



# Competitive Programming

*Spring & Summer 2025*





# Competitive Programs

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Premiership Programs (U14 - U17)

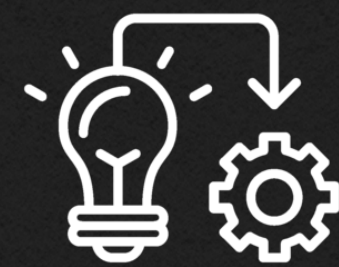
Division 1 Programs (U15 - U18)

Foundations Programs (U13)



# Canada Soccer Strategic Plan Pillars

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Develop



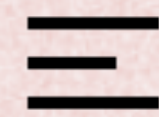
Govern



Grow



Aspire



# 2022-2026

## Canada Soccer Strategic Plan







# Canada Soccer Club Licensing Pillars

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Governance



Administration



Infrastructure



Technical



# Respect in Sport Program

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- One parent or guardian will be required to take the Respect in Sport for Parent Program
- Deadline for completion is June 1st, 2024
- Add to Power Up account
- All coaches will be required to take Respect in Sport for Activity Leaders







# Program Overview

*Spring & Summer 2025*





# Why Play Competitive Soccer?

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High Quality Coaching

Play against top players from  
around the province

More practices and more games

Increased opportunities to develop

Sophia Maillet, former FDSA player —>







# Who Should Play Competitive Soccer?

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Players who are serious about  
developing their soccer skills

Players ready for a serious  
commitment to a team

Players who want to play and train  
more often

Players who want to compete  
against the best players



# Who's Coaching?



## U13 Foundations

### U13 Girls

Sarah Thomas  
Chris James  
Amy Audoux

Virginia Phillips & Brooklynn Saunders

### U13 Boys

Rob Hoadley  
Marwan El Jamal  
TBD  
TBD

## Division 1

### U15 Boys

TBD

### U15 Girls

Rochelle Baldwin

### U18 Boys

TBD

### U18 Girls

Mike Jennings

## Premiership

### U14 Girls

Louise Holt

### U14 Boys

TBD

### U15 Girls

Jean-Francois Martel

### U15 Boys

John Ward

### U17 Girls

Josh Slate, Danielle Irrinki, Mylene Cormier

### U17 Boys

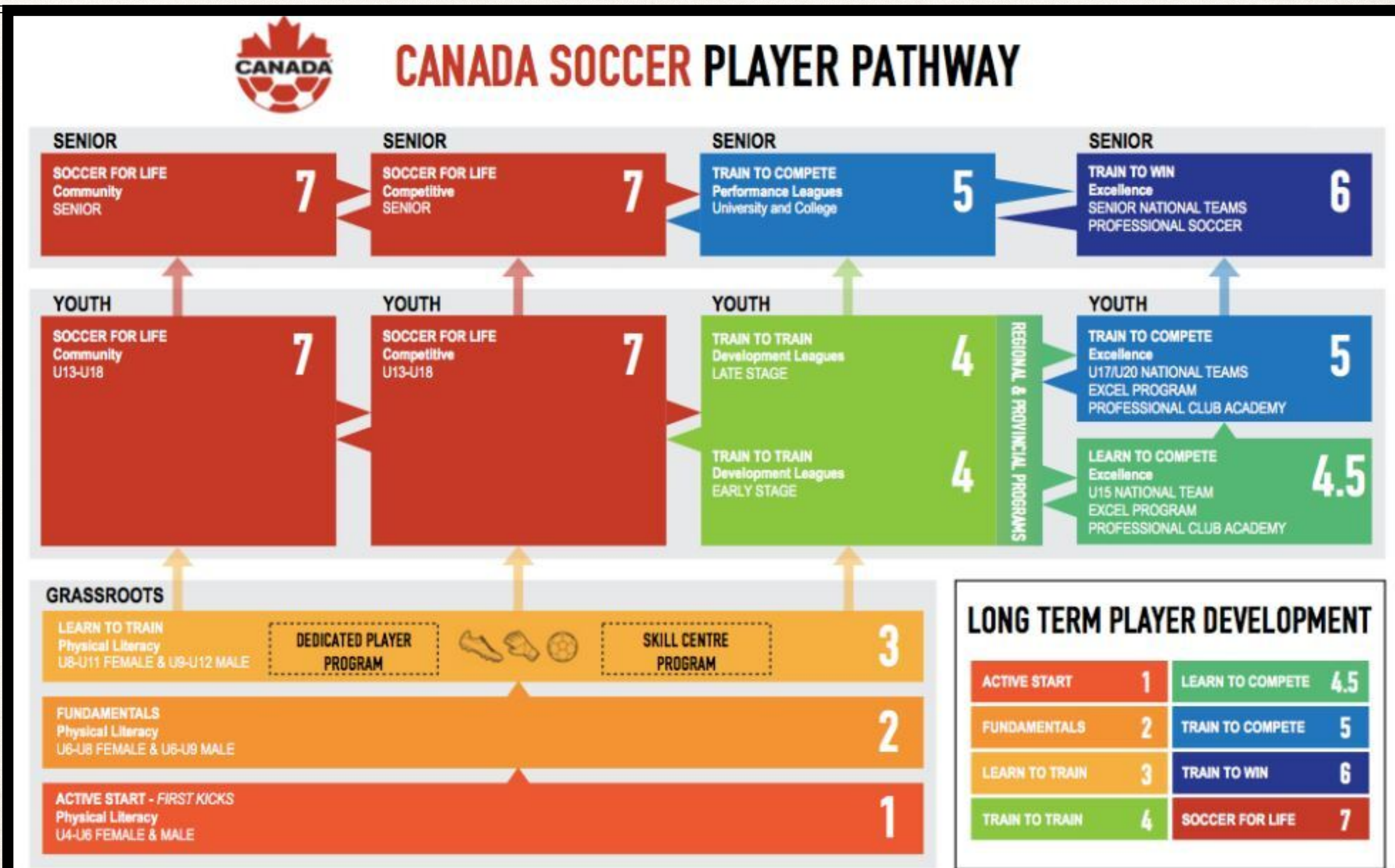
Rob Tay-Burroughs, Ike Phillips, Harrison McGinn



