



# 2024-25 INDOOR PROGRAM GUIDE U4-U19

[www.calgaryblizzard.com](http://www.calgaryblizzard.com)



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# ABOUT CALGARY BLIZZARD

## HISTORY

The Calgary Blizzard Soccer Club began in 1967 when Marino Sedran and Gordon Hawkins took a team of 11 and 12-year-old Calgary boys to represent the province of Alberta at an Expo 67 soccer competition in Montreal. On their return, the team took the name of a defunct Canadian Junior Football team, the “North Hill Blizzards”.

The Calgary Blizzard Soccer Club was registered as a Society in the Province of Alberta on March 14, 1977. As one of the oldest amateur sporting clubs in the history of Calgary, the club has grown exponentially, and in 2016 the club entered 75 teams for both boys and girls into the CMSA outdoor season.

## VISION

Our vision at Calgary Blizzard is to establish CBSC as Canada’s premier soccer organization, committed to the pursuit of excellence in the development of players, coaches, officials, and sport families.

***Calgary Blizzard is proud to be a Canada Soccer  
National Youth Club Licensed club.***



# TRAINING THE ORANGE WAY

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**#TheOrangeWay** Calgary Blizzard technical curriculum is crafted in-house, focusing on the four key moments of the game: defensive organization, attacking transition, attacking organization, and defending transition. Our approach ensures players understand and execute structured defensive strategies, seamless transitions from defense to attack, coherent attacking plays, and effective recovery during defensive transitions. This comprehensive curriculum is reviewed and updated annually to adapt to the evolving nature of the game, incorporating improved techniques and strategies. By continuously enhancing our training programs, we ensure our players develop the skills and tactical awareness necessary to excel in all phases of the game.

The Calgary Blizzard's game model emphasizes a style of play, focusing on technical excellence and intelligent decision-making. Our curriculum is designed to develop players' technical skills, tactical understanding, and physical conditioning through structured training sessions.

We incorporate technical training alongside skills training that focuses on individual ball mastery and creativity.

## ***What is the difference between “Tech” and “Skills”?***

Calgary Blizzard technical training and ball mastery skill sessions, while related, focus on different aspects of a player's development.

## ■ TECHNICAL SESSIONS

Technical training encompasses a broad range of soccer competencies, including passing, shooting, dribbling, and defending, aimed at improving a player's overall proficiency and tactical understanding of the game. It often includes exercises and moments of the game that simulate realistic opposed scenarios, emphasizing technique, positioning, and decision-making.

## ■ SKILL SESSIONS

Ball mastery skill sessions are more specialized and concentrated on individual ball-handling skills. These sessions focus on a player's ability to control and manipulate the ball with precision, using various parts of the foot to execute moves such as dribbling, running with the ball, striking the ball, and quick direction changes. The primary goal is to develop a player's confidence and comfort with the ball at their feet, enhancing their agility and creativity on the field.



# REGISTRATION & PAYMENT



## REGISTRATION

[calgaryblizzard.powerupsports.com](http://calgaryblizzard.powerupsports.com)

To register for a program with Calgary Blizzard Soccer Club, please create an account and player profile for each of your players in our Powerup system. If you have already registered previously, there is no need to make a new account.

**REGISTRATION FOR  
24/25 INDOOR CLOSES  
SEPTEMBER 13TH**

## PAYMENT

Registration fees are required at the time of registration. All Technical Training fees can be deferred by payment plan until October-December. All Technical fees will be adjusted to reflect the Tier in which your child will play before payment is due.

For those players requiring financial assistance, we are a proud partner of KidSport and Jumpstart

For more details on payment plans or financial assistance, please reach out to [admin@calgaryblizzard.com](mailto:admin@calgaryblizzard.com)

## PLAYER PLACEMENT

All new to club players will attend player placement sessions at the beginning of each season. This will give our technical staff the ability to best place each player within a team at the correct developmental level. *All players must be fully registered for the season to attend player placement sessions.*

Following guidance from Soccer Canada all teams will be formed using a season long assessment process. Full details can be found on our website here: <https://calgaryblizzard.com/registration/evaluations/>

# VOLUNTEERS

Calgary Blizzard SC relies on volunteers to step forward with their time and energy to support our Club in offering a high-quality, positive soccer program for all of our players. There are many opportunities for parents to volunteer with the Club and a technical knowledge is not required for most positions.

At the time of registration, CBSC collects a \$100 volunteer deposit from all families. Once your family has taken on an approved volunteer position and completed a minimum of 5 volunteer hours, the deposit will be credited to the player's PowerUp account.

Throughout the season the Club will post duties on our website that need to be filled and the time commitment required. Available club volunteer opportunities will be posted on our [SignUp.com](https://www.signup.com) account.

Each team requires numerous volunteer positions to have a successful season. If you are interested in volunteering for any of these positions, please reach out to your team coach at the beginning of the season:

- Assistant Coach
- Team Manager
- Tournament Coordinator
- Fundraising Coordinator
- Team Treasurer



# LOCATIONS & TIMES



## PRACTICE LOCATIONS

All of our Athletes train on Turf during the indoor season. Our home field is located at the Shouldice Turf Dome at 1515 Home Rd. NW. Sessions will also be held at Calgary West Soccer Centre and Prolific Sports House-North as needed.

## PRACTICE TIMES

Blizzard practices will take place between 4:30pm-10:00pm depending on age groups. Our oldest age groups will make use of 6:00am training times where available.

