



# 2025-26 INDOOR PROGRAM GUIDE U4-U19

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





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# ABOUT CALGARY BLIZZARD

## HISTORY

Calgary Blizzard Soccer Club (CBSC) is a soccer club providing youth and adult programming in the City of Calgary. Our mission is to build stronger, healthier communities through positive sport experiences for our membership, stakeholders and partners in an inclusive, sustainable and uniquely Canadian performance environment. Incorporated in 1967, CBSC is the oldest Calgary soccer club delivering grassroots to adult level programming for over 3000 members and growing. Based in NW Calgary, CBSC continues to be a leading organization within the community for youth sport development, high performance transitions, collegiate opportunities, and sport for life philosophy. Our vision 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.

## 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 focuses on the Blizzard Game Model and how we as a club want our teams to play but also what individual player habits we want a Blizzard player to have. 'Tech' 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, or 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  
25/26 INDOOR CLOSES  
SEPTEMBER 7TH**

## 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 players 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

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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

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## 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 Shane Homes West Soccer Dome as needed.

## PRACTICE TIMES

Blizzard practices will take place between 4:30pm-10:00pm on weekdays & 6:00am - 9:00pm on weekends 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



**2009 - 2012  
APDL  
PROGRAMS  
FOR 2025/26**





# SPORTS SCIENCE WITH ORKA PERFORMANCE

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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.

## ■ 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.

## ■ 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.

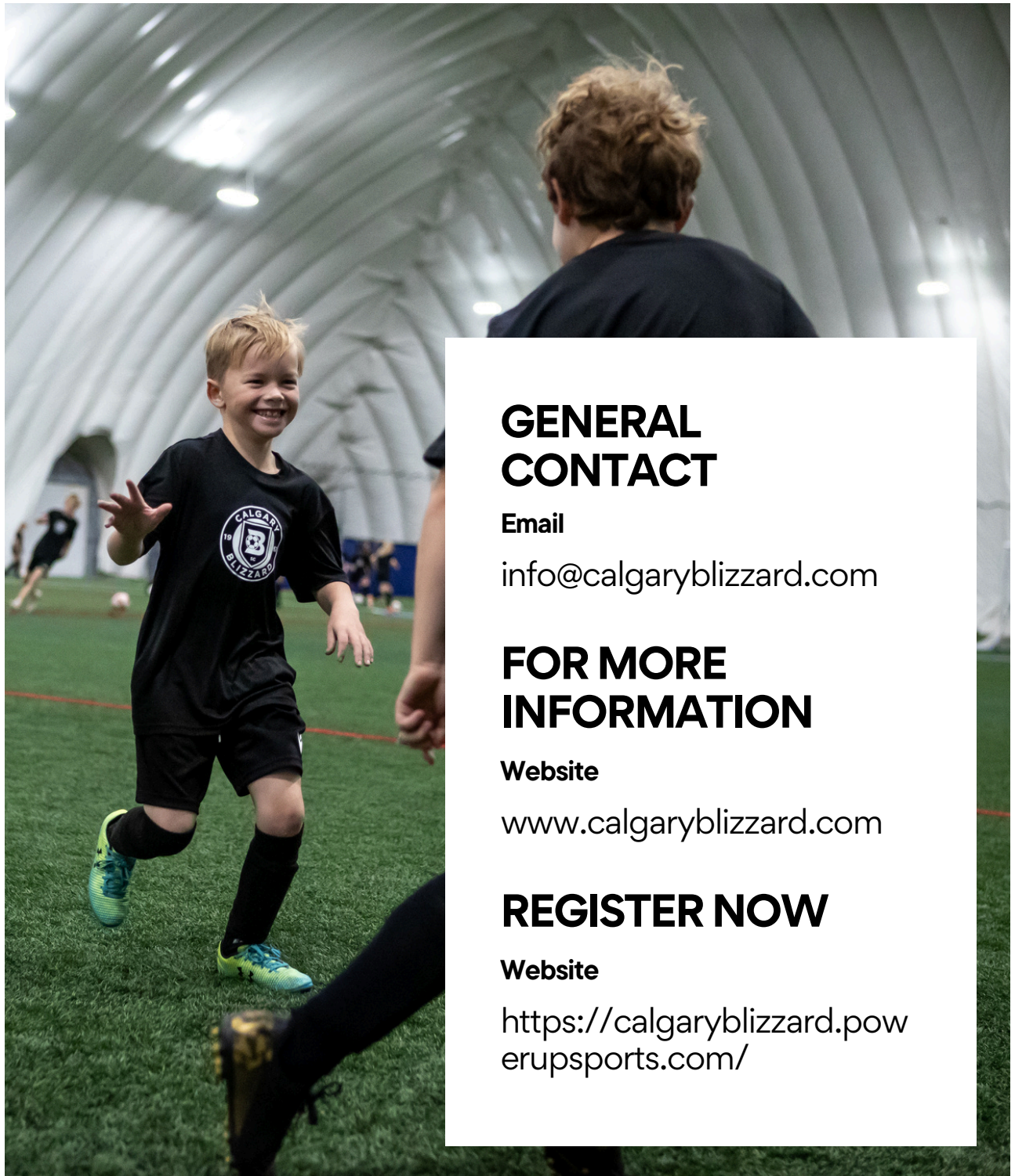
When it comes to nutrition, her approach is rooted in the principles of Health at Every Size (HAES)®(R), with a weight neutral approach, meaning the focus is on health behaviour change rather than the number on the scale.





