



# Erin Mills Soccer Club 2023 Winter Indoor Youth Recreational Days of Play

- EMSC reserves the right to change the time/days of play and/or combine age groups.
- All ages have ten weeks of play running from January 14 to April 2.
- For U3-U6, the uniform package is included in the registration cost.
- For U7-U18, members must use their 2022 Outdoor/Fall Recreational uniform OR purchase a uniform package.
- The uniform package includes jersey(s), socks and shorts. Players must provide their own shoes and shin guards.

2023 Winter Indoor Youth Recreational League						
Age Group	Year of Birth	Early Bird Price	Regular Price	Structure	Saturday	Sunday
U3/U4 CO-ED	2020/2019	\$215	\$230	3v3	8:00 AM	
U5/U6 Girls	2018/2017	\$215	\$230	3v3	9:00 AM	
U5/U6 Boys	2018/2017	\$215	\$230	3v3	10:00 AM	
U7/U8 Boys	2016/2015	\$245	\$255	5v5	11:00 AM / 12:15 PM	
U7/U8 Girls	2016/2015	\$245	\$255	5v5	1:30 PM	
U9/U10 Boys	2014/2013	\$245	\$255	5v5	2:45 PM	
U9/U10 Girls	2014/2013	\$245	\$255	5v5	4:00 PM	
U11/U12 Boys	2012/2011	\$245	\$255	5v5		9:00 AM / 10:15 AM
U11/U12 Girls	2012/2011	\$245	\$255	5v5		11:30 AM
U13/U14 CO-ED	2010/2009	\$245	\$255	5v5		12:45 PM / 2:00 PM
U15/U18 CO-ED	2008-2005	\$245	\$255	5v5		2:00 PM / 3:15 PM

## Volunteers

Those interested in volunteer coach positions please visit [erinmillsoccer.com/volunteer-opportunities](http://erinmillsoccer.com/volunteer-opportunities).

## Non-Resident Fee

All individuals living outside the boundary of Mississauga will be charged an out-of-town fee of \$20.

## Refund Policy

Our refund policy can be accessed on our website.



# Erin Mills Soccer Club 2023 Winter Indoor Youth Recreational Playing Stages

## Stage I: Active Start (U3-U6)

Our goal for the players at this stage is to have basic movement skills, be comfortable with a ball, be more confident and try new challenges. It is important to us that the focus is on physical literacy, expanding on play, and social development. This program features 10 sessions and a medal at the end. It is mandatory to have a parent on the field with U3 & U4 and recommended to have a parent for U5 & U6.

## Stage II: FUNdamentals (U7-U9)

At this stage, our focus is on developing the players' fundamental movement skills, concentrating on the ABC's; agility, balance, coordination, and speed. Players will have fun in a positive environment where they are able to enjoy being physically active. Players play in a 5v5 format facilitated by EMSC Volunteer Coaches. Games will be officiated by referees. Players will receive a medal at the end of the season.

## Stage III: Learn to Train (U10-U12)

In this age group, identified as one of the 4 ages in the "Golden Age of Learning" development model, players will learn the basics of tactics, continue to build upon the technical base of their individual game with a heavy emphasis on game-based learning. Players play in a 5v5 format facilitated by EMSC Volunteer Coaches. Games will be officiated by referees. Players will receive a medal at the end of the season.

## Stage IV: Train to Train (U13-U14)

At this stage of development, players are introduced to concepts like mental preparation, goal setting, coping with winning and losing, while learning more advanced soccer skills. Players play in a 5v5 format facilitated by EMSC Volunteer Coaches. Games will be officiated by referees. Players will receive a medal at the end of the season. Scores and standings will be recorded and the season includes playoffs.

## Stage V: Train to Compete (U15-U18)

At this stage, players are working to refine their soccer skills under a variety of competitive conditions in a game format that mirrors adult play. Players will work to develop their tactical awareness, discipline and mental toughness. Players play in a 5v5 format facilitated by EMSC Volunteer Coaches. Games will be officiated by referees. Players will receive a medal at the end of the season. Scores and standings will be recorded and the season includes playoffs.