
Queen City United Soccer

2024-25

INDOOR YOUTH PROGRAM



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The Soccer Club

MISSION

To support aspiring athletes and individuals through exceptional soccer experiences.

VISION

To be the center 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](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 evaluations.

Registration for Indoor 2024-25 will close on **September 4, 2024**.

Payment

Grassroots Programs Development Programs 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.

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 Fee Supports facility operations. Players can opt into selling tickets for the Club raffle instead of paying this 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 session. 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 in good condition, the bond is destroyed; if not, it will be cashed.

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 have reimagined our family discount program to help make it easier for families to play soccer together.

We are now offering a special discount. **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 are now offering 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 Discount

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% discount on the base registration fee** for players between the ages of U13 and U18 who are selected to be full-time goalkeepers in one of these age groups.

To qualify for the keeper discount:

- Players must maintain an attendance average of 75% or higher to remain eligible for the discount;
- Players must be prepared to be available for all competitions; and
- Players receiving this discount should have no expectation of getting minutes as a field player.

Note there may be more than one full time keeper per team.

For more information about this initiative, please visit www.qcsoccer.ca or reach out





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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 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	
2020 or 2021	
REGISTRATION FEES	
FALL	WINTER
\$105.00	\$105.00
SEASON	
FALL	OCTOBER 14 - DECEMBER 21
WINTER	JANUARY 6 - MARCH 23
SCHEDULE	
THURSDAYS - 5:00-5:45PM	
SESSION FORMAT	
EACH SESSION WILL CONSIST OF A SKILL CIRCUIT FOLLOWED BY A GAME	
ADDITIONAL COSTS	
FACILITY FEE	\$50
LEGACY FUND	\$25
UNIFORM BOND	\$25
REQUIRED CLOTHING	
• TSHIRT	\$15
• SHORTS	\$24
• SOCKS	\$15



U7

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

2018 & 2019

REGISTRATION FEES

FALL	WINTER
\$200	\$200

SEASON

FALL	OCTOBER 14 - DECEMBER 21
WINTER	JANUARY 6 - MARCH 23

TEAMS

BOYS AND GIRLS ONLY TEAMS

TRAINING SCHEDULE

GROUP 1	MONDAYS - 5:00-5:45PM
GROUP 2	THURSDAYS - 5:45-6:30PM

GAME DAYS

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

SESSION FORMAT

PLAYERS WILL ROTATE THROUGH AN ACTIVITY CIRCUIT

ADDITIONAL COSTS

FACILITY FEE	\$50
LEGACY FUND	\$25
UNIFORM BOND	\$25

REQUIRED CLOTHING

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



U9

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

2016 & 2017

REGISTRATION FEES

FALL	WINTER
\$240	\$240

SEASON

FALL	OCTOBER 14 - DECEMBER 21
WINTER	JANUARY 6 - MARCH 23

TEAMS

BOYS AND GIRLS ONLY TEAMS

TRAINING SCHEDULE

GROUP 1: MONDAYS - 5:45-6:45PM
GROUP 2: THURSDAYS - 6:30-7:30PM

GAME DAYS

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

SESSION FORMAT

PLAYERS WILL ROTATE THROUGH AN ACTIVITY CIRCUIT

ADDITIONAL COSTS

FACILITY FEE	\$50
LEGACY FUND	\$25
UNIFORM BOND	\$25
REQUIRED CLOTHING	
• TSHIRT	\$15
• SHORTS	\$24
• SOCKS	\$15



U9

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 and passing/receiving, and shooting techniques.

