



OUTDOOR 2023

PROGRAM HANDBOOK



NATIONAL YOUTH CLUB LICENCE HOLDER

www.scottishunited.com

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KEY CONTACTS

OUR BOARD OF DIRECTORS

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Vice-President

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Treasurer

Ashish Khulbe

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OUR ADMINISTRATIVE & TECHNICAL STAFF

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Administrator of Member Services

Christine Martin

Registrar / Finance

Nella Papaiani

Technical Director, Girls

Janine Helland

Technical Director, Boys

Paul Hamilton

Foundation Phase Director

Cody Crummer

Director of Skill Development

Billy Sloan

Director of Goalkeeping

Steven Parsonage



REGISTRATION

OPEN HOUSE, PLACEMENT SESSIONS & PLAYER EVALUATIONS

These sessions introduce new families to our club (Grassroots Program), assist with placing players in appropriate cohorts (Developmental Program) and allow athletes to be evaluated for selection (Competitive Program and PDP). Registration is required.

To register, and to review the schedule, please visit our [website](#).

Please note fees associated with these sessions are used to fund our Sport Support Program, an initiative designed to provide financial assistance to eligible families.

PROGRAM REGISTRATION

Registration for Outdoor 2023 Programs is a two-step process. All families are required to have a **PLAYMETRICS** account. PlayMetrics is our club's sports management software.

Additionally, families will need to register through the **EMSA Soccer Portal**.

Without this step being completed, your child will not be eligible to play games and does not have insurance. When registering via the Portal, please ensure you are in EMSA Scottish United SC.

For detailed EMSA Portal Registration instructions, please consult our **Step-by-Step Guidebook**.

REGISTRATION FEES

Please review the Fee Schedule for each age group / program outlined within this Handbook.

NEW! Fees include Training Kit (Top, Shorts and Socks) **each Indoor Season**, with new players receiving a Training Kit in the season where they join the club.

Additionally, please review the following important information:

- **Club Volunteer Requirement**
- **Club Refund Policy**
- **Club Financial Assistance Policy**





The **Canada Soccer National Youth Club Licence (NYCL)** recognizes the highest achieving organizations from across Canada and rewards them with the Canada Soccer Approved Youth Soccer Club endorsement and associated **MLS Home Grown Player** benefits.

Organizations achieving this licence display characteristics and demonstrate behaviours aligned with the highest expectations of governance, administration, infrastructure, and technical, support their Member

Association and Canada Soccer Pathways and participate in the highest level of competition in Canada - the **Canada Soccer Player Development Program**.

NYCL PRIMARY GOALS

- Set clearly defined standards and expectations for member organizations;
- Recognize excellence in the soccer community;
- Raise the level of all soccer organizations throughout Canada; and,
- Drive change in the soccer system.

The principles of the Licensing Program are grounded in the values being established for the Canadian soccer community to guide the behaviour of all organizations and can be utilized to inform choices, establish impacts, and drive outcomes.

PROGRAM PRINCIPLES

- Prioritize Fun
- Emphasize Physical, Mental, and Emotional Safety
- Provide Developmentally-Appropriate, High Quality Programs
- Maximize Attraction, Holistic Personal Development, Progression, and Long-Term Engagement
- Focus on Participant-Centred Decision Making
- Foster Accessible, Inclusive, and Welcome Environments
- Act as a Good Corporate and Community Citizens



GRASSROOTS PROGRAM

UNDER 4 (born 2019) | **UNDER 5** (born 2018)

Co-Ed / Mixed | Season Runs April 10 - June 28, 2023

Edmonton Scottish United SC employs a Canada Soccer and FIFA endorsed training model. Our Grassroots Program is balanced to allow players of all ability levels work with, and be challenged by, peers at similar developmental stages. Through fun activities which afford opportunities for creativity and self-expression, players learn about the game while improving their confidence with the ball.