# Canada Soccer Player Pathway



All of our competitive programming falls within the Learn to Train or Soccer for Life streams





# Canada Soccer Player Pathway



Stage	Description
Learn to Train	<p>Boys from approximately nine and girls from approximately eight: to onset of adolescent growth spurt.</p> <p>Brain and body primed for skill acquisition. Build fundamental skills in a wide range of sports and activities—on the ground, in water, in air and on ice/ snow—before entering Train to Train stage. Avoid early over-specialization.</p> <p>Introduction to formal local competition, with emphasis on fair play, and opportunities to try different events or positions. <b>Sport-specific training three times per week plus participation in other sports or activities three times a week.</b></p>
Train to Train	<p>Period of the adolescent growth spurt. Around 11–15 females and 12–16 males.</p> <p>A critical stage in the development of high performance athletes. During this stage participants typically: commit to high performance and begin their journey on their sport’s Podium Pathway, or enter Competitive for Life or Fit for Life in their sport or sports of choice, or drop out of sport.</p> <p><b>Sport-specific training six to nine times per week including complementary sports.</b></p>
Train to Compete	<p>Dependent on sport progress – beyond end of adolescent growth spurt. Athletes generally at provincial, junior national or early national level.</p> <p><b>Sport-specific technical, tactical and physical capacity training nine to 12 times per week.</b></p>
Sport for Life	<p>Competitive for Life is the phase of Active for Life for those who compete within the formal structure of their sport. This could be at the U-14 or U-17 level in a house league, all the way to World Masters Competition. It differs from Fit for Life because competitive athletes are striving to improve and to win, and they train accordingly.</p> <p>Fit for life is the phase for those who participate simply because they get satisfaction from sport or physical activity. They may, from time to time, compete at a recreational level, but that is not their primary purpose.</p>





# Program Details

*Spring & Summer 2025*





# Competitive Program Options

Foundations	Division 1	Premiership
U13 Girls U13 Boys	U15 Girls U15 Boys	U14 Girls U14 Boys
U13 Academy Teams	U18 Girls U18 Boys	U15 Girls U15 Boys
		U17 Girls U17 Boys





# U13 Foundations Program



Practices	League Games	Academy Program	Academy Description	Tournaments	Provincials
Two (2) training sessions per week	Southwest Soccer League OR West League (8-12 games)	Optional	On-field session (1) & CSIA Training Session (1)	Teams typically attend 1-2 tournaments per summer	August 23rd & 24th (Top 1 / 2 qualify from the region)