**2022 NEW  
SHOULDICE  
DOME BUILT**



# UNIFORMS



## REGISTRATION INCLUDES:

**U4-U6** - Blizzard training top

**U7-U9** - Blizzard training top & Shane Homes Game kit (jersey, shorts, socks)

**U10-U17** - Blizzard training kit, shorts, socks, and shirt. Each player will receive game jerseys for use during the season.

## ADDITIONAL INFO

Orange and blue shorts and socks are available for purchase at Kicks Sports. Tier 1 teams are required to purchase orange shorts/socks for game kit. Shorts/socks are optional for all other teams.

Shinguards and outdoor cleats are needed for all practices at Shouldice Turf Dome.

Additional sportswear is available year-round from Kicks Sporting Goods, located at 4625 Varsity Drive NW. <https://kickssports.ca/>

NEW  
BLIZZARD  
LOGO  
RELEASED





# ACADEMY 67



## Academy 67 Elevate

A67 provides individual skill training programs open to all players in Calgary. A67 provides a challenging and professional learning environment that gives players the opportunity to maximize their potential. The program will be run separately from Calgary Blizzard Soccer Club and is led by Cody Cook and his support team.

## A67 Legacy

A67 is committed to breaking down barriers to soccer participation through the establishment of the A67 legacy program. Our mission is to alleviate financial obstacles that families face when registering in youth soccer. More information coming soon on how you can be part of A67 Legacy!



# STAY TUNED FOR INDOOR A67 ELEVATE CAMPS TO COME!



@CALGARYBLIZZARDSOCCERCLUB



@BLIZZARDSOCCER\_



# APDL



## ALBERTA PLAYER DEVELOPMENT LEAGUE

- Calgary Blizzard SC holds a Canadian Soccer National Youth License that recognizes the highest achieving youth clubs across Canada.
- The APDL creates a competitive development environment which provides opportunities for all participants at the highest level of amateur youth soccer in Alberta and Canada.
- The Alberta Player Development League (APDL) is a partnership between Alberta Soccer, local District Members and Canada Soccer National Youth Club License (NYCL) holders, that is striving to achieve our vision of creating competitive pathways in Canada



**2010 & 2011  
APDL  
PROGRAMS  
FOR 2024/25**



# SPORTS SCIENCE WITH ORKA PERFORMANCE



**ØRKA**  
P E R F Ø R M A N C E

ORKA Performance is a leading fitness and wellness provider located in Calgary, renowned for its comprehensive range of services tailored to enhance physical performance and overall well-being. The facility offers state-of-the-art equipment and personalized training programs designed to meet the diverse needs of its clients.

**All U13-U19 Tier 1 and 2 teams at Blizzard Soccer participate in weekly sessions with ORKA Performance.**



# EXTERNAL PARTNERS

We are excited to partner with some of the best external providers in Calgary for every athlete's needs off the field.

## SUMMIT GOALKEEPING

Summit Goalkeeping is led by Jordan Santiago - a former Canadian U20 International who played as a Professional Goalkeeper for Cardiff City FC and SC Veendam. Jordan was most recently the goalkeeper coach for Cavalry FC, and has coached for clubs such as West Ham United. He has helped develop numerous goalkeepers who have moved on to professional careers, and aims to continue to do the same with Summit Goalkeeping.

## NUTRITIONIST

Erin Krill joined the team at the Sport Medicine Centre in the fall of 2021. Through her dietetic training, she has worked with a variety of athletes in sports such as cross country, basketball, rowing and track & field. Erin also worked alongside the women's varsity hockey team at St. Francis Xavier University throughout her studies.

When it comes to nutrition, her approach is rooted in the principles of Health at Every Size (HAES)(R), with a weight neutral approach, meaning the focus is on health behaviour change rather than the number on the scale.

## ACUTE KNEE CLINIC

Knees are one of the most commonly injured joints. The AKIC at the University of Calgary was established to quickly and accurately evaluate and diagnose knee injuries that may need further treatment, management, diagnostic testing or surgical intervention.