U4 PROGRAM DETAILS

- Train Monday, 1x Weekly
 - ✓ April 10, 17, 24
 - ✓ May 1, 8, 15, *24, 29
 - ✓ June 5, 12, 19, 26
- Time: 5 - 5:45 PM
- Location: Edmonton Soccer Dome
- Festival: Saturday, June 24
- **Program Fee: \$185.00** (Instalment Plan Available)
- Fee includes Top, Shorts & Socks

** in lieu of Victoria Day*

U5 PROGRAM DETAILS

- Train Wednesday, 1x Weekly
 - ✓ April 12, 19, 26
 - ✓ May 3, 10, 17, 24, 31
 - ✓ June 7, 14, 21, 28
- Time: 5 - 5:45 PM
- Location: Edmonton Soccer Dome
- Festival: Saturday, June 24
- **Program Fee: \$185.00** (Instalment Plan Available)
- Fee includes Top, Shorts & Socks

Questions? Please contact **Cody Crummer**, Foundation Phase Director





GRASSROOTS PROGRAM

UNDER 6 (born 2017) | **UNDER 7** (born 2016)

Boys & Girls | Season Runs April 10 - June 28, 2023

Our Under 6 & 7 Program ensures players are organized in age-and-stage appropriate groups, giving them an improved opportunity to grow in their love of the game. Our club looks to accept all interested players based on resources, and is seeking to engage parents in coaching with the goal of developing future club leaders.

U6 & U7 PROGRAM DETAILS

- Train Monday & Wednesday, 2x Weekly
 - ✓ April 10, 12, 17, 19, 24, 26,
 - ✓ May 1, 3, 8, 10, 15, 17, 24, 29, 31,
 - ✓ June 5, 7, 12, 14, 19, 21, 26, 28
- **Program Fee: \$390.00** (Instalment Plan Available)
- Time: 5 - 5:55 PM
- Training Location: Edmonton Soccer Dome
- Festivals: May 13, May 27, June 10, June 24 (across Greater Edmonton)
- Fee includes Top, Shorts & Socks

** in lieu of Victoria Day*

**Looking to Train
1x Weekly?**

**U6 Mondays OR Wednesdays
U7 Mondays OR Wednesdays**

**Please contact us
for more information.**

Questions? Please contact **Cody Crummer**, Foundation Phase Director



DEVELOPMENTAL PROGRAM

UNDER 8 (born 2015) | BOYS & GIRLS

PROGRAM DETAILS

- Season Runs April 10 - June 30, 2023
- Pre-Season Training: Twice Weekly (April 10 - May 1)
- In-Season Training: Once Weekly
- Training Location: Edmonton Scottish Society / Edmonton Soccer Dome
- **EMSA Under 8 League**
 - ✓ League Play Starts ~May 1
 - ✓ Teams Play Twice Weekly
 - ▶ Group A: Mondays & Wednesdays
 - ▶ Group B: Tuesdays & Thursdays
 - ▶ Group C: Mondays & Thursdays
 - ✓ Format: 7 v 7
 - ✓ Duration of Games: 2 x 30 Minutes
 - ✓ Match Locations: around Greater Edmonton
- **Program Fee: \$695.00** (Instalment Plan Available)
 - Fee includes Training Top, Shorts & Socks (New Players / Returning Players receive Kit each Indoor Season)
 - **NEW!** Players identified by the Technical Staff may be invited to the **Accelerated Development Program**.