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



BIRTH YEARS	
2016 & 2017	
REGISTRATION FEES	
FALL	WINTER
\$370	\$370
SEASON	
FALL	OCTOBER 14 - DECEMBER 21
WINTER	JANUARY 6 - MARCH 23
TEAMS	
BOYS AND GIRLS ONLY TEAMS	
TRAINING SCHEDULE	
TUESDAYS & FRIDAYS - 6:00-7:00PM	
GAME DAYS	
6 GAMES PROVIDED ON SELECT SATURDAYS DURING SEASON. SCHEDULE WILL BE PROVIDED CLOSER TO START OF EACH SEASON.	
SESSION FORMAT	
PLAYERS WILL ROTATE THROUGH AN ACTIVITY CIRCUIT	
ADDITIONAL COSTS	
FACILITY FEE	\$50
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	
2014 & 2015	
REGISTRATION FEES	
INDOOR	OUTDOOR
\$685	\$550
SEASON	
OCTOBER 13, 2024 - MARCH 23, 2025	
TRAINING BREAKS	
<ul style="list-style-type: none"> DECEMBER 21, 2024 - JANUARY 5, 2025 FEBRUARY 15-23, 2025 	
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"> INTERNAL/EXTERNAL LEAGUE PLAY TOURNAMENTS EXHIBITION GAMES 	
ADDITIONAL COSTS	
TEAM FEES	\$350 EST.
FACILITY FEE	\$150
LEGACY FUND	\$25
VOLUNTEER BOND	\$200
UNIFORM BOND	\$100
REQUIRED CLOTHING	
<ul style="list-style-type: none"> PRACTICE JERSEY BLACK SHORTS BLACK SOCKS GREEN SOCKS 	<ul style="list-style-type: none"> \$24 \$24 \$15 \$15



U13

DEVELOPMENT CENTRE

BIRTH YEARS

2012 & 2013

REGISTRATION FEES

INDOOR

OUTDOOR

\$685

\$550

SEASON

OCTOBER 13, 2024 - MARCH 23, 2025

TRAINING BREAKS

- DECEMBER 21, 2024 - JANUARY 5, 2025
- FEBRUARY 15-23, 2025

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

- INTERNAL/EXTERNAL LEAGUE PLAY
- TOURNAMENTS
- EXHIBITION GAMES

ADDITIONAL COSTS

TEAM FEES

\$350 EST.

FACILITY FEE

\$150

LEGACY FUND

\$25

VOLUNTEER BOND

\$200

UNIFORM BOND

\$100

REQUIRED CLOTHING

- PRACTICE JERSEY \$24
- BLACK SHORTS \$24
- BLACK SOCKS \$15
- GREEN SOCKS \$15



U15

DEVELOPMENT CENTRE

BIRTH YEARS

2010 & 2011

REGISTRATION FEES

INDOOR

OUTDOOR

\$685

\$550

SEASON

OCTOBER 13, 2024 - MARCH 23, 2025

TRAINING BREAKS

- DECEMBER 21, 2024 - JANUARY 5, 2025
- FEBRUARY 15-23, 2025

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

- INTERNAL/EXTERNAL LEAGUE PLAY
- TOURNAMENTS
- EXHIBITION GAMES

ADDITIONAL COSTS

TEAM FEES

\$350 EST.

FACILITY FEE

\$150

LEGACY FUND

\$25

VOLUNTEER BOND

\$200

UNIFORM BOND

\$100

REQUIRED CLOTHING

- PRACTICE JERSEY \$24
- BLACK SHORTS \$24
- BLACK SOCKS \$15
- GREEN SOCKS \$15



U17

DEVELOPMENT CENTRE

BIRTH YEARS	
2008 & 2009	
REGISTRATION FEES	
INDOOR	OUTDOOR
\$685	\$550
SEASON	
OCTOBER 13, 2024 - MARCH 23, 2025	
TRAINING BREAKS	
<ul style="list-style-type: none"> DECEMBER 21, 2024 - JANUARY 5, 2025 FEBRUARY 15-23, 2025 	
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"> INTERNAL/EXTERNAL LEAGUE PLAY TOURNAMENTS EXHIBITION GAMES 	
ADDITIONAL COSTS	
TEAM FEES	\$350 EST.
FACILITY FEE	\$150
LEGACY FUND	\$25
VOLUNTEER BOND	\$200
UNIFORM BOND	\$100
REQUIRED CLOTHING	
<ul style="list-style-type: none"> PRACTICE JERSEY BLACK SHORTS BLACK SOCKS GREEN SOCKS 	<ul style="list-style-type: none"> \$24 \$24 \$15 \$15





QC United

U11 Skill Centre

The U11 Skill Center Program is tailored for young athletes born in 2014 and 2015 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

High-Level Training Environment

By registering your child in this program, you are not registering for a premier-level team; you are registering for a high-level training environment.

