
Queen City United Soccer

2026 OUTDOOR
YOUTH PROGRAM GUIDE



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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





Registration

To register for a program at QC United, please create an account using our **QC United Ramp Website** 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

All programs	Fees are due in full at time of registration.
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Players needing to make other financial arrangements must do so with Sarah Cooke, our Club Administrator, by emailing her at 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.

Team Fees	Paid directly to your team manager to help cover tournament fees, league fees, coach travel costs, and other team-specific costs.
Volunteer Bond	Provided by post-dated cheque to your team manager. Each player's family is required to volunteer 4 hours per player per season/phase. Once completed, the bond cheque is destroyed.
Uniform Bond	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.
Sport Science	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 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 and click on [Family Discount.docx](#) or contact Sarah at 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. 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.





1355 Cornwall Street
(306) 522-6628
info@onav.ca

www.onav.ca

ON AV is a team with over 155 years of combined experience in the electronics industry. We are a locally owned and operated business. We have a team dedicated to providing the best customer service to make sure our clients have the best possible audio-video installation and automation experience. At ON AV, every client has different needs so we take pride in making sure we are providing the right products to suit each job on an individual basis.

At On AV we believe in providing outstanding customer service while providing great products. The customer comes first and we are there to service them day or night. We grow relationships with each client and it's not just about the sale -- it is about the experience and long lasting relationships that are built.



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.

The Grassroots outdoor season will run from May 4 - June 25, 2025



U5 COED

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

SPRING - \$110.00

SCHEDULE

MONDAYS - 5:15 - 6:00PM

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

LEGACY FUND

\$25

UNIFORM BOND

\$25

REQUIRED CLOTHING

- TSHIRT
- SHORTS
- SOCKS

\$15
\$24
\$15



GRASSROOTS

U7 BOYS

PROGRAM OVERVIEW

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

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.

Teams will be formed from within birth years.

BIRTH YEARS

2019 & 2020

REGISTRATION FEES

SPRING - \$150.00

SESSION FORMAT

PLAYERS WILL ROTATE THROUGH AN ACTIVITY CIRCUIT

TRAINING SCHEDULE

GROUP 1:
TUESDAYS 5:15-6:00PM

GROUP 2:
TUESDAYS 6:00-6:45PM

GAME DAYS

8 GAMES PROVIDED ON THURSDAYS DURING THE SEASON. THE SCHEDULE WILL BE PROVIDED CLOSER TO THE SEASON START DATE

ADDITIONAL COSTS

FACILITY FEE

\$50 opt-in raffle or \$75 buyout fee

LEGACY FUND

\$25

UNIFORM BOND

\$25

REQUIRED CLOTHING

- TSHIRT
- SHORTS
- SOCKS

\$15
\$24
\$15



U7 GIRLS

PROGRAM OVERVIEW

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

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.

Teams will be formed from within both birth years.

BIRTH YEARS

2019 & 2020

REGISTRATION FEES

SPRING - \$150.00

SESSION FORMAT

PLAYERS WILL ROTATE THROUGH AN ACTIVITY CIRCUIT

TRAINING SCHEDULE

MONDAYS 5:15-6:00PM. *GIRLS MAY REGISTER IN BOYS PROGRAM FOR ALTERNATE DAY/TIME OPTIONS*

GAME DAYS

8 GAMES PROVIDED ON THURSDAYS DURING THE SEASON. THE SCHEDULE WILL BE PROVIDED CLOSER TO THE SEASON START DATE

ADDITIONAL COSTS

FACILITY FEE

\$50 opt-in raffle or \$75 buyout fee

LEGACY FUND

\$25

UNIFORM BOND

\$25

REQUIRED CLOTHING

- TSHIRT
- SHORTS
- SOCKS

\$15
\$24
\$15



U9 BOYS

PROGRAM OVERVIEW

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

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.

Teams will be formed from within each birth year.