## SHRED CONCUSSION CLINIC

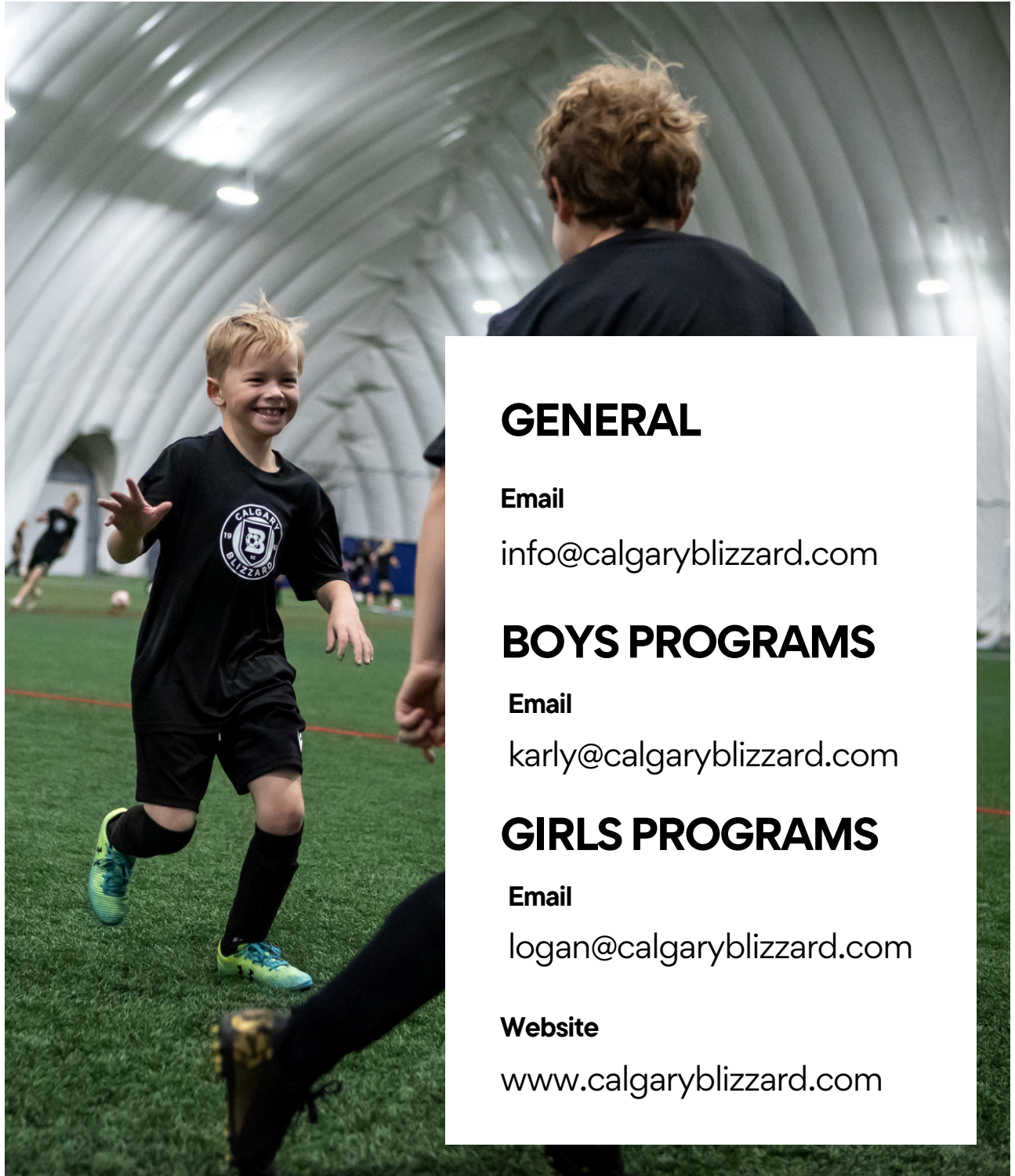
SHRed Concussions is a Canadian research study funded by the National Football League's Scientific Advisory Board. There are ten Canadian Universities involved, as well as more than 30 community, government and industry partners across five provinces. The primary objective of SHRed Concussions is to develop a greater understanding of concussions and their consequences among high school athletes with a focus on Prevention, Detection, Assessment, and Treatment.

## MENTAL PERFORMANCE

Elise Lacoste is a Certified Mental Performance Consultant® with the Canadian Sport Psychology Association and works with the University of Calgary Dinos. In addition to her formal education, her playing experience as a semi-pro and varsity soccer player and elite hockey goaltender gives her unique insight into helping athletes, teams, and coaches utilize sport psychology principles to improve their performance and wellbeing. She can help athletes with their self-confidence, stress management, emotional regulation, competition planning, and more.



# CONTACT US



## GENERAL

**Email**

[info@calgaryblizzard.com](mailto:info@calgaryblizzard.com)

## BOYS PROGRAMS

**Email**

[karly@calgaryblizzard.com](mailto:karly@calgaryblizzard.com)

## GIRLS PROGRAMS

**Email**

[logan@calgaryblizzard.com](mailto:logan@calgaryblizzard.com)

**Website**

[www.calgaryblizzard.com](http://www.calgaryblizzard.com)

# 2024/25 INDOOR PROGRAM DETAILS

## U4 2021



## U4 CO-ED ROOTS ACTIVE START

Our youngest players partake in fun, engaging and developmentally appropriate activities designed to foster a love for soccer, a love for the ball, while improving key motor skills. All delivered by staff coaches in a vibrant station style training environment.

### **BLOCK 1**

- Saturdays (7 Sessions)
  - November 2 8:45-9:30am
  - November 9 8:45-9:30am
  - November 16 8:45-9:30am
  - November 23 8:45-9:30am
  - November 30 8:45-9:30am
  - December 7 8:45-9:30am
  - December 14 7:45-8:30am

### **BLOCK 2**

- Saturdays (7 Sessions)
  - January 11 8:00-8:45am
  - January 18 8:00-8:45am
  - January 25 2:15-3:00pm
  - February 1 2:15-3:00pm
  - February 8 8:30-9:15am
  - February 22 8:30-9:15am
  - March 1 10:15-11:00am

**LOCATION:** Shouldice Turf Dome - 1515 Home Rd. NW

**INCLUDED:** All players receive a Blizzard training top

## \$160 PER BLOCK

[CALGARYBLIZZARD.COM](http://CALGARYBLIZZARD.COM)

# 2024/25 INDOOR PROGRAM DETAILS

## U5 2020



## U5 CO-ED ROOTS ACTIVE START

Our youngest players partake in fun, engaging and developmentally appropriate activities designed to foster a love for soccer, a love for the ball, while improving key motor skills. All delivered by staff coaches in a vibrant station style training environment.

