



OUTDOOR 2024 COMPETITIVE PROGRAM

UNDER 12 - 17 | BIRTH YEARS 2012 | 2011 | 2010 | 2009 | 2008 | 2007



#GOTARTANS
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COMPETITIVE PROGRAM

Our Competitive Program (Birth Years 2012, 2011, 2010, 2009, 2008 and 2007) is ability-based and organized into Tiers 1, 2 and 3. This program competes in the Edmonton Minor Soccer Association league.

Teams competing in this program may be eligible for district, provincial and national championships. At the Under 12 - 13 level, players are also preparing for potential selection into the Player Development Program at Under 14 - the PDP competes in the Alberta Player Development League.

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UNDER 12 - BIRTH YEAR 2012

Training Summary

Pre-Season Training

- Location: Edmonton Soccer Dome & Outdoor Turf Facilities
- 2 - 3x weekly (April 8-30th)

In-Season Training

- 2x weekly Tier 2 & 3
- 3x weekly Tier 1
- Training Locations: South Edmonton

League Play Summary

- Match Locations: Greater Edmonton
- EMSA League Season
 - Game Format: 9v9
 - May 1 - July 31, 2024
 - League Games start week of May 1, 2024
 - Teams play 1x weekly
 - Tier 1: Thursday (primary) / Tuesday (secondary)
 - Tier 2: Monday (primary) / Thursday (secondary)
 - Tier 3: Tuesday (primary) / Sunday (secondary)
- Post-Season
 - Teams may qualify for Post-Season Competition

NOTE: No Training or Games on May Long Weekend or Canada Day Long Weekend unless your child(ren)'s teams have committed to Tournament Play.

Program Fee

- Tier 1: \$995.00
 - Fee includes 1x weekly training with Club Technical Staff and 10 Strength & Conditioning Sessions (includes 2x Fitness Testing)
- Tier 2 & 3: \$795.00
 - Fee includes bi-weekly training with Club Technical Staff

Questions? Please contact **Janine Helland**, Technical Director Girls' Program (jhelland@scottishunited.com) or **Paul Hamilton**, Technical Director Boys' Program (phamilton@scottishunited.com)

UNDER 13 - BIRTH YEAR 2011

Training Summary

Pre-Season Training

- Location: Edmonton Soccer Dome & Outdoor Turf Facilities
- 2 - 3x weekly (April 8-30th)

In-Season Training

- 2x weekly Tier 2 & 3
- 3x weekly Tier 1
- Training Locations: South Edmonton

League Play Summary

- Match Locations: Greater Edmonton
- EMSA League Season
 - Game Format: 11v11
 - May 1 - July 31, 2024
 - League Games start week of May 1, 2024
 - Teams play 1x weekly
 - Tier 1: Thursday (primary) / Tuesday (secondary)
 - Tier 2: Monday (primary) / Thursday (secondary)
 - Tier 3: Tuesday (primary) / Sunday (secondary)
- Post-Season
 - Teams may qualify for Post-Season Competition

NOTE: No Training or Games on May Long Weekend or Canada Day Long Weekend unless your child(ren)'s teams have committed to Tournament Play.

Program Fee

- Tier 1: \$1,095.00
 - Fee includes 1x weekly training with Club Technical Staff and 10 Strength & Conditioning Sessions (includes 2x Fitness Testing)
- Tier 2 & 3: \$895.00
 - Fee includes bi-weekly training with Club Technical Staff

Questions? Please contact **Janine Helland**, Technical Director Girls' Program (jhelland@scottishunited.com) or **Paul Hamilton**, Technical Director Boys' Program (phamilton@scottishunited.com)

UNDER 15 - BIRTH YEAR 2010 & 2009

Training Summary

Pre-Season Training

- Location: Edmonton Soccer Dome & Outdoor Turf Facilities
- 2 - 3x weekly (April 8-30th)

In-Season Training

- 2x weekly Tier 2 & 3
- 3x weekly Tier 1
- Training Locations: South Edmonton

League Play Summary

- Match Locations: Greater Edmonton
- EMSA League Season
 - Game Format: 11v11
 - May 1 - July 31, 2024
 - League Games start week of May 1, 2024
 - Teams play 1x weekly
 - Tier 1: Tuesday (primary) / Thursday (secondary)
 - Tier 2: Wednesday (primary) / Monday (secondary)
 - Tier 3: Monday (primary) / Thursday (secondary)
- Post-Season
 - Teams may qualify for Post-Season Competition

NOTE: No Training or Games on May Long Weekend or Canada Day Long Weekend unless your child(ren)'s teams have committed to Tournament Play.

Program Fee

- Tier 1: \$1,145.00
 - Fee includes 1x weekly training with Club Technical Staff and 10 Strength & Conditioning Sessions (includes 2x Fitness Testing)
- Tier 2 & 3: \$945.00
 - Fee includes bi-weekly training with Club Technical Staff

Questions? Please contact **Janine Helland**, Technical Director Girls' Program (jhelland@scottishunited.com) or **Paul Hamilton**, Technical Director Boys' Program (phamilton@scottishunited.com)

UNDER 17 - BIRTH YEAR 2008 & 2007

Training Summary

Pre-Season Training

- Location: Edmonton Soccer Dome & Outdoor Turf Facilities
- 2 - 3x weekly (April 8-30th)

In-Season Training

- 2x weekly Tier 1 & 2
- Training Locations: South Edmonton

League Play Summary

- Match Locations: Greater Edmonton
- EMSA League Season
 - Game Format: 11v11
 - May 1 - July 31, 2024
 - League Games start week of May 1, 2024
 - Teams play 1x weekly
 - Tier 1: Monday (primary) / Thursday (secondary)
 - Tier 2: Thursday (primary) / Monday (secondary)
- Post-Season
 - Teams may qualify for Post-Season Competition

NOTE: No Training or Games on May Long Weekend or Canada Day Long Weekend unless your child(ren)'s teams have committed to Tournament Play.

Program Fee

- Tier 1 & 2: \$945.00
 - Fee includes 2 Match Evaluations conducted by the Club's Video Analysis Staff (includes scheduled in-person review with players and coaches)

Questions? Please contact **Janine Helland**, Technical Director Girls' Program (jhelland@scottishunited.com) or **Paul Hamilton**, Technical Director Boys' Program (phamilton@scottishunited.com)