BIRTH YEARS

2017 & 2018

REGISTRATION FEES

SPRING - \$255.00

SESSION FORMAT

SESSIONS WILL INCLUDE INDIVIDUAL TECHNIQUE AND SKILL DEVELOPMENT FOLLOWED BY SMALL SIDED GAMES

TRAINING SCHEDULE

GROUP 1:
TUESDAYS 5:15-6:15PM

GROUP 2:
TUESDAYS 6:15-7:15PM

GAME DAYS

8 GAMES PROVIDED ON THURSDAYS DURING THE SEASON. THE SCHEDULE WILL BE PROVIDED CLOSER TO THE SEASON START DATE

ADDITIONAL COSTS

FACILITY FEE

\$50 opt-in raffle or \$75 buyout fee

LEGACY FUND

\$25

UNIFORM BOND

\$25

REQUIRED CLOTHING

- TSHIRT
- SHORTS
- SOCKS

\$15
\$24
\$15



GRASSROOTS

U9 GIRLS

PROGRAM OVERVIEW

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

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.

Teams will be formed from within both birth years.

BIRTH YEARS

2017 & 2018

REGISTRATION FEES

SPRING - \$255.00

SESSION FORMAT

SESSIONS WILL INCLUDE INDIVIDUAL TECHNIQUE AND SKILL DEVELOPMENT FOLLOWED BY SMALL SIDED GAMES

TRAINING SCHEDULE

MONDAYS 6:00-7:00PM. *GIRLS MAY REGISTER IN BOYS PROGRAM FOR ALTERNATE DAY/TIME OPTIONS*

GAME DAYS

8 GAMES PROVIDED ON THURSDAYS DURING THE SEASON. THE SCHEDULE WILL BE PROVIDED CLOSER TO THE SEASON START DATE

ADDITIONAL COSTS

FACILITY FEE	\$50 opt-in raffle or \$75 buyout fee
LEGACY FUND	\$25
UNIFORM BOND	\$25
REQUIRED CLOTHING	
<ul style="list-style-type: none">• TSHIRT• SHORTS• SOCKS	<div>\$15</div> <div>\$24</div> <div>\$15</div>



U9 BOYS SKILL CENTRE

PROGRAM OVERVIEW

Our U9 Skill Centre 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 of the game. The curriculum will focus on spatial awareness and ball mastery as well as teamwork, social skills, individual skills, 1v1's, 2v2'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

SPRING - \$390.00

SESSION FORMAT

SESSIONS WILL INCLUDE INDIVIDUAL TECHNIQUE AND SKILL DEVELOPMENT FOLLOWED BY SMALL SIDED GAMES

TRAINING SCHEDULE

MONDAYS 6:00-7:00PM & WEDNESDAYS 5:30-6:30PM

GAME DAYS

8 GAMES PROVIDED ON THURSDAYS DURING THE SEASON. THE SCHEDULE WILL BE PROVIDED CLOSER TO THE SEASON START DATE

ADDITIONAL COSTS

FACILITY FEE

\$50 opt-in raffle or \$75 buyout fee

LEGACY FUND

\$25

UNIFORM BOND

\$25

REQUIRED CLOTHING

- TSHIRT
- SHORTS
- SOCKS

\$15
\$24
\$15



SKILL CENTRE

U9 GIRLS SKILL CENTRE

PROGRAM OVERVIEW

Our U9 Skill Centre 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 of the game. The curriculum will focus on spatial awareness and ball mastery as well as teamwork, social skills, individual skills, 1v1's, 2v2'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

SPRING - \$390.00

SESSION FORMAT

SESSIONS WILL INCLUDE INDIVIDUAL TECHNIQUE AND SKILL DEVELOPMENT FOLLOWED BY SMALL SIDED GAMES

TRAINING SCHEDULE

MONDAYS 6:00-7:00PM & WEDNESDAYS 5:30-6:30PM

GAME DAYS

8 GAMES PROVIDED ON THURSDAYS DURING THE SEASON. THE SCHEDULE WILL BE PROVIDED CLOSER TO THE SEASON START DATE

ADDITIONAL COSTS

FACILITY FEE

\$50 opt-in raffle or \$75 buyout fee

LEGACY FUND

\$25

UNIFORM BOND

\$25

REQUIRED CLOTHING

- TSHIRT
- SHORTS
- SOCKS

\$15
\$24
\$15



SKILL CENTRE

Adventure Starts Here.

From city streets to open highways,
Dilawri has the perfect vehicle for every journey.