Questions? Please contact **Cody Crummer**,
Foundation Phase Director

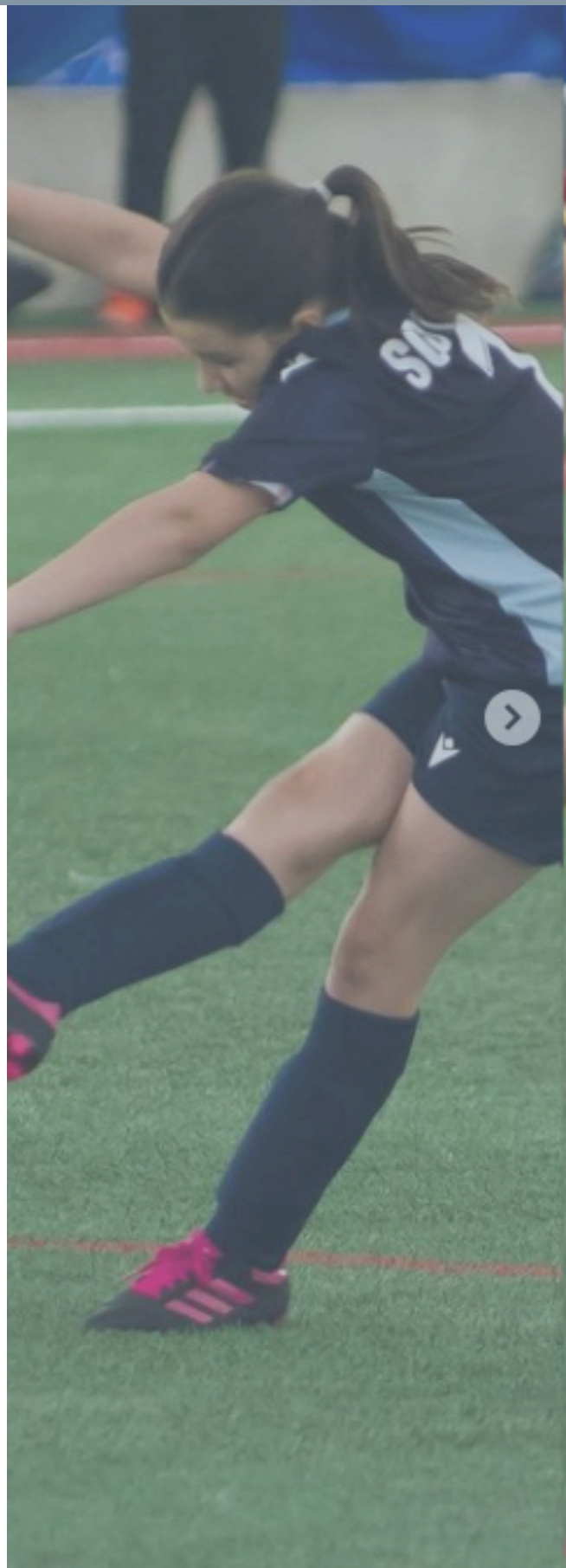
DEVELOPMENTAL PROGRAM

UNDER 9 (born 2014) | BOYS & GIRLS

PROGRAM DETAILS

- Season Runs April 10 - June 30, 2023
- Pre-Season Training: Twice Weekly (April 10 - May 1)
- In-Season Training: Once Weekly
- Training Location: Edmonton Scottish Society / Edmonton Soccer Dome
- **EMSA Under 9 League**
 - ✓ League Play Starts ~May 1
 - ✓ Teams Play Twice Weekly
 - ▶ Group A: Mondays & Wednesdays
 - ▶ Group B: Tuesdays & Thursdays
 - ▶ Group C: Mondays & Thursdays
 - ✓ Game Format: 7 v 7
 - ✓ Duration of Games: 2 x 30 Minutes
 - ✓ Match Locations: around Greater Edmonton
- **Program Fee: \$695.00** (Instalment Plan Available)
- Fee includes Training Top, Shorts & Socks (New Players / Returning Players receive Kit each Indoor Season)
- **NEW!** Players identified by the Technical Staff may be invited to the **Accelerated Development Program**.