### **BLOCK 1**

- Saturdays (7 Sessions)
  - November 2 8:30-9:30am
  - November 9 8:30-9:30am
  - November 16 8:30-9:30am
  - November 23 8:30-9:30am
  - November 30 8:30-9:30am
  - December 7 8:30-9:30am
  - December 14 7:30-8:30am

### **BLOCK 2**

- Saturdays (7 Sessions)
  - January 11 7:45-8:45am
  - January 18 7:45-8:45am
  - January 25 2:00-3:00pm
  - February 1 2:00-3:00pm
  - February 8 8:15-9:15am
  - February 22 8:15-9:15am
  - March 1 10:00-11:00am

**LOCATION:** Shouldice Turf Dome - 1515 Home Rd. NW

**INCLUDED:** All players receive a Blizzard training top

## \$185 PER BLOCK

[CALGARYBLIZZARD.COM](http://CALGARYBLIZZARD.COM)

2024/25 INDOOR

# PROGRAM DETAILS

**U6 2019**



## U6 CO-ED ROOTS ACTIVE START

Our youngest players partake in fun, engaging and developmentally appropriate activities designed to foster a love for soccer, a love for the ball, while improving key motor skills. All delivered by staff coaches in a vibrant station style training environment.

### **BLOCK 1**

- Saturdays (7 Sessions)
  - November 2 9:30-10:30am
  - November 9 9:30-10:30am
  - November 16 9:30-10:30am
  - November 23 9:30-10:30am
  - November 30 9:30-10:30am
  - December 7 9:30-10:30am
  - December 14 8:30-9:30am

### **BLOCK 2**

- Saturdays (7 Sessions)
  - January 11 8:45-9:45am
  - January 18 8:45-9:45am
  - January 25 3:00pm-4:00pm
  - February 1 3:00pm-4:00pm
  - February 8 9:15-10:15am
  - February 22 9:15-10:15am
  - March 1 11:00am-12:00pm

**LOCATION:** Shouldice Turf Dome - 1515 Home Rd. NW

**INCLUDED:** All players receive a Blizzard training top

**\$185 PER BLOCK**

**CALGARYBLIZZARD.COM**



# 2024/25 INDOOR PROGRAM DETAILS

## U7 GIRLS 2018



## U7 CMSA PROGRAM

### **Season Dates:**

- October 21 – February 23 Blizzard Training Dates
- November 2 – February 23 CMSA League Dates
- December 15– January 3 Winter Break

### **Training Details:**

- 2 contacts per week
- Wednesdays 4:30-5:30pm
- Weekly Skill Centre Session w/ Blizzard staff coaches
- Shouldice Turf Facility - 1515 Home Rd. NW

### **CMSA Game Details:**

- Saturdays: Time TBD by CMSA
- Calgary West Soccer Centre
- 14 Match Days
- 3v3 Format

**\$325 REGISTRATION FEE + \$175 TECH FEE**

### **UNIFORMS:**

- Blizzard Practice shirt included for all players.
- All players will receive a Shane Homes Game Kit (jersey, shorts, socks) prior to the first game.

### **WHAT TO BRING:**

- Outdoor soccer cleats and shin guards
- Water bottle

**CALGARYBLIZZARD.COM**

# 2024/25 INDOOR PROGRAM DETAILS

**U7 BOYS  
2018**



## U7 CMSA PROGRAM

### **Season Dates:**

- October 21 – February 23 Blizzard Training Dates
- November 2 – February 23 CMSA League Dates
- December 15– January 3 Winter Break

### **Training Details:**

- 2 contacts per week
- Wednesdays 4:30-5:30pm
- Weekly Skill Centre Session w/ Blizzard staff coaches
- Shouldice Turf Facility - 1515 Home Rd. NW

### **CMSA Game Details:**

- Saturdays: Time TBD by CMSA
- Calgary West Soccer Centre
- 14 Match Days
- 3v3 Format

**\$325 REGISTRATION FEE + \$175 TECH FEE**

### **UNIFORMS:**

- Blizzard Practice shirt included for all players.
- All players will receive a Shane Homes Game Kit (jersey, shorts, socks) prior to the first game.

### **WHAT TO BRING:**

- Outdoor soccer cleats and shin guards
- Water bottle

**CALGARYBLIZZARD.COM**

# 2024/25 INDOOR PROGRAM DETAILS

## U8 GIRLS 2017



### U8 DEV PLUS

#### **Season Dates:**

- Oct. 21 – Feb. 23 Training Dates
- Nov. 2 – Feb. 23 CMSA Game Dates
- Dec. 19 – Jan. 3 Winter Break

#### **Training Details:**

- 3 contacts per week
- Weekly team practice with team coach Monday or Wednesday – Time TBD
- Weekly Skill Centres with Blizzard staff coaches. Fridays – Time TBD
  
- All sessions at Shouldice Turf Dome  
1515 Home Rd. NW

#### **CMSA Game Details:**

- Saturdays: Time TBD by CMSA
- Calgary West Soccer Centre
- 14 Match Days
- 4v4 Format

**\$375 REGISTRATION + \$175 TECH FEE**

### U8 DEV

#### **Season Dates:**

- Oct. 21 – Feb. 23 Training Dates
- Nov. 2 – Feb. 23 CMSA Game Dates
- Dec. 19 – Jan. 3 Winter Break

#### **Training Details:**

- 2 contacts per week
- Weekly team practice with team coach Monday or Wednesday – Time TBD
- This program does not include any technical training session with Staff Coaches, and is designed to be a recreational program offering less commitments per week.
  
- All sessions at Shouldice Turf Dome  
1515 Home Rd. NW

#### **CMSA Game Details:**

- Saturdays: Time TBD by CMSA
- Calgary West Soccer Centre
- 14 Match Days
- 4v4 Format

**\$375 REGISTRATION**

#### **UNIFORMS:**

- Blizzard Practice shirt included for all players.
- All players will receive a Shane Homes Game Kit (jersey, shorts, socks) prior to the first game.