Explore our extensive selection at your local Dilawri franchised dealership today
— or scan the QR code to shop now.





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.

As a competitive soccer program, all U13-U17 will undergo an evaluation process. Players may be released if a developmentally appropriate placement is not available.

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	COMPETITIONS	
2015 & 2016	<ul style="list-style-type: none"> EXTERNAL LEAGUE PLAY (DIVISION 1, 2, OR 3) TOURNAMENTS (DIVISION 1, 2, OR 3) EXHIBITION GAMES 	
REGISTRATION FEES	ADDITIONAL COSTS	
OUTDOOR - \$580.00	TEAM FEES	\$400 (approx)
SEASON	FACILITY FEE	\$200 opt-in raffle or \$250 buyout fee
MAY 4 - JULY 12, 2026	LEGACY FUND	\$25
TEAMS	VOLUNTEER BOND	\$200
BOYS AND GIRLS ONLY TEAMS	UNIFORM BOND	\$100
TRAINING SESSIONS	REQUIRED CLOTHING	\$25 \$25 \$25 \$15 \$20
2 X 75 MINUTES SESSIONS PER WEEK	<ul style="list-style-type: none"> PRACTICE JERSEY BLACK SHORTS GREEN SHORTS BLACK SOCKS GREEN SOCKS 	
PROGRAM ENHANCEMENTS		
INDIVIDUALIZED PLAYER FEEDBACK REPORTS WITH OPTIONAL MEETINGS WITH COACHING STAFF ONCE PERS SEASON		



U13 DEVELOPMENT CENTRE

BIRTH YEARS
2013 & 2014
REGISTRATION FEES
OUTDOOR - \$580.00
SEASON
MAY 4 - JULY 12, 2026
TEAMS
BOYS AND GIRLS ONLY TEAMS
PLACEMENT
PLAYERS WILL UNDERGO AN EVALUATION PROCESS AND MAY BE RELEASED IF A DEVELOPMENTALLY APPROPRIATE PLACEMENT IS NOT AVAILABLE.
TRAINING SESSIONS
2 X 75 MINUTES SESSIONS PER WEEK

PROGRAM ENHANCEMENTS	
INDIVIDUALIZED PLAYER FEEDBACK REPORTS WITH OPTIONAL MEETINGS WITH COACHING STAFF ONCE PERS SEASON	
COMPETITIONS	
<ul style="list-style-type: none"> EXTERNAL LEAGUE PLAY (DIVISION 2, OR 3) TOURNAMENTS (DIVISION 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	
<ul style="list-style-type: none"> PRACTICE JERSEY BLACK SHORTS GREEN SHORTS BLACK SOCKS GREEN SOCKS 	\$25 \$25 \$25 \$15 \$20



U15 BOYS DEVELOPMENT CENTRE

BIRTH YEARS
2011 & 2021
REGISTRATION FEES
OUTDOOR - \$580.00
SEASON
MAY 4 - JULY 12, 2026
TEAMS
BOYS TEAM ONLY
PLACEMENT
PLAYERS WILL UNDERGO AN EVALUATION PROCESS AND MAY BE RELEASED IF A DEVELOPMENTALLY APPROPRIATE PLACEMENT IS NOT AVAILABLE.
TRAINING SESSIONS
2 X 75 MINUTES SESSIONS PER WEEK

PROGRAM ENHANCEMENTS	
INDIVIDUALIZED PLAYER FEEDBACK REPORTS WITH OPTIONAL MEETINGS WITH COACHING STAFF ONCE PERS SEASON	
COMPETITIONS	
<ul style="list-style-type: none"> EXTERNAL LEAGUE PLAY (DIVISION 2, OR 3) TOURNAMENTS (DIVISION 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	
<ul style="list-style-type: none"> PRACTICE JERSEY BLACK SHORTS GREEN SHORTS BLACK SOCKS GREEN SOCKS 	\$25 \$25 \$25 \$15 \$20



