

P R O G R A M   G U I D E

[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

**#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](https://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  
2026 OUTDOOR  
CLOSES MARCH 9TH!**

## PAYMENT

Registration fees are required at the time of registration. All Technical fees will be adjusted to reflect the Tier in which your child will play before payment is due. Payment plans are available during the registration process to distribute fees across the course of the season.

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

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

Heidelberg Park (formerly Inland Park - 5563 112 Ave NW) is the primary outdoor practice location, with additional technical and team training sessions held at community fields across NW Calgary, including Rockyridge, Panorama, Varsity, Dalhousie, Edgemont, Valley Ridge, and Springbank.

## 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 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 OUTDOOR A67 ELEVATE CAMPS TO COME!



@CALGARYBLIZZARDSOCCERCLUB



@BLIZZARDSOCCER\_





## 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



**ORKA**  
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.

## ■ 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

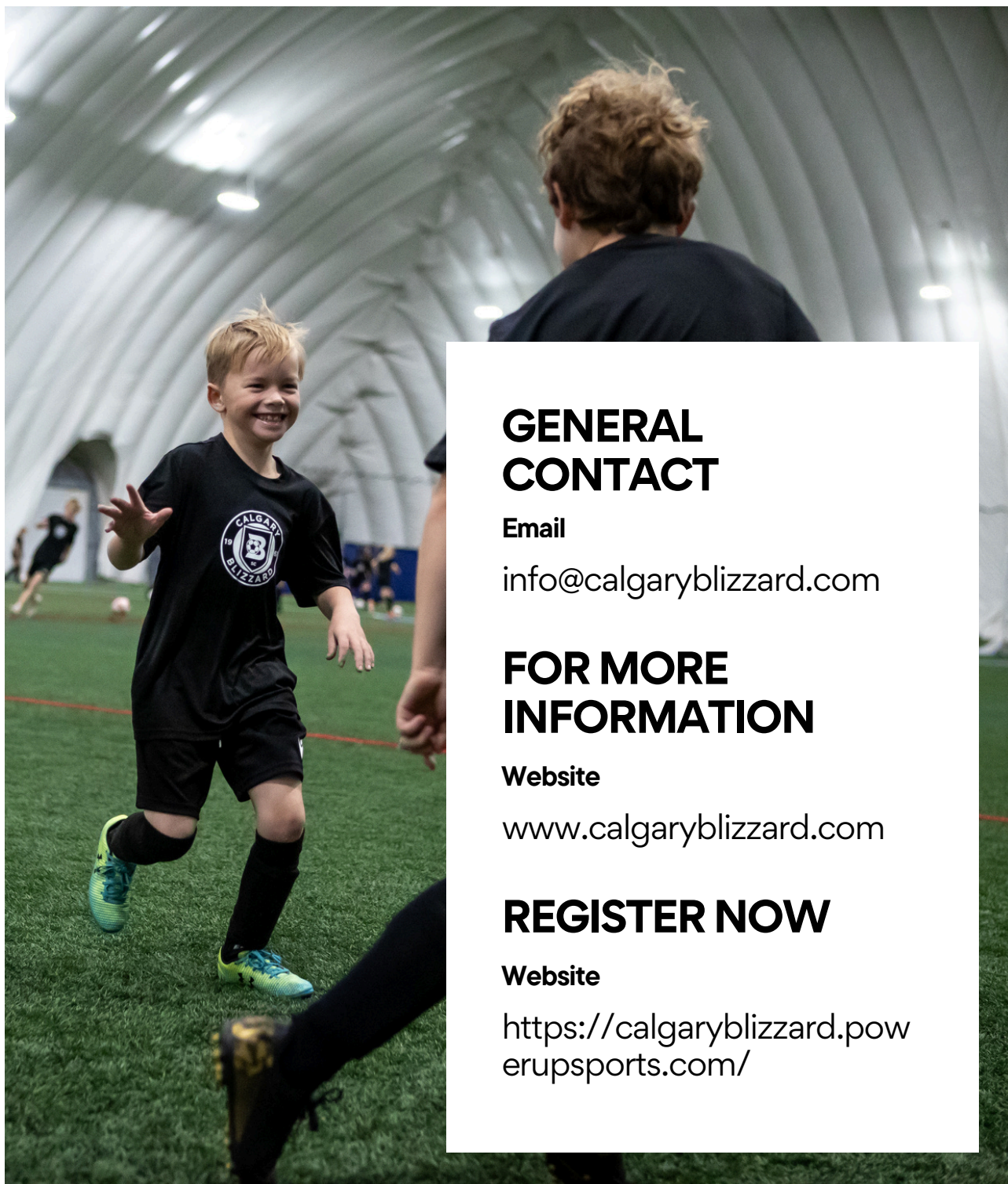
Erin Krill joined the team at the Sport Medicine Centre in the fall of 2021. Through her dietetic training, she has worked with a variety of athletes in sports such as cross country, basketball, rowing and track & field. Erin also worked alongside the women's varsity hockey team at St. Francis Xavier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