Fluid Team Formation

- Event-Based Teams: Teams will be created for specific events throughout the season.

- Developmentally Appropriate Placement: Coaching staff will determine the appropriate level of play for each player at each event.
- Dynamic Rosters: Team rosters will change from event to event based on players' development needs.

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.

By enrolling your child in the U11 Skill Center Program, you are providing them with a platform to enhance their soccer skills in a challenging yet supportive setting, guided by highly qualified coaches.

U11

SKILL CENTRE

BIRTH YEARS

2014 & 2015

REGISTRATION FEES

INDOOR	OUTDOOR
\$1,130	\$710

SEASON

OCTOBER 13, 2024 - MARCH 23, 2025

TRAINING BREAKS

- DECEMBER 21, 2024 - JANUARY 5, 2025
- FEBRUARY 15-23, 2025

TEAMS

- NO SET TEAMS
- TEAMS WILL BE FORMED FOR EACH SPECIFIC COMPETITION
- ROSTERS ARE FLUID AND MAY CHANGE FROM EVENT TO EVENT
- PLAYERS TO BE PLACED ON DEVELOPMENTALLY APPROPRIATE ROSTERS FOR EXTERNAL COMPETITION

TRAINING SESSIONS

3 X 75 MINUTES SESSIONS PER WEEK

TOTAL CONTACT HOURS

75 HOURS

PROGRAM ENHANCEMENTS

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

COMPETITIONS

- INTERNAL/EXTERNAL LEAGUE PLAY
- TOURNAMENTS
- EXHIBITION GAMES

ADDITIONAL COSTS

3-DAY CAMP WITH WOLVES STAFF (REQUIRED, CHARED IN SECOND PHASE)	\$100
TEAM FEES (PER SEASON)	\$350 EST.
FACILITY FEE	\$150
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
• RAIN JACKET (purchase in spring)	\$
• BAG	\$55





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 focuses 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 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

2012 & 2013

REGISTRATION FEES

\$1,840

SEASON

INDOOR PHASE
OCTOBER 13, 2024 - MARCH 23, 2025

OUTDOOR PHASE
APRIL 14 - JULY 13, 2025

TRAINING BREAKS

- DECEMBER 21, 2024 - JANUARY 5, 2025
- FEBRUARY 15-23, 2025
- APRIL 19-27, 2025

TEAMS

MALE & FEMALE TEAMS

TOTAL CONTACT HOURS

133 HOURS

TRAINING SESSIONS

INDOOR PHASE	3 X 75 MINUTE FIELD SESSIONS PER WEEK 6 X 60 MINUTE FUTSAL SESSIONS
OUTDOOR PHASE	3 X 75 MINUTE SESSIONS PER WEEK

PROGRAM ENHANCEMENTS

- 8 X 30 MINUTE VIDEO ANALYSIS SESSIONS
- 3 X 60 MINUTE PERSONAL DEVELOPMENT SESSIONS
- INDIVIDUALIZED PLAYER FEEDBACK REPORT WITH 3 OPTIONAL MEETINGS WITH COACHING STAFF

COMPETITIONS

- INTERNAL/EXTERNAL LEAGUE PLAY
- TOURNAMENTS
- EXHIBITION GAMES

ADDITIONAL COSTS

3-DAY CAMP WITH WOLVES STAFF (REQUIRED, CHARGED IN SECOND PHASE)	\$100
TEAM FEES (PER PHASE)	\$450 est.
FACILITY FEE (PER PHASE)	\$150
LEGACY FUND (PER PHASE)	\$25
VOLUNTEER BOND (PER PHASE)	\$200
UNIFORM BOND	\$100

REQUIRED CLOTHING

• PRACTICE JERSEY	\$24
• BLACK SHORTS	\$24
• GREEN SHORTS	\$24
• BLACK SOCKS	\$15
• GREEN SOCKS	\$15
• TRACK SUIT	\$140
• RAIN JACKET (purchase in spring)	\$
• BAG	\$55



