



AT A GLANCE

U6/U7 First Kix

Key Dates for 2016-17

- Annual General Meeting Jun 22, 2016
- Equipment pick up: Aug 21, 2016
- Start date: Sept 17, 2016
- No session on Thanksgiving Weekend
- Last session (Winter break): Dec 3, 2016
- January sessions start: Jan 14, 2017
- No sessions Family Day weekend
- Last session (World Cup): Mar 4, 2017

Games

- One session per week on Saturday on grass at either Norgate or Brooksbank. U6 teams will be assigned a time of 11:20 or 12:30; U7 teams will be assigned a time of 9:00 or 10:10.
- 12 players per team; 4 v 4 with no goalies.
- Team managers will advise of field closures via email. Field status can be checked at: <http://nvfc.ca/fieldstat>
- Teams are not to cancel Saturday sessions for any reason.

Practices:

- One session per week on a weekday evening at a local school gym.
- Parents must stay in the gym during practice.

Development:

- Saturday sessions alternate between Club staff coached sessions and small sided games each week.

Uniforms:

- Players receive a complete uniform of jersey, socks and shorts **to keep** and are expected to wear the uniform at every session. Jersey must be returned if a player withdraws.

Equipment:

- Players need a water bottle, shin guards and cleats. Indoor practices require running shoes.
- Each team is provided with balls (size 3), cones and pinnies at the beginning of the season.
- Head Coach is responsible for the equipment. Equipment will be kept by the coach until the following season when they will receive a top up of equipment as needed.