## 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.powereportsports.com/>



# 2026 OUTDOOR

## 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. Delivered by Blizzard certified staff coaches and junior coaches in a vibrant station style training environment.

#### **PROGRAM DETAILS:**

April 27 – June 22

Mondays

5:15pm – 6:00pm

8 x 45 Minute Sessions

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

**LOCATION:** Inland Athletic Park. 5563 112 Ave NW



\$125 REGISTRATION FEE

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# 2026 OUTDOOR

## 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. Delivered by Blizzard certified staff coaches and junior coaches in a vibrant station style training environment.

#### **PROGRAM DETAILS:**

April 27 – June 22

Mondays

5:00pm – 6:00pm

8 x 60 Minute Sessions

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

**LOCATION:** Inland Athletic Park. 5563 112 Ave NW



\$165 REGISTRATION FEE

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



# 2026 OUTDOOR

## 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. Delivered by Blizzard certified staff coaches and junior coaches in a vibrant station style training environment.

#### **PROGRAM DETAILS:**

April 27 – June 22

Mondays

6:00pm – 7:00pm

8 x 60 Minute Sessions

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

**LOCATION:** Inland Athletic Park. 5563 112 Ave NW



\$165 REGISTRATION FEE

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# 2026 OUTDOOR

## PROGRAM DETAILS

# U7 GIRLS

## 2019



### Program Dates:

April 21st – June 27th

10 weeks of Programming

### One Training Day per week:

- Wednesdays
- 5:00–6:00pm
- Session Location: Inland Athletic Park
- 1 x 60 min skill centre with Blizzard Roots Coaches
- Fall Program Add-on Aug. 17– Sept. 12:  
Extend your season with additional weekly training and In-House game days.

### CMSA Match Days:

- Saturdays beginning May 2nd
- 8 Game Days organized by CMSA
- CMSA Grassroots Rally June 27
- Time and location TBD by CMSA
- Games are played regionally in Dalhousie/Edgemont/Harvest Hills
- Full schedule details released on April 27

### Details:

- Training Top and full game kit (shorts, socks, shirt) included for all new players..
- All coaches are certified to meet CMSA and Canada Soccer Coaching Standards. .



**\$300 REGISTRATION FEE**

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# 2026 OUTDOOR U17 BOYS

## PROGRAM DETAILS

### 2019

**Program Dates:**  
**April 21st – June 27th**  
**10 weeks of Programming**

**One Training Day per week:**

- **Wednesdays**
- **5:00–6:00pm**
- **Session Location: Inland Athletic Park**
- **1 x 60 min skill centre with Blizzard Roots Coaches**
- **Fall Program Add-on Aug. 17– Sept. 12:**  
Extend your season with additional weekly training and In-House game days.

**CMSA Match Days:**

- Saturdays beginning May 2nd
- 8 Game Days organized by CMSA
- CMSA Grassroots Rally June 27
- Time and location TBD by CMSA
- Games are played regionally in Dalhousie/Edgemont/Harvest Hills
- Full schedule details released on April 27

**Details:**

- Training Top and full game kit (shorts, socks, shirt) included for all new players..
- All coaches are certified to meet CMSA and Canada Soccer Coaching Standards. .



**\$300 REGISTRATION FEE**

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# 2026 OUTDOOR U8 GIRLS

## PROGRAM DETAILS

## 2018

**Program Dates:**  
**April 21st – June 27th**  
**10 weeks of Programming**

**2 Training Days per week:**

- **Wednesdays and Thursdays**
- **6:00–7:15pm**
- **Session Location: Inland Athletic Park**
- 1 x 75 min practice with team coach
- 1 x 75 min skill centre with Blizzard Roots Coaches

- **Fall Program Add-on Aug. 17– Sept. 12:**  
Extend your season with additional weekly training and In-House game days.