Questions? Please contact **Cody Crummer**,
Foundation Phase Director



DEVELOPMENTAL PROGRAM

UNDER 10 (born 2013) | BOYS & GIRLS

PROGRAM DETAILS

- Season Runs April 10 - July 30, 2023
- Pre-Season Training: 2 - 3x Weekly (April 10 - April 30)
- In-Season Training: Twice Weekly
- Training Location: Edmonton Scottish Society / Edmonton Soccer Dome
- **EMSA League Under 10**
 - ✓ League Play Starts ~May 1
 - ✓ Teams Play Once Weekly
 - ▶ Tier 1: Tuesdays (Main) & Thursdays (Secondary)
 - ▶ Tier 2: Wednesdays (Main) & Mondays (Secondary)
 - ▶ Tier 3: Mondays (Main) & Wednesdays (Secondary)
 - ✓ Game Format: 8 v 8
 - ✓ Duration of Games: 2 x 35 Minutes
 - ✓ Match Locations: Greater Edmonton
- **Program Fee: \$745.00** (Instalment Plan Available)
 - ✓ Fee includes Training Top, Shorts & Socks (New Players / Returning Players receive Kit each Indoor Season)
 - ✓ **NEW!** Top Tiered Teams will be required to participate in our **Accelerated Development Program** (click link for details)

Questions? Please contact **Cody Crummer**,
Foundation Phase Director



COMPETITIVE PROGRAM UNDER 11 (born 2012)

PROGRAM DETAILS

- Season Runs April 10 - July 30, 2023
 - Post-Season Competition dependent on league standings
- Pre-Season Training: 2 - 3x Weekly (April 10 - April 30)
- In-Season Training: 2x Weekly
- Training Location: Edmonton Scottish Society / Edmonton Soccer Dome / South Edmonton
- **EMSA Under 11 League**
 - ✓ League Play Starts ~May 1
 - ✓ Teams Play Once Weekly
 - ▶ Tier 1: Tuesdays (Main) & Thursdays (Secondary)
 - ▶ Tier 2: Wednesdays (Main) & Mondays (Secondary)
 - ▶ Tier 3: Mondays (Main) & Wednesdays (Secondary)
 - ✓ Game Format: 8 v 8 | Duration of Games: 2 x 35 Minutes
 - ✓ Match Locations: around Greater Edmonton
- **Program Fee: \$755.00** (Instalment Plan Available) + **\$50.00** Knee-Fit Fee (click link for details)
 - ✓ Fee includes Training Top, Shorts & Socks (New Players / Returning Players receive Kit each Indoor Season)
 - ✓ **NEW!** Top Tiered Teams will be required to participate in our **Accelerated Development Program** (click link for details)

Questions? Please contact **Janine Helland** (Girls Technical Director) or
Paul Hamilton (Boys Technical Director).

COMPETITIVE PROGRAM UNDER 13

(born 2010 - 2011)



PROGRAM DETAILS

- Season Runs April 10 - July 30, 2023
 - Post-Season Competition dependent on league standings
- Pre-Season Training: 2 - 3x Weekly (April 10 - April 30)
- In-Season Training: 2x Weekly (*unless enrolled in Accelerated Development Program*)
- Training Location: Edmonton Scottish Society / Edmonton Soccer Dome / South Edmonton
- **EMSA Under 13 League**
 - ✓ League Play Starts ~May 1
 - ✓ Teams Play Once Weekly
 - Tier 1: Thursdays (Main) & Tuesdays (Secondary)
 - Tier 2: Mondays (Main) & Thursdays (Secondary)
 - Tier 3: Tuesdays (Main) & Sundays (Secondary)
 - ✓ Game Format: 11 v 11 | Duration of Games: 2 x 40 Minutes
 - ✓ Match Locations: around Greater Edmonton
- **Program Fee: \$825.00** (Instalment Plan Available)
 - ✓ Fee includes Training Top, Shorts & Socks (New Players / Returning Players receive Kit each Indoor Season)
 - ✓ ALL 2011 -born Players will be involved in the Knee-Fit Program (\$50.00 Fee per Player - click [HERE](#) for details)
 - ✓ **NEW!** Top Tiered Teams will be required to participate in our **Accelerated Development Program** (click link for details)
 - ✓ Top-Tiered 2010-Born Teams will be required to participate in our **Sports Science Program** (click link for details)

Questions? Please contact **Janine Helland** (Girls Technical Director) or
Paul Hamilton (Boys Technical Director).