#### **WHAT TO BRING:**

- Outdoor soccer cleats and shin guards
- Water bottle

**CALGARYBLIZZARD.COM**

# 2024/25 INDOOR PROGRAM DETAILS

## U8 BOYS 2017



### U8 DEV PLUS

#### **Season Dates:**

- Oct. 21 – Feb. 23 Training Dates
- Nov. 2 – Feb. 23 CMSA Game Dates
- Dec. 19 – Jan. 3 Winter Break

#### **Training Details:**

- 3 contacts per week
- Weekly team practice with team coach Monday or Wednesday – Time TBD
- Weekly Skill Centres with Blizzard staff coaches. Fridays – Time TBD
  
- All sessions at Shouldice Turf Dome  
1515 Home Rd. NW

#### **CMSA Game Details:**

- Saturdays: Time TBD by CMSA
- Calgary West Soccer Centre
- 14 Match Days
- 4v4 Format

**\$375 REGISTRATION + \$175 TECH FEE**

### U8 DEV

#### **Season Dates:**

- Oct. 21 – Feb. 23 Training Dates
- Nov. 2 – Feb. 23 CMSA Game Dates
- Dec. 19 – Jan. 3 Winter Break

#### **Training Details:**

- 2 contacts per week
- Weekly team practice with team coach Monday or Wednesday – Time TBD
- This program does not include any technical training session with Staff Coaches, and is designed to be a recreational program offering less commitments per week.
  
- All sessions at Shouldice Turf Dome  
1515 Home Rd. NW

#### **CMSA Game Details:**

- Saturdays: Time TBD by CMSA
- Calgary West Soccer Centre
- 14 Match Days
- 4v4 Format

**\$375 REGISTRATION**

#### **UNIFORMS:**

- Blizzard Practice shirt included for all players.
- All players will receive a Shane Homes Game Kit (jersey, shorts, socks) prior to the first game.

#### **WHAT TO BRING:**

- Outdoor soccer cleats and shin guards
- Water bottle

**CALGARYBLIZZARD.COM**

# 2024/25 INDOOR PROGRAM DETAILS

## U9 GIRLS 2016



### U9 DEVELOPMENTAL PLUS

#### **Season Dates:**

- Oct. 21 – Feb. 23 Training Dates
- Nov. 2 – Feb. 23 CMSA Game Dates
- Dec. 19 – Jan. 3 Winter Break

#### **Training Details:**

- 3-4 contacts per week
- Weekly team practice with team coach Monday or Wednesday – Time TBD
- Weekly Skill Centres with Blizzard staff coaches. Fridays – Time TBD
- 8 Technical Training Sessions with Blizzard Technical Coach.  
May be scheduled any day of the week
- All sessions at Shouldice Turf Dome  
1515 Home Rd. NW

#### **CMSA Game Details:**

- Saturdays: Time TBD by CMSA
- Calgary West Soccer Centre
- 14 Match Days begin Nov. 2
- 5v5 Format

**\$425 REGISTRATION + \$375 TECH FEE**

### U9 DEVELOPMENTAL

#### **Season Dates:**

- Oct. 21 – Feb. 23 Training Dates
- Nov. 2 – Feb. 23 CMSA Game Dates
- Dec. 19 – Jan. 3 Winter Break

#### **Training Details:**

- 2 contacts per week
- Weekly team practice with team coach Monday or Wednesday – Time TBD
- This program does not include any technical training component with Staff Coaches, and is designed to be a recreational program offering less commitments per week.
- All sessions at Shouldice Turf Dome  
1515 Home Rd. NW

#### **CMSA Game Details:**

- Saturdays: Time TBD by CMSA
- Calgary West Soccer Centre
- 14 Match Days begin Nov. 2
- 5v5 Format

**\$425 REGISTRATION**

#### **UNIFORMS:**

- Blizzard Practice shirt included for all players.
- All players will receive a Shane Homes Game Kit (jersey, shorts, socks) prior to the first game.

#### **WHAT TO BRING:**

- Outdoor soccer cleats and shin guards
- Water bottle

**CALGARYBLIZZARD.COM**

# 2024/25 INDOOR PROGRAM DETAILS

## U9 BOYS 2016



### U9 DEV PLUS

#### **Season Dates:**

- Oct. 21 – Feb. 23 Training Dates
- Nov. 2 – Feb. 23 CMSA Game Dates
- Dec. 19 – Jan. 3 Winter Break

#### **Training Details:**

- 3-4 contacts per week
- Weekly team practice with team coach Monday or Wednesday – Time TBD
- Weekly Skill Centres with Blizzard staff coaches. Fridays – Time TBD
- 8 Technical Training Sessions with Blizzard Technical Coach.  
May be scheduled any day of the week
- All sessions at Shouldice Turf Dome  
1515 Home Rd. NW

#### **CMSA Game Details:**

- Saturdays: Time TBD by CMSA
- Calgary West Soccer Centre
- 14 Match Days
- 5v5 Format

**\$425 REGISTRATION + \$375 TECH FEE**

### U9 DEV

#### **Season Dates:**

- Oct. 21 – Feb. 23 Training Dates
- Nov. 2 – Feb. 23 CMSA Game Dates
- Dec. 19 – Jan. 3 Winter Break

#### **Training Details:**

- 2 contacts per week
- Weekly team practice with team coach Monday or Wednesday – Time TBD
- This program does not include any technical training component with Staff Coaches, and is designed to be a recreational program offering less commitments per week.
- All sessions at Shouldice Turf Dome  
1515 Home Rd. NW

#### **CMSA Game Details:**

- Saturdays: Time TBD by CMSA
- Calgary West Soccer Centre
- 14 Match Days
- 5v5 Format

**\$425 REGISTRATION**

#### **UNIFORMS:**

- Blizzard Practice shirt included for all players.
- All players will receive a Shane Homes Game Kit (jersey, shorts, socks) prior to the first game.