# Division 1 Program



Practices	League Games	Academy Program	Academy Description	Tournaments	Provincials
Two (2) training sessions per week	Southwest Soccer League (8-12 games)	Optional	On-field session (1) & CSIA Training Session (1)	Teams typically attend 1-2 tournaments per summer	August 23rd & 24th (Top team in each region qualifies)



# Premiership Program



Practices	League Games	Academy Program	Academy Description	Tournaments	Provincials
Two (2) training sessions per week	New Brunswick Soccer League (8-12 games)	Included	On-field session (1) & CSIA Training Session (1)	Teams typically attend 1-2 tournaments per summer	August 30th & 31st (Top 4 teams qualify)*

\* Provincial winners attend National Championships, held in Charlottetown (U15) & Kamloops (U17)



# Fee Structure

2025 Registration Fee Structure			
	Foundations	Division 1	Premiership
FDSA Competitive Player Fee	\$357.50	\$357.50	\$357.50
Soccer NB Fee	\$42.50	\$42.50	\$42.50
Nationals Travel Fund	\$25.00	N/A	\$50.00
Base Registration Fee	\$425.00	\$400.00	\$450.00
Academy Program	\$225 (Optional)	\$225 (Optional)	\$225
Total Registration Fee	\$425.00 or \$650.00	\$425.00 or \$625.00	\$675.00





# Family Discount Policy

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Families will receive a ‘multi-player discount’ of \$45 per player if they register two (2) or more players in Competitive programs.

Families with three (3) or more players in FDSA programs will continue to receive a family discount of \$15 per player for recreational programs

For example: A family has players registered for: U15 Premiership, U13 Foundations & U7 Mini

Discount:  $\$45 + \$45 + \$15 = \$105$



# Team Budgets

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## **What is the team budget for?**

Coach expenses (league/tournament travel, accommodation, meals), tournament fees, team building activities, etc.

A typical team budget is approximately \$100-\$200 per player.

## **What is your role as a parent?**

- Approve the budget, that is presented by the coach and team manager(s)
- Discuss any concerns with the team manager(s) immediately
- Ensure that the team manager(s) bring those concerns to the appropriate program director



# Nationals Travel Fund

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## What is it?

The Nationals Travel Fund was created in order to help Premiership teams offset the costs of traveling to National Championships, should they qualify. A portion of each registration fee for Premiership & Foundations programs goes to support that fund.



# Recreation Card

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ALL FDSA registrants are required by the Fredericton Recreation Department to obtain a “Rec Card”. Please obtain one BEFORE you register.

If you obtained one previously through another Sport/Recreation activity registration, you DO NOT need another. All card numbers must be submitted during the registration process.

For more information about what a “Rec Card is", why is it required and how to obtain one, please read the following from the City of Fredericton: [City of Fredericton Rec Card Info](#)



# Registration Information

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Visit [fdsa.powerupsports.com](https://fdsa.powerupsports.com) to set up a user profile and register.

All registrations must be completed through the PowerUp system.

Payments can be made online or in person at the FDSA office (230 Hodgeson Rd. Unit #4), as long as the online registration is completed.

## **Payments Options:**

Online - Visa, Mastercard

In-Person - Cash, Cheque

E-Transfer - [payments@fdsa.org](mailto:payments@fdsa.org)







# Tryouts

*Spring & Summer 2025*





# Selection Roles

Technical Staff	<p>Ensure balanced selections across age groups</p> <p>Manage players who are “playing up” through evaluation and approval</p> <p>Monitor individual team’s tryout process</p> <p>Assist coaches in player evaluation</p>
Coach	<p>Evaluate all players at tryouts</p> <p>Provide appropriate feedback to players during and after the tryout process</p> <p>Team selection in conjunction with Club staff</p>
Players	<p>Be present physically and mentally at tryouts</p> <p>Inform coaches of any tryouts that they may miss</p> <p>Inform coaches of any extended vacation plans for the summer months (more than 2 weeks)</p> <p>Give your best effort</p>







# Premiership & Division 1 Tryout Process

## Stage #1

### Cohort Tryout

- Players have three (3) training sessions over a week.
- Tryouts will consist of two (2) game days and one (1) training session.
- All players who are registered within the age group will play with each other.
- During this time coaches and evaluators will focus on placing players into appropriate groups for the second stage of tryouts.
- After the Cohort Tryout, the coaches and evaluators will place players into groups for specific teams. Ex. Premiership and Division 1.