**CMSA Match Days:**

- Saturdays beginning May 2nd
- 8 Game Days organized by CMSA
- CMSA Grassroots Rally June 27
- Time and location TBD by CMSA
- Games are played regionally in Dalhousie/Edgemont/Harvest Hills
- Full schedule details released on April 27

**Details:**

- Training Top and full game kit (shorts, socks, shirt) included for all new players..
- Players are rostered into teams for the season to create consistency in training and games.
- All coaches are certified to meet CMSA and Canada Soccer Coaching Standards. .



**\$325 REGISTRATION FEE**

**CALGARYBLIZZARD.COM**



# 2026 OUTDOOR

## PROGRAM DETAILS

# U8 BOYS

## 2018

### Program Dates:

**April 21st – June 27th**  
**10 weeks of Programming**

### 2 Training Days per week:

- **Tuesdays and Fridays**
  - **5:00–6:15pm**
  - **Session Location: Inland Athletic Park**
  - 1 x 75 min practice with team coach
  - 1 x 75 min skill centre with Blizzard Roots Coaches
- 
- **Fall Program Add-on Aug. 17– Sept. 12:**  
Extend your season with additional weekly training and In-House game days.

### CMSA Match Days:

- Saturdays beginning May 2nd
- 8 Game Days organized by CMSA
- CMSA Grassroots Rally June 27
- Time and location TBD by CMSA
- Games are played regionally in Dalhousie/Edgemont/Harvest Hills
- Full schedule details released on April 27

### Details:

- Training Top and full game kit (shorts, socks, shirt) included for all new players..
- Players are rostered into teams for the season to create consistency in training and games.
- All coaches are certified to meet CMSA and Canada Soccer Coaching Standards.



**\$325 REGISTRATION FEE**

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# 2026 OUTDOOR

## PROGRAM DETAILS



# US GIRLS 2017

**Program Dates:**  
**April 21st – June 27th**  
**10 weeks of Programming**

**2 Training Days per week:**

- **Wednesdays and Thursdays**
- **6:00–7:15pm**
- **Session Location: Inland Athletic Park**
- 1 x 75 min practice with team coach
- 1 x 75 min skill centre with Blizzard Roots Coaches
- **6 Optional Technical Training Sessions:**  
Designed for players who want additional ball touches and focused training with Blizzard Technical Coaches. Scheduled April–June.
- **Fall Program Add-on Aug. 17– Sept. 12:**  
Extend your season with additional weekly training and In-House game days.

**CMSA Match Days:**

- Saturdays beginning May 2nd
- 8 Game Days organized by CMSA
- CMSA Grassroots Rally June 27
- Time and location TBD by CMSA
- Games are played regionally in Dalhousie/Edgemont/Harvest Hills
- Full schedule details released on April 27

**Details:**

- Training Top and full game kit (shorts, socks, shirt) included for all new players..
- Players are rostered into teams for the season to create consistency in training and games.
- All coaches are certified to meet CMSA and Canada Soccer Coaching Standards.



**\$430 REGISTRATION + \$150 OPTIONAL TECH FEE**

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# 2026 OUTDOOR U9 BOYS

## PROGRAM DETAILS

### 2017

**Program Dates:**  
**April 21st – June 27th**  
**10 weeks of Programming**

**2 Training Days per week:**

- Tuesdays and Friday
- 6:15–7:30pm
- **Session Location: Inland Athletic Park**
- 1 x 75 min practice with team coach
- 1 x 75 min skill centre with Blizzard Roots Coaches
- **6 Optional Technical Training Sessions:**  
Designed for players who want additional ball touches and focused training with Blizzard Technical Coaches. Scheduled April–June.
- **Fall Program Add-on Aug. 17– Sept. 12:**  
Extend your season with additional weekly training and In-House game days.

**CMSA Match Days:**

- Saturdays beginning May 2nd
- 8 Game Days organized by CMSA
- CMSA Grassroots Rally June 27
- Time and location TBD by CMSA
- Games are played regionally in Dalhousie/Edgemont/Harvest Hills
- Full schedule details released on April 27

**Details:**

- Training Top and full game kit (shorts, socks, shirt) included for all new players..
- Players are rostered into teams for the season to create consistency in training and games.
- All coaches are certified to meet CMSA and Canada Soccer Coaching Standards.