# CONTACT US

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## GENERAL CONTACT

Email

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

## FOR MORE INFORMATION

Website

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

## REGISTER NOW

Website

<https://calgaryblizzard.powerepsports.com/>

# 2025/26 INDOOR PROGRAM DETAILS

## U4 2022

## 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  
9:00-9:45am

November 1  
November 8  
November 15  
November 22  
November 29  
December 6  
December 13

### **BLOCK 2**

Tuesdays  
4:45-5:30pm

January 6  
January 13  
January 20  
January 27  
February 3  
February 10  
February 17

### **BLOCK 3**

Tuesdays  
4:45-5:30pm

February 24  
March 3  
March 10  
March 17  
March 24



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

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

BLOCK 1 \$165 | BLOCK 2 \$165 | BLOCK 3 \$120

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



# 2025/26 INDOOR PROGRAM DETAILS

## U5 2021

## 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  
8:45-9:45am

November 1  
November 8  
November 15  
November 22  
November 29  
December 6  
December 13

### **BLOCK 2**

Tuesdays  
4:30-5:30pm

January 6  
January 13  
January 20  
January 27  
February 3  
February 10  
February 17

### **BLOCK 3**

Tuesdays  
4:30-5:30pm

February 24  
March 3  
March 10  
March 17  
March 24

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

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

BLOCK 1 \$190 | BLOCK 2 \$190 | BLOCK 3 \$135



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# 2025/26 INDOOR PROGRAM DETAILS

## U6 2020

## 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  
9:45-10:45am

November 1  
November 8  
November 15  
November 22  
November 29  
December 6  
December 13

### **BLOCK 2**

Tuesdays  
4:30-5:30pm

January 6  
January 13  
January 20  
January 27  
February 3  
February 10  
February 17

### **BLOCK 3**

Tuesdays  
4:30-5:30pm

February 24  
March 3  
March 10  
March 17  
March 24

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

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



BLOCK 1 \$190 | BLOCK 2 \$190 | BLOCK 3 \$135

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# 2025/26 INDOOR PROGRAM DETAILS