## Stage #2

### Team-Specific Tryout

- Players have three (3) training sessions over a week.
- Tryouts will consist of two (2) training sessions and one (1) game day.
- Players in the Premiership tryout group will also be evaluated for a roster spot on the Division 1 team, should they not be placed on the final Premiership roster.
- During this time coaches and evaluators will focus on determining who will be on which respective rosters.

## Stage #3

### Team Selection & Placement

- Coaches and evaluators will meet and go over the players evaluations.
- Coaches and evaluators will work together to finalize team rosters.
- The Club will announce team rosters.



# Player Selection Criteria



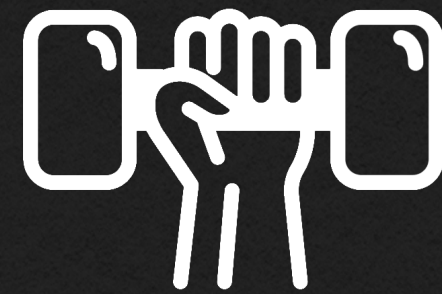
## Technical/Tactical

Some examples include:

1v1 Attacking & Defending

Passing & Receiving

Awareness



## Physical

Some examples include:

Speed

Strength

Agility



## Psychological

Some examples include:

Focus

Resilience

Attitude



## Personality

Some examples include:

Leadership Ability

Commitment

Competitiveness



# Underage Athletes

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## **Our Philosophy:**

In order for a player to be placed on a team in an older age group, there needs to be a significant developmental benefit for the player in question.

## **Our Process:**

The FDSA Director of Soccer will manage the process of placing underage athletes in older age groups, in conjunction with club staff and team coaches.





# What Happens If...

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**My child is not placed the Premiership team?**

A player who is not placed on the Premiership team, can automatically try out for the Division 1 team. If they are placed on the Division 1 team, they will be refunded the Academy fee, if they choose not to participate in Academy.

**My child is not placed on the Division 1 team?**

A player who is not placed on the Division 1 team, will be placed in the Community Program. The difference in Competitive and Community registration fees will be refunded.



# U13 Foundations Tryouts



Tryout Details	April 12th	April 13th	April 15th	April 17th	April 22nd	April 24th	April 26th	April 27th
Team Finalization	Teams will be finalized by April 28th							
Additional Notes	Players MUST be registered online by April 10th to attend tryouts. There will be no on-site registration. If a player is unable to make a tryout date, please notify coaches Any changes will be updated through the PowerUp app or website							



# Premiership & Division 1 Tryouts



Tryout Details	April 7th	April 8th	April 9th	April 11th	April 14th	April 16th
Team Finalization	Teams will be finalized by April 20th					
Additional Notes	Players MUST be registered online by April 4th to attend tryouts. There will be no on-site registration. If a player is unable to make a tryout date, please notify coaches Any changes will be updated through the PowerUp app or website					



# Correspondence Process



## Step #1

### Team Manager

- Your team manager should be your first point of contact for any questions or concerns.
- They will have answers to a lot of common questions through information that will be presented to them in manager meetings.
- Your team manager is the sole point of contact for Chair of the Competitive Committee.

## Step #2

### Competitive Committee

- Your team manager will bring any unanswered questions or concerns to the Chair of the Competitive Committee.
- The Chair of the Competitive Committee should only be contacted the each teams respective team manager.
- The Chair of the Competitive Committee will have one point of contact per team and serve as liaison between the team managers and Club Staff/Board of Directors

## Step #3

### Staff & Board

- Club Staff and the Board of Directors will work directly with the Chair of the Competitive Committee and/or team managers when appropriate.



# Save the Date

2025 Registration & Tryout Dates	
Deadline	Date
Premiership Registration Deadline	Friday, April 4th
Division 1 Registration Deadline	Friday, April 4th
U13 Foundation Registration Deadline	Thursday, April 10th
Premiership Tryout Start Date	Monday, April 7th
Division 1 Tryout Start Date	Monday, April 7th
U13 Foundation Tryout Start Date	Saturday, April 12th





# Additional Information

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## Club Contact

Website - [fdsa.org](http://fdsa.org)

Phone Number - (506) 451-1342

Email - [info@fdsa.org](mailto:info@fdsa.org)

## Board Contact

Mike McNally (Competitive Committee Chair) - [michaelatlarge@fdsa.org](mailto:michaelatlarge@fdsa.org)

## Staff Contact

Barry Morrison (Director of Soccer) - [barrymorrison@fdsa.org](mailto:barrymorrison@fdsa.org)



Questions?