COMPETITIVE PROGRAM UNDER 15 (born 2008 - 2009)

PROGRAM DETAILS

- Season Runs April 10 - July 30, 2023
 - Post-Season Competition dependent on league standings
- Pre-Season Training: 2 - 3x Weekly (April 10 - April 30)
- In-Season Training: 2x Weekly
- Training Locations: Edmonton Scottish Society / Edmonton Soccer Dome / South Edmonton
- **EMSA Under 15 League**
 - ✓ League Play Starts ~May 1
 - ✓ Teams Play Once Weekly
 - ▶ Tier 1: Tuesdays (Main) & Thursdays (Secondary)
 - ▶ Tier 2: Wednesdays (Main) & Mondays (Secondary)
 - ▶ Tier 3: Mondays (Main) & Thursdays (Secondary)
 - ✓ Game Format: 11 v 11 | Duration of Games: 2 x 45 Minutes
 - ✓ Match Locations: around Greater Edmonton
- **Program Fee: \$850.00** (Instalment Plan Available)
 - ✓ Fee includes Training Top, Shorts & Socks (New Players / Returning Players receive Kit each Indoor Season)
 - ✓ Top-Tiered 2009-Born Teams will be required to participate in our [Accelerated Development Program](#) (click link for details)
 - ✓ Top-Tiered 2009 and 2008-Born Teams will be required to participate in our [Sports Science Program](#) (click link for details)

Questions? Please contact [Janine Helland](#) (Girls Technical Director) or
[Paul Hamilton](#) (Boys Technical Director).

COMPETITIVE PROGRAM UNDER 17

(born 2006 - 2007)



PROGRAM DETAILS

- Season Runs April 10 - July 30, 2023
 - Post-Season Competition dependent on league standings
- Pre-Season Training: 2 - 3x Weekly (April 10 - April 30)
- In-Season Training: 2x Weekly
- Training Location: Edmonton Scottish Society / Edmonton Soccer Dome / South Edmonton
- **EMSA Under 17 League**
 - ✓ League Play Starts ~May 1
 - ✓ Teams Play Once Weekly
 - ▶ Tier 1: Mondays (Main) & Thursdays (Secondary)
 - ▶ Tier 2: Thursdays (Main) & Mondays (Secondary)
 - ▶ Tier 3: Wednesdays (Main) & Sundays (Secondary)
 - ✓ Game Format: 11 v 11 | Duration of Games: 2 x 45 Minutes
 - ✓ Match Locations: around Greater Edmonton
- **Program Fee: \$850.00** (Instalment Plan Available)
 - ✓ Fee includes Training Top, Shorts & Socks (New Players / Returning Players receive Kit each Indoor Season)
 - ✓ Tier 1 Teams will be required to participate in our **Sports Science Program** (click link for details)

Questions? Please contact **Janine Helland** (Girls Technical Director) or
Paul Hamilton (Boys Technical Director).



PLAYER DEVELOPMENT PROGRAM | UNDER 14 - 17

(born 2009, 2008, 2007 & 2006)

PROGRAM DETAILS

- The PDP follows a periodized plan with scheduled breaks throughout the season
- Pre-Season Training: 3 - 4x Weekly (April 10 - April 30)
- In-Season Training: 3x Weekly + Sports Science
- Training Location: Edmonton Scottish Society / Edmonton Soccer Dome
- **Alberta Youth Soccer League** (details on following page)
 - ✓ League Play Starts May 2023
 - ✓ Teams Play Once Weekly (on average)
 - ✓ Provincial and AYSL Cup Competitions included within the season
 - ✓ Game Format: 11 v 11 | Duration of Games: 2 x 40 or 45 Minutes (depending on age group)
 - ✓ Match Locations: Greater Edmonton & Calgary
- **Program Fee: \$1,495.00** (Instalment Plan Available)
 - ✓ Initial Payment (at time of Registration): \$500.00
 - ✓ Instalment Payments (May 1, 2023 through September 1, 2023): \$199.00 each
 - ✓ Sport Science costs included in registration fee
 - Teams to have S&C weekly throughout season
 - ✓ U14 Players to receive Full Training Kit, Tracksuit & Backpack (intake year)
 - ✓ U15+ Players to receive Training Top, Shorts & Socks

Questions? Please contact **Janine Helland** (Girls Technical Director) or
Paul Hamilton (Boys Technical Director).