## U7 2019

## U7 BOYS AND GIRLS

### SEASON DATES

October. 18 – February 27 Blizzard Training Dates

November 1 – February 21 CMSA League Dates

December 19– January 2 Winter Break

**Commitment: 2 Days/Week**

### TRAINING DETAILS

Weekly Skill Centre sessions

Wednesdays 4:45-5:45pm

14 sessions Led by Blizzard Staff Coaches

Shouldice Turf Dome - 1515 Home Rd. WN

### CMSA MATCH DAYS

12 Match Days begin Nov. 1

Saturdays: Time TBD by CMSA

Shane Homes Soccer Dome

3v3 Game Format

Soccer Santa Saturday before Winter Break

CMSA Grassroots Rally after Winter Break

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

**\$325 REGISTRATION FEE | \$125 TECHNICAL TRAINING FEE**



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# 2025/26 INDOOR PROGRAM DETAILS



## U8 2018

### DEVELOPMENT

#### **SEASON DATES**

October. 18 – February 27 Blizzard Training Dates

November 1 – February 21 CMSA League Dates

December 19– January 2 Winter Break

**Commitment: 2 Days/Week**

#### **TRAINING DETAILS**

1 x team training per week with team coach

- Monday or Wednesdays time TBD

*This is a recreational program, with no technical training component*

#### **CMSA MATCH DAYS**

12 Match Days begin Nov. 1

- Saturdays: Time TBD by CMSA
- Location: Shane Homes Soccer Dome
- 4v4 Game Format

Soccer Santa Saturday before Winter Break

CMSA Grassroots Rally after Winter Break

**\$375 REGISTRATION FEE**

### DEVELOPMENT PLUS

#### **SEASON DATES**

October. 18 – February 27 Blizzard Training Dates

November 1 – February 21 CMSA League Dates

December 19– January 2 Winter Break

**Commitment: 3 Days/Week**

#### **TRAINING DETAILS**

1 x team training per week with team coach

- Monday or Wednesdays time TBD
- Weekly Skill Centre Sessions with Tech Coach
- Fridays time TBD

#### **CMSA MATCH DAYS**

12 Match Days begin Nov. 1

- Saturdays: Time TBD by CMSA
- Location: Shane Homes Soccer Dome
- 4v4 Game Format

Soccer Santa Saturday before Winter Break

CMSA Grassroots Rally after Winter Break

**\$375 REGISTRATION FEE | \$175 TECHNICAL FEE**



**INCLUDED:** All players receive a Blizzard training top.  
Game jersey/shorts/socks supplied by Shane Homes

**PRACTICE LOCATIONS:** Shouldice Turf Dome & Shane Homes West Soccer Dome

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# 2025/26 INDOOR PROGRAM DETAILS



## U9 2017

### DEVELOPMENT

#### **SEASON DATES**

October. 18 – February 27 Blizzard Training Dates

November 1 – February 21 CMSA League Dates

December 19– January 2 Winter Break

**Commitment: 2 Days/Week**

#### **TRAINING DETAILS**

1 x team training per week with volunteer team coach

- Monday or Wednesdays time TBD

*This is a recreational program, with no technical training component*

#### **CMSA MATCH DAYS**

12 Match Days begin Nov. 1

- Saturdays: Time TBD by CMSA
- Location: Shane Homes West Soccer Dome
- 5v5 Game Format

Soccer Santa Saturday before Winter Break

CMSA Grassroots Rally after Winter Break

**\$425 REGISTRATION FEE**

### DEVELOPMENT PLUS

#### **SEASON DATES**

October. 18 – February 27 Blizzard Training Dates

November 1 – February 21 CMSA League Dates

December 19– January 2 Winter Break

**Commitment: 3-4 Days/Week**

#### **TRAINING DETAILS**

1 x team training per week with team coach

- Monday or Wednesdays time TBD

Weekly Skill Centres with Blizzard Tech Coach

- Fridays – Time TBD

8 x Technical Training Sessions with Blizzard Technical Coach

- Sessions can be any day of the week

#### **CMSA MATCH DAYS**

12 Match Days begin Nov. 1

- Saturdays: Time TBD by CMSA
- Location: Shane Homes West Soccer Dome
- 5v5 Game Format