**\$430 REGISTRATION + \$150 OPTIONAL TECH FEE**

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# 2026 OUTDOOR

## PROGRAM DETAILS

# U10

## 2016

### DEVELOPMENT PLUS

A development-focused environment for players looking to advance their skills in a competitive setting

#### Season Dates:

- 20 weeks of programming
- April 13 – July 30 Training Dates
- April 25 – July 26 CMSA League Games
- Aug. 17 – Sept. 11 Fall Tech Program

#### Training Details:

- 1 x 7 5min weekly practice with team coach
- 10 x 60 minute technical training sessions with Blizzard Technical Staff
- 8 x 60 minute skill sessions with Technical Staff

#### CMSA League Details:

- 14 CMSA Games
- 7v7 Game Format. 2x25 minute halves
- May play any day of the week
- Play games city wide
- Game location/day scheduled by CMSA available April 20

#### Kit Details:

- Full Training Kit (shorts, socks, shirt) included for all new players.
- Game jerseys provided for use during the season and must be returned after final game.

#### Practice Locations:

- Inland Athletic Park is main practice location
- NW Community Fields for team training

### DEVELOPMENT

An entry-level program for players new to organized soccer or families seeking a lighter time commitment

#### Season Dates:

- 15 weeks of programming
- April 20 – July 30 Training Dates
- April 25 – July 12 CMSA League Games
- Optional Fall Program Aug. 17 – Sept. 11

#### Training Details:

- 1 x 75 min weekly practice with team coach
- 3 x Skill Centres with Blizzard Staff Coaches
- There are no technical training sessions in the Dev Program. This is a recreational program.

#### CMSA League Details:

- 10 CMSA Games
- 7v7 Game Format. 2x25 minute halves
- May play any day of the week
- Play in regional (North/South) divisions
- Game location/day scheduled by CMSA available April 20

#### Kit Details:

- Full Training Kit (shorts, socks, shirt) included for all new players.
- Game jerseys provided for use during the season and must be returned after final game.

#### Practice Locations:

- Inland Athletic Park is main practice location
- NW Community Fields for team training

\$500 REG. FEE + \$360 TECH FEE



\$465 REG. FEE + \$75 TECH FEE

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# 2026 OUTDOOR

## PROGRAM DETAILS

# U11

## 2015

### DEVELOPMENT PLUS

A development-focused environment for players looking to advance their skills in a competitive setting

#### Season Dates:

- 20 weeks of programming
- April 13 – July 30 Training Dates
- April 25 – July 26 CMSA League Games
- Aug. 17 – Sept. 11 Fall Tech Program

#### Training Details:

- 1 x 75min weekly practice with team coach
- 16x60minute technical training sessions with Blizzard Technical Staff
- 8x60minute skill sessions with Technical Staff

#### CMSA League Details:

- 14 CMSA Games
- 7v7 Game Format. 2x25 minute halves
- May play any day of the week
- Play games city wide
- Game location/day scheduled by CMSA available April 20

#### Kit Details:

- Full Training Kit (shorts, socks, shirt) included for all new players.
- Game jerseys provided for use during the season and must be returned after final game.

#### Practice Locations:

- Inland Athletic Park is main practice location
- NW Community Fields for team training

### DEVELOPMENT

An entry-level program for players new to organized soccer or families seeking a lighter time commitment

#### Season Dates:

- 15 weeks of programming
- April 20 – July 30 Training Dates
- April 25 – July 12 CMSA League Games
- Optional Fall Program Aug. 17 – Sept. 11

#### Training Details:

- 1 x 75min weekly practice with team coach
- 3 x Skill Centres with Blizzard Staff Coaches
- There are no technical training sessions in the Dev Program. This is a recreational program.

#### CMSA League Details:

- 10 CMSA Games
- 7v7 Game Format. 2x25 minute halves
- May play any day of the week
- Play in regional (North/South) divisions
- Game location/day scheduled by CMSA available April 20

#### Kit Details:

- Full Training Kit (shorts, socks, shirt) included for all new players.
- Game jerseys provided for use during the season and must be returned after final game.