The **Alberta Youth Soccer League** (AYSL) is a partnership between Alberta Soccer, four District Members and eight Canada Soccer National Youth Club License holders that are striving to achieve and support this league's vision:

To create a competitive development environment which provides opportunities for all participants at the highest level of amateur youth soccer in Alberta and Canada .

AYSL PARTNERSHIP

In order to provide the competitive development environment necessary for players to achieve their peak performance it will take the 8 NYCL clubs, 4 local District Members and Alberta Soccer to continue to exceed the standards that have been set out by Canada Soccer.

Working together, districts and clubs will provide a periodized schedule across the entire calendar year that will develop players technically, physically, psychologically, and socially. The schedule will be set-up to provide the proper amount of competition, training, and rest with specific focus on maximizing our ability to use indoor and outdoor facilities that create a true soccer environment.

PARTNER DISTRICTS

- Edmonton Minor Soccer Association
- Calgary Minor Soccer Association
- Sherwood Park District Soccer Association
- St. Albert Soccer Association

NYCL HOLDERS

- Calgary Eastside Memorial Football Club
- Calgary Foothills Soccer Club
- Calgary Southwest United Soccer Club
- Calgary Villains Soccer Club
- Calgary West Soccer Club
- Edmonton Scottish United Soccer Club
- Sherwood Park Phoenix
- St. Albert Impact Football Club

ACCELERATED DEVELOPMENT PROGRAM | UNDER 8 - 14



The vision of the **Accelerated Development Program** (ADP) is to develop, motivate and prepare young players to challenge for selection into our Player Development Program (PDP). Sessions will be scheduled to compliment the team's regular training, match play and tournament participation.

At the following age groups, the highest tiered team will be required to participate in the ADP:

- U8 (2015) Boys & Girls
- U9 (2014) Boys & Girls
- U10 (2013) Boys & Girls
- U11 (2012) Boys & Girls
- U13 (2011) Boys & Girls
- U13 (2010) Boys & Girls
- U15 (2009) Boys & Girls

Program Goals | Players in ADP will seek to be:

- Technically excellent;
- Tactically aware, with a strong understanding of the Principles of Play;
- Insightful, intelligent and creative;
- Physically literate and ready to work;
- Mentally strong, confident and eager to learn;
- Respectful, responsible and a believer in fair play;
- Contributors to Scottish United Soccer Club, and embrace social awareness.

Key Deliverables

- Between April 17 - July 30, 12 x 75 minute training sessions led by ESUSC Club Technicians, with a focus on Individual Skill Improvement, building Tactical Awareness and increasing Physical Literacy;
- U11+ teams, one formal match evaluation, including video analysis.

Program Fee: \$225.00 per Player (U8 - 10) | \$255.00 per Player (U11 - 15)



SPORT SCIENCE PROGRAM

As a Canada Soccer National Youth Club Licence Holder, Edmonton Scottish United SC is committed to providing a Sports Science Program designed to improve performance, reduce injury and create increased awareness of the importance of preparation, recovery, rest and nutrition.

KNEEFIT INJURY PREVENTION PROGRAM (U11-U12)

KneeFit is an evidence based injury prevention program which studies show reduces non-contact ACL injuries up to 90% and overall team injury rates by 30-40%.

