



# U5 KickStart Program

**Teams:** Typically 11 - 13 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.**

**Session 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 uniform must be returned if a player withdraws.

**Equipment:** Each team is provided with size 3 balls, cones and pinnies during the Coaches & Managers meeting in September TBA at the Parkgate Community Centre. Equipment should be returned at the March/April return unless the other arrangements are made. Players require a water bottle, shin guards and non marking running shoes in the gym.