#### Practice Locations:

- Inland Athletic Park is main practice location
- NW Community Fields for team training

\$500 REG. FEE + \$560 TECH FEE



\$465 REG. FEE + \$75 TECH FEE

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# 2026 OUTDOOR

# U12

## PROGRAM DETAILS

# 2014

### TIER 1

\$535 REG. FEE + \$600 TECH FEE

#### Season Dates:

- April 13 – July 30 Training Dates
- April 25 – July 26 CMSA League
- July 31– August 17 Summer Break
- Aug.17 – Sept. 17 Fall Tech Program

#### Training Details:

- 1x75min weekly team training
- 16x75min Technical Training Sessions with Blizzard Technical Coaches
- 8x60minute Skill Sessions with Blizzard Technical Coaches

### TIER 2

\$535 REG. FEE + \$600 TECH FEE

#### Season Dates:

- April 13 – July 30 Training Dates
- April 25 – July 26 CMSA League
- July 31– August 17 Summer Break
- Aug.17 – Sept. 17 Fall Tech Program

#### Training Details:

- 1x75min weekly team training
- 16x75min Technical Training Sessions with Blizzard Technical Coaches
- 8x60minute Skill Sessions with Blizzard Technical Coaches

### TIER 3

\$535 REG. FEE + \$325 TECH FEE

#### Season Dates:

- April 13 – July 30 Training Dates
- April 25 – July 26 CMSA League
- August 17–September 11 Optional Fall Program

#### Training Details:

- 1x90min weekly team training
- 12x90min Technical Training Sessions with Blizzard Technical Coaches

### TIER 4

\$535 REG. FEE + OPTIONAL TECH

#### Season Dates:

- April 13 – July 30 Training Dates
- April 25 – July 12 CMSA League
- August 17–September 11 Optional Fall Program

#### Training Details:

- 1x90min weekly team training
- Optional Technical Training Sessions



#### UNIFORMS:

- Practice kit included for new players
- Game jerseys for season use
- Orange/Blue short and socks for purchase

#### PRACTICE LOCATIONS:

- Inland Athletic Park
- NW Community Fields

#### CMSA GAME DETAILS:

- 9v9 Format. 2x35 minute halves
- May play any day of the week
- Game location/day scheduled by CMSA available April 20

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# 2026 OUTDOOR



## PROGRAM DETAILS

2013

### TIER 1

\$590 REG. FEE + \$700 TECH + \$100 ORKA

#### Season Dates:

- April 13 – July 30 Training Dates
- April 25 – July 26 CMSA League
- July 31– August 17 Summer Break
- Aug.17 – Sept. 17 Fall Tech Program

#### Training Details:

- 1x75min weekly team training
- 16x90min Technical Training Sessions with Blizzard Technical Coaches
- 8x60min Skill Session with Technical Coaches
- 8 ORKA Strength & Conditioning

### TIER 2

\$590 REG. FEE + \$700 TECH + \$100 ORKA

#### Season Dates:

- April 13 – July 30 Training Dates
- April 25 – July 26 CMSA League
- July 31– August 17 Summer Break
- Aug.17 – Sept. 17 Fall Tech Program

#### Training Details:

- 1x75min weekly team training
- 16x90min Technical Training Sessions with Blizzard Technical Coaches
- 8x60min Skill Session with Technical Coaches
- 8 ORKA Strength & Conditioning

### TIER 3

\$590 REG. FEE + \$400 TECH

#### Season Dates:

- April 13 – July 30 Training Dates
- April 25 – July 26 CMSA League
- August 17–September 11 Optional Fall Program

#### Training Details:

- 1x75min weekly team training
- 12x90min Technical Training Sessions with Blizzard Technical Coaches

### TIER 4

\$590 REG. FEE + OPTIONAL TECH

#### Season Dates:

- April 13 – July 30 Training Dates
- April 25 – July 12 CMSA League
- August 17–September 11 Optional Fall Program

#### Training Details:

- 1x75min weekly team training
- Optional Technical Training Sessions



#### UNIFORMS:

- Practice kit included for new players
- Game jerseys for season use
- Orange/Blue short and socks for purchase

#### PRACTICE LOCATIONS:

- Inland Athletic Park
- NW Community Fields

#### CMSA GAME DETAILS:

- 9v9 Format. 2x40 minute halves
- May play any day of the week
- Game location/day scheduled by CMSA available April 20

