



# U5 KickStart Program

**Teams:** Typically 9 - 12 per team

**Games:** One session per week for one hour on Saturdays or Sundays. Saturday mornings at Sutherland or Saturday afternoons at Parkgate or Sunday afternoons at Memorial Gym.

**Parents must remain during the sessions.**

**Sessions Outline:** During the sessions, Club Technical staff coach players on the fundamentals of soccer including games with parent participation.

**Session Cancellations:** Teams will be advised directly from the Club via email.

**Uniforms:** Players receive a complete uniform of a jersey, shorts and socks TO KEEP. Players are expected to wear the NVFC approved uniform at every session. The jersey must be returned if a player withdraws.

**Equipment:** Each team is provided with size 3 balls, cones and pinnies during the Coaches & Managers meeting on September 16th at 2pm at Parkgate Community Centre. Equipment is kept by team officials (head coach or team manager) and is kept until the following season when the team receives a top up of equipment as needed.