Soccer Santa Saturday before Winter Break

CMSA Grassroots Rally after Winter Break

**\$425 REGISTRATION FEE | \$375 TECHNICAL FEE**



**INCLUDED:** All players receive a Blizzard training top.  
Game jersey/shorts/socks supplied by Shane Homes

**PRACTICE LOCATIONS:** Shouldice Turf Dome & Shane Homes West Soccer Dome

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# 2025/26 INDOOR PROGRAM DETAILS

## U10 2016

### DEVELOPMENT

#### SEASON DATES

October 6 – March 15 Blizzard Training Dates  
October 14 – March 1 CMSA League Dates  
December 22 – January 2 Winter Break

**Commitment: 2 Days/Week**

#### TRAINING DETAILS

1 x 60 min. practice/week with Team Coach  
2 Skill Centres with Technical Staff

*This is a recreational program, with no technical training component*

#### CMSA MATCH DAYS

May play any day of the week  
7v7 Format. 2x25 minute halves  
Game locations City-wide  
Game location/day scheduled by CMSA

**\$600 REGISTRATION FEE | \$50 TECH FEE**

### DEVELOPMENT PLUS

#### SEASON DATES

October 6 – March 15 Blizzard Training Dates  
October 14 – March 1 CMSA League Dates  
December 22 – January 2 Winter Break

**Commitment: 3 Days/Week**

#### TRAINING DETAILS

1 x 60 min. practice/week with Team Coach  
10 Technical Training Sessions with Tech Staff  
10 Skill Sessions with Technical Staff

#### CMSA MATCH DAYS

May play any day of the week  
7v7 Format. 2x25 minute halves  
Game locations City-wide  
Game location/day scheduled by CMSA

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



**INCLUDED:** All players receive a Blizzard training top, shorts and socks  
Game jersey provided for use during the season

**PRACTICE LOCATIONS:** Shouldice Turf Dome & Shane Homes West Soccer Dome

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# 2025/26 INDOOR PROGRAM DETAILS



## U11 2015

### DEVELOPMENT

#### **SEASON DATES**

October 6 – March 15 Blizzard Training Dates  
October 14 – March 1 CMSA League Dates  
December 22 – January 2 Winter Break

**Commitment: 2 Days/Week**

#### **TRAINING DETAILS**

1 x 60 min. practice/week with Team Coach  
2 Skill Centres with Technical Staff

*This is a recreational program, with no technical training component*

#### **CMSA MATCH DAYS**

May play any day of the week  
7v7 Format. 2x25 minute halves  
Game locations City-wide  
Game location/day scheduled by CMSA

**\$600 REGISTRATION FEE | \$50 TECH FEE**

### DEVELOPMENT PLUS

#### **SEASON DATES**

October 6 – March 15 Blizzard Training Dates  
October 14 – March 1 CMSA League Dates  
December 22 – January 2 Winter Break

**Commitment: 3 Days/Week**

#### **TRAINING DETAILS**

1 x 60 min. practice/week with Team Coach  
14 Technical Training Sessions with Tech Staff  
10 Skill Sessions with Technical Staff

#### **CMSA MATCH DAYS**

May play any day of the week  
7v7 Format. 2x25 minute halves  
Game locations City-wide  
Game location/day scheduled by CMSA

**\$600 REGISTRATION FEE | \$600 TECH FEE**



**INCLUDED:** All players receive a Blizzard training top, shorts and socks  
Game jersey provided for use during the season

**PRACTICE LOCATIONS:** Shouldice Turf Dome & Shane Homes West Soccer Dome

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# 2025/26 INDOOR PROGRAM DETAILS



## U12 2014

### SEASON DATES

October 6 – March 15 Blizzard Training Dates

October 14 – March 1 CMSA League Dates

December 22 – January 2 Winter Break

### TRAINING DETAILS

Tier 1 and 2:

- 1 x 60 minute practice per week with Team Coach
- 16 Technical Training Sessions with Technical Staff
- 10 Skill sessions

Tier 3:

- 1 x 60 minute practice per week with Team Coach
- 7 Technical Training Sessions with Technical Staff
- 5 Skill Sessions