DEVELOPMENT CENTRE

U17 BOYS DEVELOPMENT CENTRE

BIRTH YEARS
2009 & 2010
REGISTRATION FEES
OUTDOOR - \$580.00
SEASON
MAY 4 - JULY 12, 2026
TEAMS
BOYS TEAM ONLY
PLACEMENT
PLAYERS WILL UNDERGO AN EVALUATION PROCESS AND MAY BE RELEASED IF A DEVELOPMENTALLY APPROPRIATE PLACEMENT IS NOT AVAILABLE.
TRAINING SESSIONS
2 X 75 MINUTES SESSIONS PER WEEK

PROGRAM ENHANCEMENTS	
INDIVIDUALIZED PLAYER FEEDBACK REPORTS WITH OPTIONAL MEETINGS WITH COACHING STAFF ONCE PERS SEASON	
COMPETITIONS	
<ul style="list-style-type: none"> EXTERNAL LEAGUE PLAY (DIVISION 2, OR 3) TOURNAMENTS (DIVISION 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	
<ul style="list-style-type: none"> PRACTICE JERSEY BLACK SHORTS GREEN SHORTS BLACK SOCKS GREEN SOCKS 	\$25 \$25 \$25 \$15 \$20





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
OUTDOOR - \$745.00
SEASON
APRIL 20 - JULY 12, 2026
TEAMS
<ul style="list-style-type: none"> 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



PROGRAM ENHANCEMENTS	
INDIVIDUALIZED PLAYER FEEDBACK REPORTS WITH OPTIONAL MEETINGS WITH COACHING STAFF ONCE PERS SEASON	
COMPETITIONS	
<ul style="list-style-type: none"> EXTERNAL LEAGUE PLAY (DIVISION 1, 2, OR 3) TOURNAMENTS (DIVISION 1, 2, OR 3) EXHIBITION GAMES 	
ADDITIONAL COSTS	
REQUIRED 3 DAY CAMP WITH WOLVES STAFF (JULY 6-8, 2026)	\$135
TEAM FEES	\$450 (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"> PRACTICE JERSEY \$25 BLACK SHORTS \$25 GREEN SHORTS \$25 BLACK SOCKS \$15 GREEN SOCKS \$20 TRACK SUIT TBD BAG TBD



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.
- Players may be asked to attend an additional evaluation session with the development centre to support placement decisions. Players may be released if a developmentally appropriate placement is not available.

Diverse Competitions:

- Teams will participate in a variety of competitions, including 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
NEW PLAYER REGISTRATION FEES
\$725.00 + \$20 SPORT SCIENCE FEE
SEASON
APRIL 27 - JULY 12, 2026
TEAMS
MALE & FEMALE TEAMS (MULTIPLE LEVELS WHEN APPROPRIATE)
TRAINING SESSIONS
3 X 75 MINUTES SESSIONS PER WEEK
PLACEMENT
PLAYERS WILL UNDERGO AN EVALUATION PROCESS AND MAY BE RELEASED IF A DEVELOPMENTALLY APPROPRIATE PLACEMENT IS NOT AVAILABLE.



SPORT SCIENCE & PROGRAM ENHANCEMENTS	
<ul style="list-style-type: none"> • VIDEO ANALYSIS SESSIONS • PERSONAL DEVELOPMENT SESSIONS • INDIVIDUAL PLAYER FEEDBACK REPORT WITH OPTIONAL MEETING WITH COACHING STAFF 	
COMPETITIONS	
<ul style="list-style-type: none"> • EXTERNAL LEAGUE PLAY (DIVISION 1, 2, OR 3) • TOURNAMENTS (DIVISION 1, 2, OR 3) • EXHIBITION GAMES 	
ADDITIONAL COSTS (NEW & RETURNING PLAYERS)	
REQUIRED 3 DAY CAMP WITH WOLVES STAFF (JULY 6-8, 2026)	\$135
TEAM FEES	\$450 (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"> • PRACTICE JERSEY • BLACK SHORTS • GREEN SHORTS • BLACK SOCKS • GREEN SOCKS • TRACK SUIT • BAG 	\$25 \$25 \$25 \$15 \$20 TBD TBD