#### **WHAT TO BRING:**

- Outdoor soccer cleats and shin guards
- Water bottle

**CALGARYBLIZZARD.COM**

# 2024/25 INDOOR PROGRAM DETAILS

## U10 2015



### U10 DEV PLUS

#### **Season Dates:**

- Oct. 7 – March 14 Training Dates
- Oct. 19 – March 9 CMSA League
- Dec. 23 – Jan. 3 Winter Break

#### **Training Details:**

- 1 weekly practice with Team Coach
- 10 Technical Training Sessions with Blizzard Technical Staff Coaches
- 10 Team skill sessions

#### **Post Season Play:**

- CMSA Wrap-up Rally March 8/9

#### **Game Details:**

- Games are played city wide against a larger pool of teams/clubs.

**\$600 REGISTRATION + \$500 TECH FEE**

### U10 DEV

#### **Season Dates:**

- Oct. 7 – March 14 Training Dates
- Oct. 19 – March 2 CMSA League
- Dec. 23 – Jan. 3 Winter Break

#### **Training Details:**

- 1 weekly practice with Team Coach
- There is no technical training component and designed for recreational players

#### **Post Season Play:**

- CMSA Wrap-up Rally March 1/2

#### **Game Details:**

- Games are played regionally in quadrant vs. a smaller pool of teams/clubs

**\$600 REGISTRATION**

#### **UNIFORMS:**

- Practice kit included for all players
- Game jerseys provided for use during the season
- Blue and Orange game shorts/socks for purchase

#### **PRACTICE LOCATIONS:**

- Shouldice Turf Dome
- CWSC and Prolific North as needed

#### **CMSA GAME DETAILS:**

- 7v7 Format. 2x25 minute halves
- May play any day of the week
- Game location/day scheduled by CMSA available Oct. 8

**CALGARYBLIZZARD.COM**

# 2024/25 INDOOR PROGRAM DETAILS

## U11 2014



### U11 DEV PLUS

#### **Season Dates:**

- Oct. 7 – March 14 Training Dates
- Oct. 19 – March 9 CMSA League
- Dec. 23 – Jan. 3 Winter Break

#### **Training Details:**

- 1 weekly practice with Team Coach
- 14 Technical Training Sessions with Blizzard Technical Staff Coaches
- 10 Team skill sessions

#### **Post Season Play:**

- CMSA Wrap-up Rally March 8/9

#### **Game Details:**

- Games are played city wide against a larger pool of teams/clubs.

**\$600 REGISTRATION + \$600 TECH FEE**

### U11 DEV

#### **Season Dates:**

- Oct. 7 – March 14 Training Dates
- Oct. 19 – March 2 CMSA League
- Dec. 23 – Jan. 3 Winter Break

#### **Training Details:**

- 1 weekly practice with Team Coach
- There is no technical training component and designed for recreational players

#### **Post Season Play:**

- CMSA Wrap-up Rally March 1/2

#### **Game Details:**

- Games are played regionally in quadrant vs. a smaller pool of teams/clubs

**\$600 REGISTRATION**

#### **UNIFORMS:**

- Practice kit included for all players
- Game jerseys provided for use during the season
- Blue and Orange game shorts/socks for purchase

#### **PRACTICE LOCATIONS:**

- Shouldice Turf Dome
- CWSC and Prolific North as needed

#### **CMSA GAME DETAILS:**

- 7v7 Format. 2x25 minute halves
- May play any day of the week
- Game location/day scheduled by CMSA available Oct. 8

**CALGARYBLIZZARD.COM**



# 2024/25 INDOOR PROGRAM DETAILS

## U12 2013



### TIER 1 & 2

#### **Season Dates:**

- Oct. 7 – March 14 Training Dates
- Oct. 15 – March 9 CMSA League
- Dec. 23 – Jan. 3 Winter Break

#### **Training Details:**

- 1 weekly practice with Team Coach
- 16 Technical Training Sessions with Blizzard Technical Staff Coaches
- 10 Team skill sessions

#### **Post Season Play:**

- CMSA Wrap-up Rally March 8/9

**\$600 REGISTRATION + \$700 TECH FEE**

### TIER 3

#### **Season Dates:**

- Oct. 7 – March 14 Training Dates
- Oct. 19 – March 2 CMSA League
- Dec. 23 – Jan. 3 Winter Break

#### **Training Details:**

- 1 weekly practice with Team Coach
- 7 technical training Sessions with Blizzard Technical Staff Coaches
- 5 Team skill sessions

#### **Post Season Play:**

- CMSA Wrap-up Rally March 1/2

**\$600 REGISTRATION + \$320 TECH FEE**

### TIER 4

#### **Season Dates:**

- Oct. 7 – March 14 Training Dates
- Oct. 19 – March 2 CMSA League
- Dec. 23 – Jan. 3 Winter Break

#### **Training Details:**

- 1 weekly practice with Team Coach
- optional technical training

**\$600 REGISTRATION**

#### **UNIFORMS:**

- Practice kit included for all players
- Game jerseys provided for use during the season
- Blue and Orange game shorts/socks for purchase

#### **PRACTICE LOCATIONS:**

- Shouldice Turf Dome
- CWSC and Prolific North as needed

#### **CMOSA GAME DETAILS:**

- 7v7 Format. 2x25 minute halves
- May play any day of the week
- Games played city wide
- Game location/day scheduled by CMSA available Oct. 8

**CALGARYBLIZZARD.COM**

# 2024/25 INDOOR PROGRAM DETAILS

## U13 2012



### TIER 1 & 2

#### **Season Dates:**

- Oct. 7 – March 14 Training Dates
- Oct. 15 – March 9 CMSA League
- Dec. 23 – Jan. 3 Winter Break