U15

EMERGING TALENT CENTRE

BIRTH YEARS

2010 & 2011

REGISTRATION FEES

\$2,625

SEASON

INDOOR PHASE
OCTOBER 13, 2024 - MARCH 23, 2025

OUTDOOR PHASE
APRIL 14 - JULY 27, 2025

TRAINING BREAKS

- DECEMBER 21, 2024 - JANUARY 5, 2025
- FEBRUARY 15-23, 2025
- APRIL 19-27, 2025

TEAMS

MALE & FEMALE TEAMS

TOTAL CONTACT HOURS

213.5 HOURS

TRAINING SESSIONS

INDOOR PHASE	3 X 90 MINUTE FIELD SESSIONS PER WEEK 12 X 60 MINUTE FUTSAL SESSIONS
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OUTDOOR PHASE	4 X 90 MINUTE SESSIONS PER WEEK
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SPORT SCIENCE & PROGRAM ENHANCEMENTS

- 8 X 60 MINUTE TRAINER-LED STRENGTH & CONDITIONING SESSIONS COMBINED WITH HOME-BASED PROGRAM
- 16 X 30 MINUTE VIDEO ANALYSIS SESSIONS
- 6 X 60 MINUTE MENTAL TRAINING SESSIONS
- 2 X 60 MINUTE NUTRITION SESSIONS
- 6 X 60 MINUTE PERSONAL DEVELOPMENT SESSIONS
- 3 X INDIVIDUALIZED PLAYER FEEDBACK REPORTS (DEC, MAR & JUN)
- 8 X 30 MINUTE INDIVIDUAL PLAYER-INITIATED MEETINGS WITH COACHING STAFF
- SUBSIDIZED POST-SECONDARY PREPARATION PROGRAM THROUGH PRIMUS SPORTS PARTNERS THAT INCLUDES
 - 2 X IN-PERSON SESSIONS
 - 2 X VIRTUAL SESSIONS
 - 1.5 HOURS INDIVIDUAL CONSULTING
 - DISCOUNTED PLAYER PACKAGES

COMPETITIONS

- INTERNAL/EXTERNAL LEAGUE PLAY
- TOURNAMENTS
- EXHIBITION GAMES

ADDITIONAL COSTS

TEAM FEES (PER PHASE)	\$450 EST.
3-DAY CAMP WITH WOLVES STAFF (REQUIRED, CHARGED IN SECOND PHASE)	\$100
FACILITY FEE (PER PHASE)	\$150
LEGACY FUND (PER PHASE)	\$25
VOLUNTEER BOND (PER PHASE)	\$200
UNIFORM BOND	\$100
REQUIRED CLOTHING	
• PRACTICE JERSEY	\$24
• BLACK SHORTS	\$24
• GREEN SHORTS	\$24
• BLACK SOCKS	\$15
• GREEN SOCKS	\$15
• TRACK SUIT	\$140
• RAIN JACKET (purchase in spring)	\$
• BAG	\$55

U17

EMERGING TALENT CENTRE

BIRTH YEARS	
2008 & 2009	
REGISTRATION FEES	
\$2,625	
SEASON	
INDOOR PHASE OCTOBER 13, 2024 - MARCH 23, 2025	
OUTDOOR PHASE APRIL 14 - JULY 27, 2025	
TRAINING BREAKS	
<ul style="list-style-type: none"> DECEMBER 21, 2024 - JANUARY 5, 2025 FEBRUARY 15-23, 2025 APRIL 19-27, 2025 	
TEAMS	
MALE & FEMALE TEAMS	
TOTAL CONTACT HOURS	
213.5 HOURS	
TRAINING SESSIONS	
INDOOR PHASE	3 X 90 MINUTE FIELD SESSIONS PER WEEK 12 X 60 MINUTE FUTSAL SESSIONS
OUTDOOR PHASE	4 X 90 MINUTE SESSIONS PER WEEK