U15 EMERGING TALENT CENTRE

BIRTH YEARS
2011 & 2012
REGISTRATION AND SPORT SCIENCE FEE
\$847.50 + \$188 SPORT SCIENCE FEE
SEASON
APRIL 27 - JULY 26, 2026
TEAMS
MALE & FEMALE TEAMS (MULTIPLE LEVELS WHEN APPROPRIATE)
TRAINING SESSIONS
3 X 90 MINUTES SESSIONS PER WEEK
PLACEMENT
PLAYERS WILL UNDERGO AN EVALUATION PROCESS AND MAY BE RELEASED IF A DEVELOPMENTALLY APPROPRIATE PLACEMENT IS NOT AVAILABLE.
COMPETITIONS
<ul style="list-style-type: none"> EXTERNAL LEAGUE PLAY (DIVISION 1 OR 2) TOURNAMENTS (DIVISION 1, OR 2) EXHIBITION GAMES

SPORT SCIENCE & PROGRAM ENHANCEMENTS	
<ul style="list-style-type: none"> 3 60 MINUTE TRAINER LED STRENGTH AND CONDITIONING SESSIONS COMBINED WITH HOME BASED PROGRAM 2 60 MINUTE MENTAL PERFORMANCE SESSIONS 1 60 MINUTE NUTRITION SESSION PERSONAL DEVELOPMENT SESSIONS INDIVIDUAL PLAYER FEEDBACK REPORT WITH OPTIONAL MEETING WITH COACHING STAFF SUBSIDIZED POST SECONDARY PREPARATION PROGRAM THROUGH PRIMUS SPORTS THAT INCLUDES: <ul style="list-style-type: none"> 1 VIRTUAL SESSION 1.5 HOURS INDIVIDUAL CONSULTING DISCOUNTED PLAYER PACKAGES 	
ADDITIONAL COSTS (NEW & RETURNING PLAYERS)	
REQUIRED 3 DAY CAMP WITH WOLVES STAFF (JULY 6-8, 2026)	\$135
TEAM FEES	\$450 (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"> PRACTICE JERSEY BLACK SHORTS GREEN SHORTS BLACK SOCKS GREEN SOCKS TRACK SUIT BAG 	\$25 \$25 \$25 \$15 \$20 TBD TBD

U17 BOYS EMERGING TALENT CENTRE

BIRTH YEARS
2011 & 2012
REGISTRATION AND SPORT SCIENCE FEE
\$847.50 + \$188 SPORT SCIENCE FEE
SEASON
APRIL 27 - JULY 26, 2026
TEAMS
MALE TEAMS (MULTIPLE LEVELS WHEN APPROPRIATE)
TRAINING SESSIONS
3 X 90 MINUTES SESSIONS PER WEEK
PLACEMENT
PLAYERS WILL UNDERGO AN EVALUATION PROCESS AND MAY BE RELEASED IF A DEVELOPMENTALLY APPROPRIATE PLACEMENT IS NOT AVAILABLE.
COMPETITIONS
<ul style="list-style-type: none"> EXTERNAL LEAGUE PLAY (DIVISION 1 OR 2) TOURNAMENTS (DIVISION 1, OR 2) EXHIBITION GAMES

SPORT SCIENCE & PROGRAM ENHANCEMENTS	
<ul style="list-style-type: none"> 3 60 MINUTE TRAINER LED STRENGTH AND CONDITIONING SESSIONS COMBINED WITH HOME BASED PROGRAM 2 60 MINUTE MENTAL PERFORMANCE SESSIONS 1 60 MINUTE NUTRITION SESSION PERSONAL DEVELOPMENT SESSIONS INDIVIDUAL PLAYER FEEDBACK REPORT WITH OPTIONAL MEETING WITH COACHING STAFF SUBSIDIZED POST SECONDARY PREPARATION PROGRAM THROUGH PRIMUS SPORTS THAT INCLUDES: <ul style="list-style-type: none"> 1 VIRTUAL SESSION 1.5 HOURS INDIVIDUAL CONSULTING DISCOUNTED PLAYER PACKAGES 	
ADDITIONAL COSTS (NEW & RETURNING PLAYERS)	
REQUIRED 3 DAY CAMP WITH WOLVES STAFF (JULY 6-8, 2026)	\$135
TEAM FEES	\$450 (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"> PRACTICE JERSEY BLACK SHORTS GREEN SHORTS BLACK SOCKS GREEN SOCKS TRACK SUIT BAG 	\$25 \$25 \$25 \$15 \$20 TBD TBD

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.

