

**Coastal Football Club**  
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Canada



## **U8-U13 OUTDOOR RECREATIONAL SOCCER PROGRAM**

### **What is the U8-U13 Outdoor Recreational Soccer Program?**

Our U8-U13 recreational/house soccer program, is a beginner to intermediate program for players aged 8-17 years old, led by volunteer coaches focussed on providing an excellent experience/environment by ensuring that safety, organiza-on, structure and fun/enjoyment exists for both players and coaches. The environment created will provide an opportunity for players to develop technical ability, comprehension of team play and forma-ons, and individual Speed, Agility and Quickness (SAQ). The end goal will be the iden-fica-on, advancement and con-nued development of future Rep and Non-Rep coaches and players.

### **How long does it last for? What is the commitment?**

The program runs from September to March, with breaks at tradi-onal holiday periods. Exact dates for the season start and end will be provided mid-August. The program consists of one weekday training session weekly, and one game on the weekends. The game schedule will be published just prior to the start of the season. Boys play on Saturdays, and girls play on Sundays.

### **Who coaches the teams? I would be interested in coaching, but don't have much soccer knowledge or experience.**

All U8-U14 recreational teams are coached by volunteer coaches (After completion of a criminal record check) that receive extensive support from Coastal FC. Prior to the start of the season, free coaching clinics are offered to our coaches that are delivered by our professional club coaching staff. Addi-onally all training sessions will be organized and managed by the club Technical Staff, and volunteer coaches will receive weekly session plans and assistance on field for all training sessions throughout the course of the season. The goal of the curriculum that has been developed for this program is to make all sessions fun and interac-ve for all players with a focus on Technical Development and Fundamental Movement Skills, through age appropriate ac-vi-es. Respec-ve age groups follow recommenda-ons from Learning to Train & the Soccer For Life stages of LTPD (Long Term Player Development). Addi-onally, club staff will be on field to oversee games played at South Surrey Athletic Park.



You do not need to have extensive soccer experience to coach!!! If you are interested in coaching, please contact Shelley Chin at [schin@coastalfc.ca](mailto:schin@coastalfc.ca) with your preferred coaching day and time.

**I have a request to be on a specific team, with a specific player or coach. How do I send in my request?**

Given the size of our club, we are unable to monitor and keep track of individual email requests that we receive. Players are encouraged to make requests, however, all requests must be made at the time of registration in the comments boxes. Requests on registrations received prior to June 30th will be prioritized. After June 30th, all players will be placed where space exists. While we try our best to accommodate all requests in order to create an enjoyable experience for all players, requests are not guaranteed. If you have specific requests, we urge you to register before June 30th.

**How are teams built and kept balanced?**

Teams are built based on requests to be with friends, training day requests, or coach requests. If you do not have any requests, your child will be placed where space exists.

For U9-U10, teams will play in our Internal Coastal recreational house league. Realizing that the teams may not always be perfectly balanced, our Coastal FC coaches work with the volunteer coaches to ensure that games are managed and kept close in score so that the soccer environment is an enjoyable one for all players involved. If you notice that there is a coach that is not following this policy, please make sure to contact the Technical Lead for the program. Coastal FC is committed to providing a fun and inclusive environment for all of our players.

For U11-U18 teams, teams are built based on requests, and teams play in the South Fraser District Association recreational league. Since teams within the league will likely not start the season perfectly balanced, teams are re-evaluated and grouped with teams of similar ability typically after Remembrance Day, in order to keep the experience enjoyable by all players.



**I want my child to participate in soccer training, but I am not able to participate in games on the weekends. What programs do you offer?**

Coastal FC offers a variety of Academy programs for U9-U12 players of all levels, from beginner intermediate to high performance players. The Academy programs are all weekly 1-1.5 hour sessions, and are coached by professional staff coaches. There are a variety of general to specialized training programs offered, that are excellent development standalone programs, or supplementary training to the existing Fall Season.

To learn more about these programs, please visit our website. Unfortunately at this time, we do not have any Academy Programs for players in U13-U18.

**What does my child need to participate?**

Soccer cleats, shin pads, and a water bottle. A Coastal FC Kit consisting of shorts, a jersey, and socks will be provided to each player at the start of the season.

**How do I register?**

To register for the program, please use the registration link on the U9-U18 website page. Registration is done through Got Soccer. If you are new to Coastal, you will need to create a new account. If you are an existing player you do not need to create a new account, use your existing account, and if you don't remember the username and password, please contact Carina Steer at [csteer@coastalfc.ca](mailto:csteer@coastalfc.ca) for assistance.

**What is the refund policy?**

If you require a refund, prior to the start of the program, you can request a refund by contacting our registrar, Carina Steer at [csteer@coastalfc.ca](mailto:csteer@coastalfc.ca). An administration fee of \$25.00 will apply. Please be aware that there are no refunds once the program starts.

**Who do I contact if I have questions that are not answered by the website?**

If you have further questions, not answered by the website, please contact Nour Fathy, Technical Lead, at [nfathy@coastalfc.ca](mailto:nfathy@coastalfc.ca).