SPORT SCIENCE & PROGRAM ENHANCEMENTS

- 8 X 60 MINUTE TRAINER-LED STRENGTH & CONDITIONING SESSIONS COMBINED WITH HOME-BASED PROGRAM
- 16 X 30 MINUTE VIDEO ANALYSIS SESSIONS
- 6 X 60 MINUTE MENTAL TRAINING SESSIONS
- 2 X 60 MINUTE NUTRITION SESSIONS
- 6 X 60 MINUTE PERSONAL DEVELOPMENT SESSIONS
- 3 X INDIVIDUALIZED PLAYER FEEDBACK REPORTS (DEC, MAR & JUN)
- 8 X 30 MINUTE INDIVIDUAL PLAYER-INITIATED MEETINGS WITH COACHING STAFF
- SUBSIDIZED POST-SECONDARY PREPARATION PROGRAM THROUGH PRIMUS SPORTS PARTNERS THAT INCLUDES
 - 2 X IN-PERSON SESSIONS
 - 2 X VIRTUAL SESSIONS
 - 1.5 HOURS INDIVIDUAL CONSULTING
 - DISCOUNTED PLAYER PACKAGES

COMPETITIONS

- INTERNAL/EXTERNAL LEAGUE PLAY
- TOURNAMENTS
- EXHIBITION GAMES

ADDITIONAL COSTS

TEAM FEES (PER PHASE)	\$450 EST.
3-DAY CAMP WITH WOLVES STAFF (REQUIRED, CHARGED IN SECOND PHASE)	\$100
FACILITY FEE (PER PHASE)	\$150
LEGACY FUND (PER PHASE)	\$25
VOLUNTEER BOND (PER PHASE)	\$200
UNIFORM BOND	\$100
REQUIRED CLOTHING	
<ul style="list-style-type: none"> PRACTICE JERSEY BLACK SHORTS GREEN SHORTS BLACK SOCKS GREEN SOCKS TRACK SUIT RAIN JACKET (purchase in spring) BAG 	\$24 \$24 \$24 \$15 \$15 \$140 \$ \$55

U18

EMERGING TALENT CENTRE

BIRTH YEARS

2007

REGISTRATION FEES

\$1,640

SEASON

OCTOBER 13, 2024 - MARCH 23, 2025

TRAINING BREAKS

- DECEMBER 21, 2024 - JANUARY 5, 2025
- FEBRUARY 15-23, 2025

TEAMS

MALE & FEMALE TEAMS

TOTAL CONTACT HOURS

126 HOURS

TRAINING SESSIONS

INDOOR
PHASE

3 X 90 MINUTE FIELD SESSIONS PER
WEEK
12 X 60 MINUTE FUTSAL SESSIONS

COMPETITIONS

FUTSAL LEAGUE PLAY

SPORT SCIENCE & PROGRAM ENHANCEMENTS

- 8 X 60 MINUTE TRAINER-LED STRENGTH & CONDITIONING SESSIONS COMBINED WITH HOME-BASED PROGRAM
- 6 X 30 MINUTE VIDEO ANALYSIS SESSIONS
- 3 X 60 MINUTE MENTAL TRAINING SESSIONS
- 1 X 60 MINUTE NUTRITION SESSIONS
- 3 X 60 MINUTE PERSONAL DEVELOPMENT SESSIONS
- 2 X INDIVIDUALIZED PLAYER FEEDBACK REPORTS (DEC, MAR & JUN)
- 5 X 30 MINUTE INDIVIDUAL PLAYER-INITIATED MEETINGS WITH COACHING STAFF
- SUBSIDIZED POST-SECONDARY PREPARATION PROGRAM THROUGH PRIMUS SPORTS PARTNERS THAT INCULDES
 - 1 X IN-PERSON SESSION
 - 1 X VIRTUAL SESSION
 - 1.5 HOURS INDIVIDUAL CONSULTING
 - DISCOUNTED PLAYER PACKAGES

ADDITIONAL COSTS

TEAM FEES	\$450 EST.
FACILITY FEE	\$150
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



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 averaged throughout the season.

- U11 50% of eligible minutes
- **U13 Development Centre** 50% of eligible minutes
- **U13 Emerging Talent Centre** 45% of eligible minutes
- U15 40% of eligible minutes
- **U17 Development Centre** 40% of eligible minutes
- **U17/18 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 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.