Program Details:

- KneeFit Team Presentations (90 minutes): Designed to teach Team Players, Coaches and parents the importance of ACL injury prevention.
- Each player is tested with video analysis to determine their individual risk of injury.
- Coaches and Team Players are instructed in the KNEEFIT team warm up. In addition, a home exercise program is given to "high risk" athletes to help supplement the team program.

Program Fee: \$50.00 per Player

INTRODUCTORY STRENGTH & CONDITIONING (U13-U15)

Introductory Strength & Conditioning Phase Focus:

- Foundational Movement Skill Review of athletes in each team to ensure readiness for S&C.
- Coached Sport Science Sessions to safely improve athletes strength, power and muscular endurance to support their performance and health goals
- Bilateral and Unilateral exercises such as squats, hip hinges, split squats, resisted sprints, single leg squats and core/hip exercises are challenged with increased amounts of weight and/or speed.
- Strength and Conditioning Principles are taught to athletes, including intensity, work to rest ratios and more so that they are able to continue to supplement their team training sessions with work on their own in the gym.

Program Details:

- 16 Weeks, 1 x 60 Minutes Weekly coordinated with Team Training Schedule

Program Fee: \$185.00 per Player

ADVANCED STRENGTH & CONDITIONING (U15-U17)

Advanced Strength & Conditioning Phase Focus:

- Review of strength training exercises from previous phase and teaching as required
- Teaching and Progression of Powerful Lifts such as olympics lifts, weighted jumps and weighted sled sprints as appropriate
- Resistance Training progressions to maximize strength in key muscle groups
- Speed Training to apply strength and power progressions realized in the gym

Program Fee: \$185.00 per Player

GOALKEEPER DEVELOPMENT

ESUSC offers all goalkeepers (U9 - 17) unique programming designed to improve key competencies of this specialized position.

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DEFENDING THE GOAL

- Shot Stopping from Inside the Box
- Shot Stopping from Outside the Box
- Through Balls Inside the Box
- Cutbacks
- Free Kicks
- Secure, Deflect or Tip

DEFENDING THE AREA

- Through Balls Inside the Area
- Secure or Block or Away

TEAM IN POSSESSION

- Distribution
- First Touch
- Communication
- Game Management

DEFENDING THE BOX

- High Balls from Wide & Deep
- Corners
- Free Kicks
- Deflect or Secure

DEFENDING THE SPACE

- Through Balls Outside the Box
- Sweeper-Keeper
- Stay or Come
- "Keeper" or "Away"

TEAM OUT OF POSSESSION

- Ball Support
- Communication
- Organization
- Sweeper-Keeper

- This program is **FREE** to all ESUSC Goalkeepers
- U11+ goalkeepers will also receive custom-fitted Goalkeeper Gloves
- Summer Goalkeeper Development Camps - [Details HERE](#)

Questions? Please contact [Steven Parsonage](#), Director of Goalkeeper Development

CALEDONIA SCHOOL OF SOCCER



FRIDAY NIGHT TECHNICAL TRAINING

- Between April 17 - July 30, 16 x 75 minute training sessions led by ESUSC Club Technicians, with a focus on Individual Skill Improvement, building Tactical Awareness and increasing Physical Literacy.
- Training Location: Edmonton Scottish Society / Edmonton Soccer Dome
 - ✓ Group 1 (2013 - 2012): Fridays, 6 - 7:15 PM
 - ✓ Group 2 (2011 - 2009): Fridays, 7:15 - 8:30 PM

Program Fee: \$225.00 per Player

PRIVATE TECHNICAL TRAINING

- Led by ESUSC Club Technicians Conor MacDonald and Sebastian Cabrera, 1 on 1 sessions will be designed to create more dynamic, creative and confident players through increased mastery of the technical aspects of our sport.
- Training Location: Edmonton Scottish Society / Edmonton Soccer Dome
 - ✓ Sessions will be booked on an individual basis through the coaches