#### **Training Details:**

- 1 weekly practice with Team Coach
- 18 Technical Training Sessions with Blizzard Technical Staff Coaches
- 10 Team skill sessions
- 8 ORKA Sport Science sessions

#### **Post Season Play:**

- Final 4 Challenge Cup March 8/9
- ASA Provincials March 14-16

**\$600 REG. FEE + \$785 TECH + \$100 ORKA**

### TIER 3

#### **Season Dates:**

- Oct. 7 – March 14 Training Dates
- Oct. 15 – March 9 CMSA League
- Dec. 23 – Jan. 3 Winter Break

#### **Training Details:**

- 1 weekly practice with Team Coach
- 7 technical training Sessions with Blizzard Technical Staff Coaches
- 5 Team skill sessions

#### **Post Season Play:**

- Final 4 Challenge Cup March 8/9
- ASA Provincials March 14-16

**\$600 REGISTRATION + \$320 TECH FEE**

### TIER 4

#### **Season Dates:**

- Oct. 7 – March 14 Training Dates
- Oct. 15 – March 9 CMSA League
- Dec. 23 – Jan. 3 Winter Break

#### **Training Details:**

- 1 weekly practice with Team Coach
- optional technical training

#### **Post Season Play:**

- Final 4 March 8/9 Provincials March 14/16

**\$600 REGISTRATION**

#### **UNIFORMS:**

- Practice kit included for all players
- Game jerseys provided for use during the season
- Blue and Orange game shorts/socks for purchase

#### **PRACTICE LOCATIONS:**

- Shouldice Turf Dome
- CWSC and Prolific North as needed

#### **CMOSA GAME DETAILS:**

- 7v7 Format. 2x30 minute halves
- May play any day of the week
- Games played city wide
- Game location/day scheduled by CMOSA available Oct. 8

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# 2024/25 INDOOR PROGRAM DETAILS

## U14 2011



### TIER 1 & 2

#### **Season Dates:**

- Oct. 7 – March 14 Training Dates
- Oct. 15 – March 9 CMSA League
- Dec. 23 – Jan. 3 Winter Break

#### **Training Details:**

- 1 weekly practice with Team Coach
- 24 Technical Training Sessions with Blizzard Technical Staff Coaches
- 16 ORKA Sport Science sessions
- 4 Game Model Video sessions

#### **Post Season Play:**

- Final 4 Challenge Cup March 8/9
- ASA Provincials March 14-16

**\$600 REG. FEE + \$785 TECH + \$200 ORKA**

### TIER 3

#### **Season Dates:**

- Oct. 7 – March 14 Training Dates
- Oct. 15 – March 9 CMSA League
- Dec. 23 – Jan. 3 Winter Break

#### **Training Details:**

- 1 weekly practice with Team Coach
- 12 technical training Sessions with Blizzard Technical Staff Coaches

#### **Post Season Play:**

- Final 4 Challenge Cup March 8/9
- ASA Provincials March 14-16

**\$600 REGISTRATION + \$320 TECH FEE**

### TIER 4

#### **Season Dates:**

- Oct. 7 – March 14 Training Dates
- Oct. 15 – March 9 CMSA League
- Dec. 23 – Jan. 3 Winter Break

#### **Training Details:**

- 1 weekly practice with Team Coach
- optional technical training

#### **Post Season Play:**

- Final 4 March 8/9 Provincials March 14/16

**\$600 REGISTRATION**

#### **UNIFORMS:**

- Practice kit included for all players
- Game jerseys provided for use during the season
- Blue and Orange game shorts/socks for purchase

#### **PRACTICE LOCATIONS:**

- Shouldice Turf Dome
- CWSC and Prolific North as needed

#### **CMSA GAME DETAILS:**

- 7v7 Format. 2x30 minute halves
- May play any day of the week
- Games played city wide
- Game location/day scheduled by CMSA available Oct. 8

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# 2024/25 INDOOR PROGRAM DETAILS

## U15 2010



### TIER 1 & 2

#### **Season Dates:**

- Oct. 7 – March 14 Training Dates
- Oct. 15 – March 9 CMSA League
- Dec. 23 – Jan. 3 Winter Break

#### **Training Details:**

- 1 weekly practice with Team Coach
- 24 Technical Training Sessions with Blizzard Technical Staff Coaches
- 16 ORKA Sport Science sessions
- 4 Game Model Video sessions

#### **Post Season Play:**

- Final 4 Challenge Cup March 8/9
- ASA Provincials March 14-16

**\$600 REG. FEE + \$785 TECH + \$200 ORKA**

### TIER 3

#### **Season Dates:**

- Oct. 7 – March 14 Training Dates
- Oct. 15 – March 9 CMSA League
- Dec. 23 – Jan. 3 Winter Break

#### **Training Details:**

- 1 weekly practice with Team Coach
- 12 technical training Sessions with Blizzard Technical Staff Coaches

#### **Post Season Play:**

- Final 4 Challenge Cup March 8/9
- ASA Provincials March 14-16

**\$600 REGISTRATION + \$320 TECH FEE**

### TIER 4

#### **Season Dates:**

- Oct. 7 – March 14 Training Dates
- Oct. 15 – March 9 CMSA League
- Dec. 23 – Jan. 3 Winter Break

#### **Training Details:**

- 1 weekly practice with Team Coach
- optional technical training

#### **Post Season Play:**

- Final 4 March 8/9 Provincials March 14/16

**\$600 REGISTRATION**

#### **UNIFORMS:**

- Practice kit included for all players
- Game jerseys provided for use during the season
- Blue and Orange game shorts/socks for purchase

