\$450 (APPROX)
REQUIRED 3-DAY CAMP WITH WOLVES STAFF (CHARGED IN PHASE 2)	\$125
FACILITY FEE (PER PHASE)	\$200/\$250*
LEGACY FUND (PER PHASE)	\$25
VOLUNTEER BOND (PER PHASE)	\$200
UNIFORM BOND	\$100
REQUIRED CLOTHING	
<ul style="list-style-type: none"> <li>• PRACTICE JERSEY</li> <li>• BLACK SHORTS</li> <li>• GREEN SHORTS</li> <li>• BLACK SOCKS</li> <li>• GREEN SOCKS</li> <li>• TRACK SUIT</li> <li>• BAG</li> </ul>	\$24 \$24 \$24 \$15 \$15 \$140 \$55
* FACILITY FEE \$200 OPT-IN RAFFLE OR \$250 BUYOUT FEE	



BIRTH YEARS	
2009 & 2010	
REGISTRATION & SPORT SCIENCE FEES	
\$2260 + 500 SPORT SCIENCE FEE	
SEASON	
INDOOR PHASE - OCTOBER 6, 2025 - MARCH 15, 2026 OUTDOOR PHASE - APRIL 27 - JULY 26, 2026	
TEAMS	
MALE & FEMALE TEAMS (MULTIPLE LEVELS WHEN APPROPRIATE)	
TOTAL CONTACT HOURS	
144 HOURS	
TRAINING SESSIONS	
INDOOR AND OUTDOOR	3 X 90 MINUTE SESSIONS PER WEEK

SPORT SCIENCE & PROGRAM ENHANCEMENTS	
<ul style="list-style-type: none"> <li>• 8 - 60 MINUTE TRAINER LED STRENGTH AND CONDITIONING SESSIONS COMBINED WITH HOME BASED PROGRAM</li> <li>• 10 - 30 MINUTE VIDEO ANALYSIS SESSIONS</li> <li>• 6 - 60 MINUTE MENTAL TRAINING SESSIONS</li> <li>• 2 - 60 MINUTE NUTRITION SESSIONS</li> <li>• 2 - 60 MINUTE PERSONAL DEVELOPMENT SESSIONS</li> <li>• 3 - INDIVIDUAL PLAYER FEEDBACK REPORTS WITH OPTIONAL MEETINGS WITH COACHING STAFF</li> <li>• 8 - 30 MINUTE INDIVIDUAL PLAYER-INITIATED MEETINGS WITH COACHING STAFF</li> <li>• SUBSIDIZED POST-SECONDARY PREPARATION PROGRAM THROUGH PRIMUS SPORTS PARTNERS THAT INCLUDES               <ul style="list-style-type: none"> <li>• 1 X IN-PERSON SESSIONS</li> <li>• 1 X VIRTUAL SESSIONS</li> <li>• 1.5 HOURS INDIVIDUAL CONSULTING</li> <li>• DISCOUNTED PLAYER PACKAGES</li> </ul> </li> </ul>	
COMPETITIONS	
<ul style="list-style-type: none"> <li>• EXTERNAL LEAGUE PLAY (DIV 1 OR DIV 2)</li> <li>• TOURNAMENTS (DIV 1 OR DIV 2)</li> <li>• EXHIBITION GAMES</li> </ul>	
ADDITIONAL COSTS	
TEAM FEES (PER PHASE)	\$450 (APPROX)
REQUIRED 3-DAY CAMP WITH WOLVES STAFF (CHARGED IN PHASE TWO).	\$125
FACILITY FEE (PER PHASE)	\$200/\$250*
LEGACY FUND (PER PHASE) VOLUNTEER	\$25
BOND (PER PHASE)	\$200
UNIFORM BOND	\$100
REQUIRED CLOTHING	
<ul style="list-style-type: none"> <li>• PRACTICE JERSEY</li> <li>• BLACK SHORTS</li> <li>• GREEN SHORTS</li> <li>• BLACK SOCKS</li> <li>• GREEN SOCKS</li> <li>• TRACK SUIT</li> <li>• BAG</li> </ul>	\$24 \$24 \$24 \$15 \$15 \$140 \$55
* FACILITY FEE \$200 OPT-IN RAFFLE OR \$250 BUYOUT FEE	

# Playing Time & Attendance

## PURPOSE

The primary objective of QC United is to provide a positive and enjoyable soccer experience for all our stakeholders. Regular attendance is crucial to achieving individual player development and team success. This guideline outlines the expectations for U11-U18 player attendance.

## PLAYING TIME GUIDELINES

Playing time is an average throughout the season.

- U11 - All Programs 50% of eligible minutes
- U13 Development Centre 50% of eligible minutes
- U13 Emerging Talent Centre 45% of eligible minutes
- U15 - All Programs 40% of eligible minutes
- U17 Development Centre 40% of eligible minutes
- U17 Emerging Talent Centre 35% of eligible minutes

Playing time is based on player performance and meeting coaching staff expectations.

Players must maintain a specified attendance threshold to receive the minimum playing time.

## GENERAL ATTENDANCE EXPECTATIONS

### Regular Attendance

Players should attend all team practices, games, and other scheduled team events. The minimum expectation for players is to attend 80% of all practices and training sessions throughout the season.

### Punctuality

Players should arrive 15 minutes before training sessions and a minimum of 30 minutes before games.

Note: Coaches may request players arrive earlier than 30 minutes before games. Tardiness disrupts the team's training and game preparations.

HERE FOR THE PLAYERS.



## Communication

If a player cannot attend a practice, game, or event, they or their parents/guardians should update their TeamSnap account and advise the coach as early as possible.

## When Attendance Falls Below Threshold

To ensure fair and consistent participation, the coaching staff will implement the following attendance guidelines:

### 1. 80% Threshold

If a player's attendance falls below 80%, they should expect reduced game play. This reduction reflects the need for regular participation in team activities.

### 2. 70% Attendance Threshold

If a player's attendance falls below 70%, their playing time will be significantly restricted. They will:

- receive no more than 25% of the total playing time in any game, and
- not be eligible to start any games until their attendance improves.

Players are expected to prioritize attendance to ensure they can fully participate in games and contribute to the team's success. Regular attendance is crucial for team cohesion, strategy implementation, and overall performance. By adhering to these guidelines, players will understand the importance of commitment and the impact of attendance on their role within the team.

## Make-up Sessions

If a player has a consistent conflict with one of their weekly training sessions, the Club may provide them with an alternate session with another team that the player can attend. The Club will only allow the player to make up one session per week and this is contingent on there being a suitable alternative option available for the player.