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# 2026 OUTDOOR



# U14

## PROGRAM DETAILS

## 2012

### TIER 1

\$590 REG. FEE + \$700 TECH + \$200 ORKA

#### Season Dates:

- April 13 – July 30 Training Dates
- April 25 – July 26 CMSA League
- July 31– August 17 Summer Break
- Aug.17 – Sept. 17 Fall Tech Program

#### Training Details:

- 1x90min weekly team training
- 20x90min Technical Training Sessions with Blizzard Technical Coaches
- 4 Game model video sessions
- 16 ORKA Strength & Conditioning

### TIER 2

\$590 REG. FEE + \$700 TECH

#### Season Dates:

- April 13 – July 30 Training Dates
- April 25 – July 26 CMSA League
- July 31– August 17 Summer Break
- Aug.17 – Sept. 17 Fall Tech Program

#### Training Details:

- 1x90min weekly team training
- 20x90min Technical Training Sessions with Blizzard Technical Coaches
- 4 Game model video sessions
- Optional ORKA Strength & Conditioning

### TIER 3

\$590 REG. FEE + \$400 TECH

#### Season Dates:

- April 13 – July 30 Training Dates
- April 25 – July 26 CMSA League

#### Training Details:

- 1x90min weekly team training
- 12x90min Technical Training Sessions with Blizzard Technical Coaches

### TIER 4

\$590 REG. FEE + OPTIONAL TECH

#### Season Dates:

- April 13 – July 30 Training Dates
- April 25 – July 12 CMSA League

#### Training Details:

- 1x90min weekly team training
- Optional Technical Training Sessions



#### UNIFORMS:

- Practice kit included for new players
- Game jerseys for season use
- Orange/Blue short and socks for purchase

#### PRACTICE LOCATIONS:

- Inland Athletic Park
- NW Community Fields

#### CMSA GAME DETAILS:

- 11v11 Format. 2x45 minute halves
- May play any day of the week
- Game location/day scheduled by CMSA available April 20

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# 2026 OUTDOOR

# US

## PROGRAM DETAILS

## 2011

### TIER 1

\$590 REG. FEE + \$700 TECH + \$200 ORKA

#### Season Dates:

- April 13 – July 30 Training Dates
- April 25 – July 26 CMSA League
- July 31– August 17 Summer Break
- Aug.17 – Sept. 17 Fall Tech Program

#### Training Details:

- 1x90min weekly team training
- 20x90min Technical Training Sessions with Blizzard Technical Coaches
- 4 Game model video sessions
- 16 ORKA Strength & Conditioning

### TIER 2

\$590 REG. FEE + \$700 TECH

#### Season Dates:

- April 13 – July 30 Training Dates
- April 25 – July 26 CMSA League
- July 31– August 17 Summer Break
- Aug.17 – Sept. 17 Fall Tech Program

#### Training Details:

- 1x90min weekly team training
- 20x90min Technical Training Sessions with Blizzard Technical Coaches
- 4 Game model video sessions
- Optional ORKA Strength & Conditioning

### TIER 3

\$590 REG. FEE + \$400 TECH

#### Season Dates:

- April 13 – July 30 Training Dates
- April 25 – July 26 CMSA League

#### Training Details:

- 1x90min weekly team training
- 12x90min Technical Training Sessions with Blizzard Technical Coaches

### TIER 4

\$590 REG. FEE + OPTIONAL TECH

#### Season Dates:

- April 13 – July 30 Training Dates
- April 25 – July 12 CMSA League

#### Training Details:

- 1x90min weekly team training
- Optional Technical Training Sessions



#### UNIFORMS:

- Practice kit included for new players
- Game jerseys for season use
- Orange/Blue short and socks for purchase

#### PRACTICE LOCATIONS:

- Inland Athletic Park
- NW Community Fields

#### CMSA GAME DETAILS:

- 11v11 Format. 2x45 minute halves
- May play any day of the week
- Game location/day scheduled by CMSA available April 20

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# 2026 OUTDOOR

## PROGRAM DETAILS

# U16

## 2010

### TIER 1

\$590 REG. FEE + \$700 TECH + \$200 ORKA

#### Season Dates:

- April 13 – July 30 Training Dates
- April 25 – July 26 CMSA League
- July 31– August 17 Summer Break
- Aug.17 – Sept. 17 Fall Tech Program