Session Fee (each): \$65.00

SMALL GROUP TECHNICAL TRAINING

- Led by ESUSC Club Technicians Conor MacDonald and Sebastian Cabrera, small group sessions will be offered to help players improve in areas such as combination play, small group attacking & defending, flank play
- Training Location: Edmonton Scottish Society / Edmonton Soccer Dome
 - ✓ Sessions will be scheduled throughout the summer, minimum 3 players per session, maximum 6 players per session

Session Fee (each): \$45.00

Questions? Please contact [Billy Sloan](#), Director of Skill Development

OUTDOOR 2023 SUMMER CAMPS



OUTDOOR 2023 SUMMER CAMPS

We are excited to announce the launch of our Alberta Soccer Association Three-Star Endorsed 2023 Summer Camps, which are designed to ensure that each of our participants will develop their soccer skills in an engaging, entertaining and enjoyable atmosphere. **Come Develop in the Dome!**

From introducing young children to the joys of playing the game, to refining the skills of teenage campers, our professional staff has developed a range of activities that will challenge, motivate and inspire each of our young athletes. Players will work on physical literacy, ball mastery, individual and small group attacking / defending, goalkeeping and enjoy friendly competition in small sided games.

Camp Details for 7 - 13 Year Olds

8:30 - 9 AM: Early-Drop Off
9 AM - 9:15 AM: Physical Literacy Warm-Up
9:20 - 11:30 AM: Station Work
11:30 - 12:30 PM: Lunch
12:35 - 2:30 PM: Small-Sided Games and Creative Play
2:30 - 3:00 PM: Late Pick-Up upon Request

Camp Fee: \$255.00 per Player

- ✓ Register before April 1, 2023 and receive an Early Bird Discount of \$25.00!
- ✓ Multi-Player Discount of \$25.00 for second player, \$50.00 for 3 or more players

2023 Summer Camp Dates

Camp 1: July 10 - 14

Camp 2: July 17 - 21

Camp 3: August 14 - 18



REGISTER NOW!

Questions? Please contact **Cody Crummer**, Foundation Phase Director

OUTDOOR 2023 SUMMER CAMPS

(CONTINUED)



OUTDOOR 2023 GOALKEEPER DEVELOPMENT CAMPS

Edmonton Scottish United SC is excited to offer two Goalkeeper Development Camps for Outdoor 2023. Designed and supervised by our **Director of Goalkeeper Development, Steve Parsonage**, players will work on positioning (set and moving), technique (hands), correct collection of the ball, working with the net to close angles, diving, box command, 1 v 1 situations, dealing with crosses and distribution with hands and feet.

- **Camp 1: July 17 - 21 (Recreational, Tier 2 & Tier 3)**

- ✓ Group 1, Under 9 - 12 (Birth Years 2014- 2011), 10 AM - 12 PM
- ✓ Group 2, Under 13 - 17 (Birth Years 2010 - 2006), 1 PM - 3 PM

Camp Fee: \$175.00 per Player

- **Camp 2: July 24 - 28 (High Performance, Tier 1)**

- ✓ Under 11 - 13
 - ▶ GK Specific Training: 9 AM - 11:30 AM
 - ▶ Game Play & Situational Drills / Finishing / Crossing: 12:30 PM - 3 PM
- ✓ Under 14 - 17
 - ▶ Game Play & Situational Drills / Finishing / Crossing: 9 AM - 11:30 AM
 - ▶ GK Specific Training: 12:30 PM - 3 PM

Camp Fee: \$295.00 per Player



REGISTER NOW!

OUTDOOR 2023 HIGH PERFORMANCE DEVELOPMENT CAMPS

An exciting new program offering, our invitational High Performance Development Camp is designed for players who aspire to challenge for future selection into our Player Development Program. Coached by ESUSC Full-Time Staff, and overseen by Cody Crummer, Foundation Phase Director, *additional details will be distributed to identified athletes.*

- **HP Camp: July 24 - 28**

- ✓ 8:30 - 3 PM
- ✓ **Camp Fee: \$295.00 per Player**

Questions? Please contact **Cody Crummer**, Foundation Phase Director