Tier 4 - 6:

- 1 x 60 minute practice per week with Team Coach
- Optional Technical Training

### CMSA GAME DETAILS:

May play any day of the week

7v7 Format. 2x25 minute halves

Game location/day scheduled by CMSA

**TIER 1 + 2: \$600 REGISTRATION + \$700 TECH FEE | TIER 3: \$600 REGISTRATION + \$320 TECH FEE**

**TIER 4: \$600 REGISTRATION + OPTIONAL TECH FEE**



**INCLUDED:** All players receive a Blizzard training top, shorts and socks  
Game jersey provided for use during the season

**PRACTICE LOCATIONS:** Shouldice Turf Dome & Shane Homes West Soccer Dome

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# 2025/26 INDOOR PROGRAM DETAILS

## U13 2013

### SEASON DATES

October 6 – March 15 Blizzard Training Dates

October 14 – March 1 CMSA League Dates

December 22 – January 2 Winter Break

### TRAINING DETAILS:

#### **Tier 1:**

- 1 x 60 min practice/week with Team Coach
- 18 Technical Training Sessions with Tech Staff
- 10 Academy Skill sessions
- 8 ORKA Sport Science Sessions

#### **Tier 2:**

- 1 x 60 min. practice/week with Team Coach
- 18 Technical Training Sessions with Tech Staff
- 10 Academy Skill Sessions
- Optional ORKA Sports Science Sessions

#### **Tier 3:**

- 1 x 60 min. practice/week with Team Coach
- 7 Technical Training Sessions with Tech Staff
- 5 Academy Skill Sessions

#### **Tier 4 and 5:**

- 1 x 60 min. practice/week with Team Coach
- Optional Technical Training

### CMSA GAME DETAILS:

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

### POST SEASON COMPETITION:

Challenge Cup March 6-8  
Tier 1-4 ASA Provincials March 13-15

**TIER 1: \$600 REG. + \$785 TECH FEE + \$100 ORKA FEE | TIER 2: \$600 REG. + \$785 TECH FEE**  
**TIER 3: \$600 REG + \$320 FEE | TIER 4: \$600 REG+ OPTIONAL TECH FEE**



**INCLUDED:** All players receive a Blizzard training top, shorts and socks  
Game jersey provided for use during the season

**PRACTICE LOCATIONS:** Shouldice Turf Dome & Shane Homes West Soccer Dome

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# 2025/26 INDOOR PROGRAM DETAILS



## U14 2012

### SEASON DATES

October 6 – March 15 Blizzard Training Dates

October 14 – March 1 CMSA League Dates

December 22 – January 2 Winter Break

### TRAINING DETAILS:

#### **Tier 1:**

- 1 x 60 min practice/week with Team Coach
- 24 Technical Training Sessions with Tech Staff
- 4 Game Model Video Sessions
- 16 ORKA Sport Science Sessions

#### **Tier 2:**

- 1 x 60 min. practice/week with Team Coach
- 24 Technical Training Sessions with Tech Staff
- 4 Game Model Video Sessions
- Optional ORKA Sports Science Sessions

#### **Tier 3:**

- 1 x 60 min. practice/week with Team Coach
- 12 Technical Training Sessions with Tech Staff

#### **Tier 4 and 5:**

- 1 x 60 min. practice/week with Team Coach
- Optional Technical Training

### CMSA GAME DETAILS:

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

### POST SEASON COMPETITION:

Challenge Cup March 6-8  
There are no Provincials for U14

**TIER 1: \$600 REG. + \$800 TECH FEE + \$200 ORKA FEE | TIER 2: \$600 REG. + 800 TECH**  
**TIER 3: \$600 REG + 320 TECH | TIER 4: \$600 REG + OPTIONAL TECH**



**INCLUDED:** All players receive a Blizzard training top, shorts and socks  
Game jersey provided for use during the season

**PRACTICE LOCATIONS:** Shouldice Turf Dome & Shane Homes West Soccer Dome

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# 2025/26 INDOOR PROGRAM DETAILS