#### Training Details:

- 1x90min weekly team training
- 20x90min Technical Training Sessions with Blizzard Technical Coaches
- 4 Game model video sessions
- 16 ORKA Strength & Conditioning

### TIER 2

\$590 REG. FEE + \$700 TECH

#### Season Dates:

- April 13 – July 30 Training Dates
- April 25 – July 26 CMSA League
- July 31– August 17 Summer Break
- Aug.17 – Sept. 17 Fall Tech Program

#### Training Details:

- 1x90min weekly team training
- 20x90min Technical Training Sessions with Blizzard Technical Coaches
- 4 Game model video sessions
- Optional ORKA Strength & Conditioning

### TIER 3

\$590 REG. FEE + \$400 TECH

#### Season Dates:

- April 13 – July 30 Training Dates
- April 25 – July 26 CMSA League

#### Training Details:

- 1x90min weekly team training
- 12x90min Technical Training Sessions with Blizzard Technical Coaches

### TIER 4

\$590 REG. FEE + OPTIONAL TECH

#### Season Dates:

- April 13 – July 30 Training Dates
- April 25 – July 12 CMSA League

#### Training Details:

- 1x90min weekly team training
- Optional Technical Training Sessions



#### UNIFORMS:

- Practice kit included for new players
- Game jerseys for season use
- Orange/Blue short and socks for purchase

#### PRACTICE LOCATIONS:

- Inland Athletic Park
- NW Community Fields

#### CMSA GAME DETAILS:

- 11v11 Format. 2x45 minute halves
- May play any day of the week
- Game location/day scheduled by CMSA available April 20

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# 2026 OUTDOOR



# U17

# 2009

## PROGRAM DETAILS

### TIER 1

\$590 REG. FEE + \$700 TECH + \$200 ORKA

#### Season Dates:

- April 13 – July 30 Training Dates
- April 25 – July 26 CMSA League
- July 31– August 17 Summer Break
- Aug.17 – Sept. 17 Fall Tech Program

#### Training Details:

- 1x90min weekly team training
- 20x90min Technical Training Sessions with Blizzard Technical Coaches
- 4 Game model video sessions
- 16 ORKA Strength & Conditioning

### TIER 2

\$590 REG. FEE + \$700 TECH

#### Season Dates:

- April 13 – July 30 Training Dates
- April 25 – July 26 CMSA League
- July 31– August 17 Summer Break
- Aug.17 – Sept. 17 Fall Tech Program

#### Training Details:

- 1x90min weekly team training
- 20x90min Technical Training Sessions with Blizzard Technical Coaches
- 4 Game model video sessions
- Optional ORKA Strength & Conditioning

### TIER 3

\$590 REG. FEE + \$400 TECH

#### Season Dates:

- April 13 – July 30 Training Dates
- April 25 – July 26 CMSA League

#### Training Details:

- 1x90min weekly team training
- 12x90min Technical Training Sessions with Blizzard Technical Coaches

### TIER 4

\$590 REG. FEE + OPTIONAL TECH

#### Season Dates:

- April 13 – July 30 Training Dates
- April 25 – July 12 CMSA League

#### Training Details:

- 1x90min weekly team training
- Optional Technical Training Sessions



#### UNIFORMS:

- Practice kit included for new players
- Game jerseys for season use
- Orange/Blue short and socks for purchase

#### PRACTICE LOCATIONS:

- Inland Athletic Park
- NW Community Fields

#### CMSA GAME DETAILS:

- 11v11 Format. 2x45 minute halves
- May play any day of the week
- Game location/day scheduled by CMSA available April 20

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# 2026 OUTDOOR

## PROGRAM DETAILS

# U19

## 2007 / 08

### TIER 1-4

\$590 REG. FEE + OPTIONAL ORKA AND TECH FEE

#### **Season Dates:**

- April 13 - July 30 Training Dates
- April 25 - July 27 CMSA League Dates

#### **Training Details Tiers 1-4**

- 1 weekly practice with Team Coach
- Optional Technical Training available (12 sessions \$400)
- Optional ORKA session available (16 sessions \$200)

#### **Game Details:**

- 14 League Games scheduled by CMSA
- 11v11 Format. 2x45 minute halves

**Please Note this program will only run if there are a sufficient number of registrations to field a team.**



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