

# U14 (2010) - U17 (2007) BOYS & GIRLS

## Spring Block

- Apr 15 - Jul 28
- 15 week program
- 30 Team training sessions with ASA/CSA Certified New Frontier Coaches
- U14-U17 teams will be placed in the Calgary Minor Soccer League (CMSA).
- 14 CMSA Games (11v11 format, 90 min games vs local opposition)
- 12 'Fit Athlete' Sessions: Players will work to improve their agility, coordination, balance, speed, movement mechanics, strength and power with the Concept Fit Team
- **Post Season Play:** Challenge Cup: July 26-28 & ASA Provincials
- **Practice Schedules will be released Mar 29**
- **CMSA Match schedules will be released Apr 21**

Off for Summer Break Jul 29 - Aug 18

## Fall Block:

- Aug 19 - Sep 22
- 5 week program
- 10 Training sessions with ASA/CSA Certified New Frontier Coaches
- 4 intraclub games or friendlies vs local opposition (9v9, 70 min game)

## Uniform

- All players will receive a training and match day uniform

**Cost**  
**\$1020**

**REGISTER**



**Looking for More? Check out our 2024 optional programs below:**

**Peak Performance:** Motivated players have the option to join our Peak Performance Technical Development Program. Learn more [here](#).

**Goalkeeper Program:** Learn more [here](#).