## U15 2011

### SEASON DATES

October 6 – March 15 Blizzard Training Dates

October 14 – March 1 CMSA League Dates

December 22 – January 2 Winter Break

### TRAINING DETAILS:

#### **Tier 1:**

- 1 x 60 min practice/week with Team Coach
- 24 Technical Training Sessions with Tech Staff
- 4 Game Model Video Sessions
- 16 ORKA Sport Science Sessions

#### **Tier 2:**

- 1 x 60 min. practice/week with Team Coach
- 24 Technical Training Sessions with Tech Staff
- 4 Game Model Video Sessions
- Optional ORKA Sports Science Sessions

#### **Tier 3:**

- 1 x 60 min. practice/week with Team Coach
- 12 Technical Training Sessions with Tech Staff

#### **Tier 4 and 5:**

- 1 x 60 min. practice/week with Team Coach
- Optional Technical Training

### CMSA GAME DETAILS:

May play any day of the week

7v7 Format. 2x25 minute halves

Game location/day scheduled by CMSA

### POST SEASON COMPETITION:

Challenge Cup March 6-8

Tier 1-4 ASA Provincials March 13-15

**TIER 1: \$600 REG. + \$800 TECH FEE + \$200 ORKA FEE | TIER 2: \$600 REG. + 800 TECH**  
**TIER 3: \$600 REG + 320 TECH | TIER 4: \$600 REG + OPTIONAL TECH**

**INCLUDED:** All players receive a Blizzard training top, shorts and socks  
Game jersey provided for use during the season

**PRACTICE LOCATIONS:** Shouldice Turf Dome & Shane Homes West Soccer Dome



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# 2025/26 INDOOR PROGRAM DETAILS

## U16 2010

### SEASON DATES

October 6 – March 15 Blizzard Training Dates  
October 14 – March 1 CMSA League Dates  
December 22 – January 2 Winter Break

### TRAINING DETAILS:

#### **Tier 1:**

- 1 x 60 min practice/week with Team Coach
- 24 Technical Training Sessions with Tech Staff
- 4 Game Model Video Sessions
- 16 ORKA Sport Science Sessions

#### **Tier 2:**

- 1 x 60 min. practice/week with Team Coach
- 24 Technical Training Sessions with Tech Staff
- 4 Game Model Video Sessions
- Optional ORKA Sports Science Sessions

#### **Tier 3:**

- 1 x 60 min. practice/week with Team Coach
- 12 Technical Training Sessions with Tech Staff

#### **Tier 4 and 5:**

- 1 x 60 min. practice/week with Team Coach
- Optional Technical Training

### CMSA GAME DETAILS:

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

### POST SEASON COMPETITION:

Challenge Cup March 6-8  
There are no Provincials for U16

**TIER 1: \$600 REG. + \$800 TECH FEE + \$200 ORKA FEE | TIER 2: \$600 REG. + 800 TECH**  
**TIER 3: \$600 REG. + 320 TECH | TIER 4: \$600 REG. + OPTIONAL TECH**



**INCLUDED:** All players receive a Blizzard training top, shorts and socks  
Game jersey provided for use during the season

**PRACTICE LOCATIONS:** Shouldice Turf Dome & Shane Homes West Soccer Dome

**CALGARYBLIZZARD.COM**



# 2025/26 INDOOR PROGRAM DETAILS

## U17 2009

### SEASON DATES

October 6 – March 15 Blizzard Training Dates

October 14 – March 1 CMSA League Dates

December 22 – January 2 Winter Break

### TRAINING DETAILS:

#### **Tier 1:**

- 1 x 60 min practice/week with Team Coach
- 24 Technical Training Sessions with Tech Staff
- 4 Game Model Video Sessions
- 16 ORKA Sport Science Sessions

#### **Tier 2:**

- 1 x 60 min. practice/week with Team Coach
- 24 Technical Training Sessions with Tech Staff
- 4 Game Model Video Sessions
- Optional ORKA Sports Science Sessions