#### **PRACTICE LOCATIONS:**

- Shouldice Turf Dome
- CWSC and Prolific North as needed

#### **CMSA GAME DETAILS:**

- 7v7 Format. 2x30 minute halves
- May play any day of the week
- Games played city wide
- Game location/day scheduled by CMSA available Oct. 8

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# 2024/25 INDOOR PROGRAM DETAILS

## U16 2009



### TIER 1 & 2

#### **Season Dates:**

- Oct. 7 – March 14 Training Dates
- Oct. 15 – March 9 CMSA League
- Dec. 23 – Jan. 3 Winter Break

#### **Training Details:**

- 1 weekly practice with Team Coach
- 24 Technical Training Sessions with Blizzard Technical Staff Coaches
- 16 ORKA Sport Science sessions
- 4 Game Model Video sessions

#### **Post Season Play:**

- Final 4 Challenge Cup March 8/9
- ASA Provincials March 14-16

**\$600 REG. FEE + \$785 TECH + \$200 ORKA**

### TIER 3

#### **Season Dates:**

- Oct. 7 – March 14 Training Dates
- Oct. 15 – March 9 CMSA League
- Dec. 23 – Jan. 3 Winter Break

#### **Training Details:**

- 1 weekly practice with Team Coach
- 12 technical training Sessions with Blizzard Technical Staff Coaches

#### **Post Season Play:**

- Final 4 Challenge Cup March 8/9
- ASA Provincials March 14-16

**\$600 REGISTRATION + \$320 TECH FEE**

### TIER 4

#### **Season Dates:**

- Oct. 7 – March 14 Training Dates
- Oct. 15 – March 9 CMSA League
- Dec. 23 – Jan. 3 Winter Break

#### **Training Details:**

- 1 weekly practice with Team Coach
- optional technical training

#### **Post Season Play:**

- Final 4 March 8/9 Provincials March 14/16

**\$600 REGISTRATION**

#### **UNIFORMS:**

- Practice kit included for all players
- Game jerseys provided for use during the season
- Blue and Orange game shorts/socks for purchase

#### **PRACTICE LOCATIONS:**

- Shouldice Turf Dome
- CWSC and Prolific North as needed

#### **CMSA GAME DETAILS:**

- 7v7 Format. 2x30 minute halves
- May play any day of the week
- Games played city wide
- Game location/day scheduled by CMSA available Oct. 8

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# 2024/25 INDOOR PROGRAM DETAILS

## U17 2008



### TIER 1 & 2

#### **Season Dates:**

- Oct. 7 – March 14 Training Dates
- Oct. 15 – March 9 CMSA League
- Dec. 23 – Jan. 3 Winter Break

#### **Training Details:**

- 1 weekly practice with Team Coach
- 24 Technical Training Sessions with Blizzard Technical Staff Coaches
- 16 ORKA Sport Science sessions
- 4 Game Model Video sessions

#### **Post Season Play:**

- Final 4 Challenge Cup March 8/9
- ASA Provincials March 14-16

**\$600 REG. FEE + \$785 TECH + \$200 ORKA**

### TIER 3

#### **Season Dates:**

- Oct. 7 – March 14 Training Dates
- Oct. 15 – March 9 CMSA League
- Dec. 23 – Jan. 3 Winter Break

#### **Training Details:**

- 1 weekly practice with Team Coach
- 12 technical training Sessions with Blizzard Technical Staff Coaches

#### **Post Season Play:**

- Final 4 Challenge Cup March 8/9
- ASA Provincials March 14-16

**\$600 REGISTRATION + \$320 TECH FEE**

### TIER 4

#### **Season Dates:**

- Oct. 7 – March 14 Training Dates
- Oct. 15 – March 9 CMSA League
- Dec. 23 – Jan. 3 Winter Break

#### **Training Details:**

- 1 weekly practice with Team Coach
- optional technical training

#### **Post Season Play:**

- Final 4 March 8/9 Provincials March 14/16

**\$600 REGISTRATION**

#### **UNIFORMS:**

- Practice kit included for all players
- Game jerseys provided for use during the season
- Blue and Orange game shorts/socks for purchase

#### **PRACTICE LOCATIONS:**

- Shouldice Turf Dome
- CWSC and Prolific North as needed

#### **CMSA GAME DETAILS:**

- 7v7 Format. 2x30 minute halves
- May play any day of the week
- Games played city wide
- Game location/day scheduled by CMSA available Oct. 8

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# 2024/25 INDOOR PROGRAM DETAILS

**U19 06/07**



## TIERS 1, 2, 3 & 4

### **Season Dates:**

- October 7 – March 14 Training Dates
- October 15 – March 9 CMSA League
- December 23 – January 3 Winter Break

### **Training Details:**

- 1 weekly practice with Team Coach
- Optional Technical Training available (12 sessions \$320)
- Optional ORKA session available (16 sessions \$200)

### **Post Season Play:**

- Final 4 Challenge Cup March 8/9
- ASA Provincials March 14-16

**\$600 REGISTRATION FEE + OPTIONAL TECH/ORKA**

### **UNIFORMS:**

- Practice kit included for all players
- Game jerseys provided for use during the season
- Blue and Orange game shorts/socks for purchase

### **PRACTICE LOCATIONS:**

- Shouldice Turf Dome
- CWSC and Prolific North as needed

### **CMSA GAME DETAILS:**

- 7v7 Format. 2x30 minute halves
- May play any day of the week
- Games played city wide
- Game location/day scheduled by CMSA available Oct. 8

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