#### **Tier 3:**

- 1 x 60 min. practice/week with Team Coach
- 12 Technical Training Sessions with Tech Staff

#### **Tier 4 and 5:**

- 1 x 60 min. practice/week with Team Coach
- Optional Technical Training

### CMSA GAME DETAILS:

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

### POST SEASON COMPETITION:

Challenge Cup March 6-8  
Tier 1-4 ASA Provincials March 13-15

**TIER 1: \$600 REG. + \$800 TECH FEE + \$200 ORKA FEE | TIER 2: \$600 REG. + 800 TECH**  
**TIER 3: \$600 REG. + 320 TECH | TIER 4: \$600 REG. + OPTIONAL TECH**



**INCLUDED:** All players receive a Blizzard training top, shorts and socks  
Game jersey provided for use during the season

**PRACTICE LOCATIONS:** Shouldice Turf Dome & Shane Homes West Soccer Dome

**CALGARYBLIZZARD.COM**

# 2025/26 INDOOR PROGRAM DETAILS

## U19 07/08

### SEASON DATES

October 6 – March 15 Blizzard Training Dates

October 14 – March 1 CMSA League Dates

December 22 – January 2 Winter Break

### TRAINING DETAILS:

#### **Tier 2 - 4**

1 x 60 min practice/week with Team Coach

Optional Technical Training, 12 Sessions for \$320

Optional 16 ORKA Sport Science Sessions for \$200

### CMSA GAME DETAILS:

May play any day of the week

7v7 Format. 2x25 minute halves

Game location/day scheduled by CMSA

### POST SEASON COMPETITION:

Challenge Cup March 6-8

Tier 1-4 ASA Provincials March 13-15

**TIER 2-4 : \$600 REGISTRATION FEE + OPTIONAL TECH AND ORKA**



**INCLUDED:** All players receive a Blizzard training top, shorts and socks  
Game jersey provided for use during the season

**PRACTICE LOCATIONS:** Shouldice Turf Dome & Shane Homes West Soccer Dome

**CALGARYBLIZZARD.COM**



# 2025-2026 APDL PROGRAM DETAILS

**APDL  
2012-2009**

## 12 MONTH TRAINING PROGRAM



### SEPTEMBER 2 - MARCH 22

- Weekly Team Training
- 24 x 90 minutes Technical Sessions
- 10 x 60 minute A67 Skills Sessions
- 6 Video Analysis Sessions
- 16 ORKA Strength & Conditioning Sessions
- 1 mental performance session
- 1 nutritional science session
- 8-9 Outdoor 11v11 League Games (Sept -Oct)
- 8-9 Indoor 9v9 League Games (Jan.-March)
- 3-5 11v11 Exhibition Games

### GAME DETAILS:

VEO Footage of all Games uploaded to YouTube  
Athletic Therapist at all League Games  
Outdoor games played in Calgary + Edmonton  
Indoor games played in Calgary + Red Deer

### APRIL 7 - AUGUST

- Weekly Team Training
- 24 x 90 Minutes Technical Sessions
- 10 x 60 minute A67 Skill Sessions
- 6 Video Analysis Sessions
- 16 ORKA Sessions
- 1 mental performance session
- 1 nutritional science session
- 8-9 Outdoor 11v11 Games (April-July)

### POST SEASON PLAY

APDL Indoor Provincials (March 2026)  
U15 and U17 APDL Nationals (August)  
APDL Cup Competition (September - July)

**\$1200 REGISTRATION FEE + \$2730 TECHNICAL FEE + \$400 ORKA FEE**  
FEES CAN BE PAID IN 5 EQUAL INSTALLMENTS OVER THE 12 MONTH SEASON



**INCLUDED:** All players receive a Blizzard training top, shorts and socks  
Game jersey provided for use during the season  
Orange and Blue game shorts/socks must be purchased

**PRACTICE LOCATIONS:** Shouldice Turf Dome & Shane Homes West Soccer Dome

**CALGARYBLIZZARD.COM**